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Manual \"Audio book\"

Chapter 7 PT3 pg

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175-185 ACE personal
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personal trainer's
primary job
responsibility—assessing
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of various functional
assessments and

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every two years to
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relevant tools that

aspiring professionals

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this Fourth Edition of the ACE Personal

Trainer Manual was

written based on

feedback from

individuals who are

active in the fitness

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world—practicing
personal trainers,
university professors,
and industry
experts—who worked
together to create the
Exam Content Outline
(see Appendix B).

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A personal trainer can be viewed as a coach working with an athlete to achieve set goals. ...

This entry was posted in ACE PT Manual, CH2 and tagged ACE, behaviors, exercise adherence, locus of control, Motivation, person trainer, self-efficacy, SMART Guidelines, social

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The Ultimate Resource for Fitness Professionals, is the meat of the matter for this exam. Appendix B is the complete exam outline for the certification test. This should ideally be at the beginning of the book, but its in the back.

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"This all new fourth edition of ACE's best-selling textbook offers expanded coverage of a personal trainer's primary job responsibility - assessing each client's current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment

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ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but

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