



## Advanced Personal Training: Science to practice

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Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence. This is the first comprehensive fitness instruction and training programme design resource to explore the evidence-base of effective programme design, drawing on cutting-edge scientific research to identify optimum training methods and dispel some common myths around fitness training.

Putting clients' training goals at the centre of the process by focusing on their most common objectives – such as improving general health, enhancing cardiorespiratory fitness, decreasing body fat and increasing muscle mass – this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design. Simple to navigate and full of helpful features – including applied case studies, example training programmes and guides to further reading – it covers a variety of key topics such as:

- pre-exercise health screening
- lifestyle and fitness assessment
- nutrition
- cardiorespiratory (endurance), resistance and core training
- recovery from exercise.

An essential text for fitness instructors, personal trainers and sport and exercise students, this book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

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