



The Complete Guide to Personal Training (Complete Guides)

By Morc Coulson

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More and more exercise professionals are turning from Group Exercise to Personal Training as a career. Reflecting this massive growth in numbers, Morc Coulson has written a complete reference guide for anyone involved in prescribing exercise programmes to personal training clients.

This guide contains practical tips for designing a range of appropriate client exercise programmes but always with a focus on the best ways you can sustain a financially successful business in this area - and how you can stand out from the crowd.

The Complete Guide to Personal Training also covers all of the Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework relating to personal training, and provides the theoretical underpinning of how to programme appropriate exercise for your clients. It also carries Register of Exercise Professionals (REPs) continuing professional development (CPD) points - these points are part of the ongoing training all fitness professionals need to undertake to retain membership of REPs.

Includes:

The foundations of personal training; Planning and delivering exercise programmes; Training methods and exercise techniques; Nutrition; Health and safety; Setting up, marketing and growing a successful business

Ideal for personal trainers in the health and fitness industry as well as those wishing to undertake qualifications in this area.

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Review

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About the Author

Morc Coulson is Senior Lecturer and programme leader of Sport and Exercise Science at the University of Sunderland. He is Vice Chair of the CPD endorsement panel and Level 4 Specialist evaluator for SkillsActive. He is the author of a number of books including *The Fitness Instructor's Handbook*, *The Complete Guide to Teaching Exercise to Special Populations* and *Practical Fitness Testing*.

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