
Expert Rating - Personal Trainer certification 2023-2024

Ethical responsibility of the Personal Trainer - The foundation of the code of ethics revolves around the basic duties of the personal trainer toward the clients, the practices to be followed during work, protecting the rights and interests of the clients, maintaining professional relations with the clients, and performing one's duties toward the profession.

The code of ethics to be followed by a certified personal trainer -

- a. Relationship with the clients
- b. The Conduct of the Personal Trainer
- c. Conduct at Work Place and Towards Society

Fitness - fitness refers to the degree of body functioning and the ability of the body to handle physical demands. Fitness is a major part of preventive medical approach to health.

Health - health refers to the absence of diseases.

Benefits of Exercise and Fitness (the key) -

- # it improves your mental outlook and your mood through the release of chemicals called endorphins in the body
- # it improves general health, wards off diseases, and slows down the aging process
- # it helps you to achieve a better body composition i.e. lower body fat and more muscle
- # it improves the state of mind, promotes better mental health, and improves sleep
- # it helps in achieving better bone density
- # it enhances self confidence and improves the appearance of the person
- # it helps you to avoid atrophy.

Atrophy - atrophy refers to the shrinkage of muscles as a result of little or no exercise.

Hypertrophy - hypertrophy refers to the tissues and muscles gaining in strength due to overload.

Components of Fitness -

- a. Cardio respiratory endurance
- b. Muscular strength
- c. Muscular endurance
- d. Flexibility
- e. Body composition

Cardio respiratory endurance - it is the ability to perform prolonged large- muscle dynamic exercises at moderate-to-high levels of intensity. It is the central component of fitness that trains heart and makes it healthier and more efficient.

Expert Rating Personal Trainer Manual

Ian Pickup



Expert Rating Personal Trainer Manual:

The Complete Guide to Core Stability Matt Lawrence, 2007-06-19 The Complete Guide series is designed for the fitness professional coach and student packed with ready made training programmes tips and strategies A new edition of the definitive core stability training handbook for fitness leaders and other fitness professionals and enthusiasts in an all you need to know format Core Stability is a relatively new concept concentrating on core abdominal muscle strength to improve posture strength and performance This book looks at what core stability is the muscles that are involved and the benefits to improving your core stability Packed with exercises it also deals with specific exercises for different sports and covers the use of equipment from medicine balls to core boards This new edition includes colour photography new exercises and training programmes tailored to different sports Over 3865 copies of first edition sold since 2004 [The Complete Book of Personal Training](#) Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it's full of information about working with clients and designing programs and it's a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

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Legal Aspects of Personal Fitness Training Brian E. Koeberle,1990 **The Journal of Physical Education** ,1962 The Literary Digest International Book Review Clifford Smyth,1924 **American Monthly Review of Reviews** Albert Shaw,1929 *Book Review Digest* ,1919 **American Artisan** ,1926 Guide to the Evaluation of Educational Experiences in the Armed Services ,1994 *The Independent* Leonard Bacon,Joseph Parrish Thompson,Richard Salter Storrs,Joshua Leavitt,Henry Ward Beecher,Theodore Tilton,Henry Chandler Bowen,William Hayes Ward,Hamilton Holt,Fabian Franklin,Harold de Wolf Fuller,Christian Archibald Herter,1916 **National Hotel Review** ,1924 **American Physical Education Review** ,1928 Personal Efficiency Samuel MacClintock,1917

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