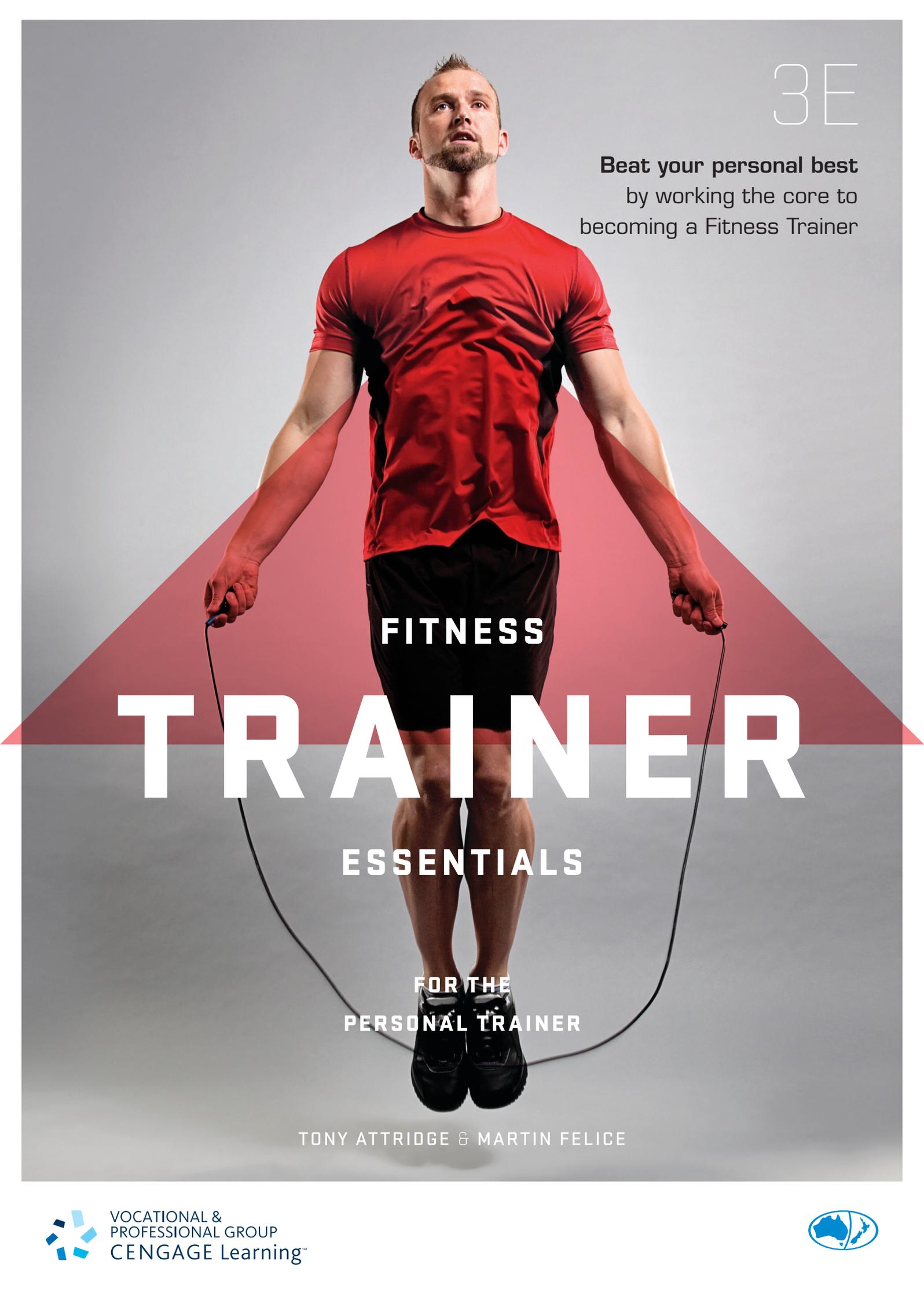


3E

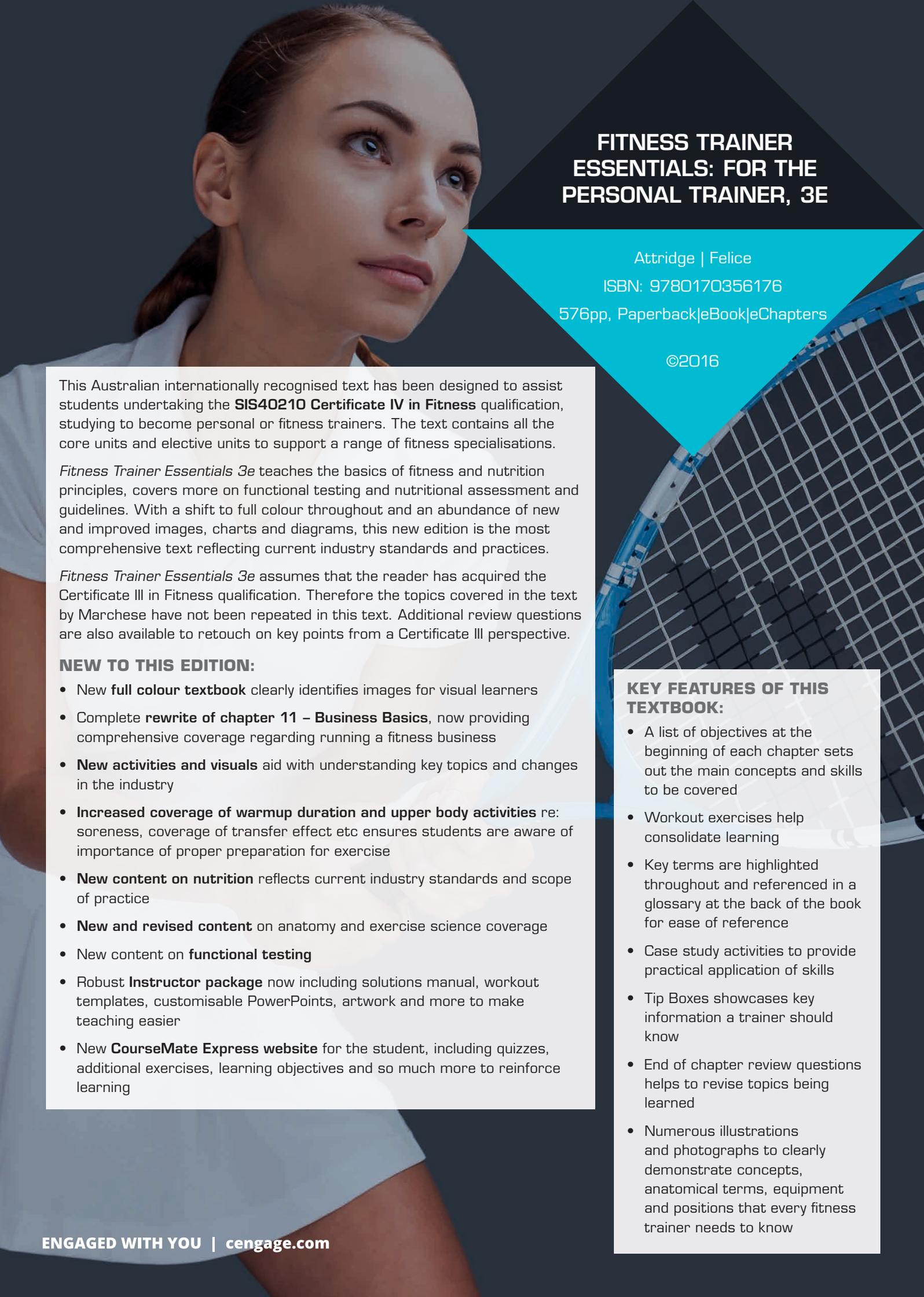
Beat your personal best  
by working the core to  
becoming a Fitness Trainer



FITNESS  
**TRAINER**  
ESSENTIALS

FOR THE  
PERSONAL TRAINER

TONY ATTRIDGE & MARTIN FELICE



# FITNESS TRAINER ESSENTIALS: FOR THE PERSONAL TRAINER, 3E

Attridge | Felice

ISBN: 9780170356176

576pp, Paperback|eBook|eChapters

©2016

This Australian internationally recognised text has been designed to assist students undertaking the **SIS40210 Certificate IV in Fitness** qualification, studying to become personal or fitness trainers. The text contains all the core units and elective units to support a range of fitness specialisations.

*Fitness Trainer Essentials 3e* teaches the basics of fitness and nutrition principles, covers more on functional testing and nutritional assessment and guidelines. With a shift to full colour throughout and an abundance of new and improved images, charts and diagrams, this new edition is the most comprehensive text reflecting current industry standards and practices.

*Fitness Trainer Essentials 3e* assumes that the reader has acquired the Certificate III in Fitness qualification. Therefore the topics covered in the text by Marchese have not been repeated in this text. Additional review questions are also available to retouch on key points from a Certificate III perspective.

## NEW TO THIS EDITION:

- New **full colour textbook** clearly identifies images for visual learners
- Complete **rewrite of chapter 11 – Business Basics**, now providing comprehensive coverage regarding running a fitness business
- **New activities and visuals** aid with understanding key topics and changes in the industry
- **Increased coverage of warmup duration and upper body activities** re: soreness, coverage of transfer effect etc ensures students are aware of importance of proper preparation for exercise
- **New content on nutrition** reflects current industry standards and scope of practice
- **New and revised content** on anatomy and exercise science coverage
- New content on **functional testing**
- Robust **Instructor package** now including solutions manual, workout templates, customisable PowerPoints, artwork and more to make teaching easier
- New **CourseMate Express website** for the student, including quizzes, additional exercises, learning objectives and so much more to reinforce learning

## KEY FEATURES OF THIS TEXTBOOK:

- A list of objectives at the beginning of each chapter sets out the main concepts and skills to be covered
- Workout exercises help consolidate learning
- Key terms are highlighted throughout and referenced in a glossary at the back of the book for ease of reference
- Case study activities to provide practical application of skills
- Tip Boxes showcases key information a trainer should know
- End of chapter review questions helps to revise topics being learned
- Numerous illustrations and photographs to clearly demonstrate concepts, anatomical terms, equipment and positions that every fitness trainer needs to know

# CONTENTS

## **PART 1> EXERCISE SCIENCE IN ACTION**

- 1 Exercise science
- 2 Long-term exercise planning and programming

## **PART 2> CLIENT WELFARE**

- 3 Motivational psychology
- 4 Working collaboratively
- 5 Postural appraisal for low risk participants

## **PART 3> TRAINING CONSIDERATIONS**

- 6 Nutrition and body composition
- 7 Plan and deliver personal training
- 8 Plan and deliver exercise for older clients with managed conditions
- 9 Plan and deliver exercise for children and young adolescents
- 10 Aquatic activities for specific population groups

## **PART 4> BUSINESS**

- 11 Business basics

## **APPENDICES**

- A Adult Pre-exercise Screening Tool
- B Functional movement scoring sheet
- C Informed consent for participation in fitness program
- D Physician referral
- E Personal training agreement
- F Fitness lifestyle questionnaire
- G Fitness assessment preparation
- H Personal training session plan
- I Client screening reflection
- J Professional conduct for ASCTA members

## FOR THE STUDENT:

- **CourseMate Express Website** brings course concepts to life with interactive learning, study, and exam preparation tools that support the textbook. Watch student comprehension soar! **CourseMate Express Website** includes interactive teaching and learning tools including quizzes, labelling exercises, flashcards, learning objectives and more, and Engagement Tracker, a first-of-its-kind tool that monitors student engagement in the course.

## FOR THE INSTRUCTOR:

- **Chapter-by-chapter PowerPoint presentations** cover the main concepts addressed within the text and can be edited to suit your own requirements. Use these slides to enhance your lecture presentations and to reinforce the key principles of your subject, or for student handouts.
- The **Solutions Manual** provides you with a wealth of content to help set up and administer your subject. It includes learning objectives, chapter outlines, key points, teaching tips and materials, as well as solutions to all case studies and end-of-chapter questions from the text.
- **Artwork files** includes digital files of graphs, tables, pictures and flow charts from the text that can be used in a variety of media. Add them into your course management system, use them in student handouts, or include them in your lecture presentations.
- **Detailed Mapping** documents show content mapped against units of competency, elements and performance criteria

## ABOUT THE AUTHORS:

**Tony Attridge** is passionate about the fitness industry. He owns The College of Health and Fitness, an RTO based in Queensland, as well as lectured at major universities in Australia. Tony is a qualified exercise physiologist, sports psychologist, ISSN nutritionist, Level 3 strength and conditioning coach, Level 2 altitude training coach and a qualified teacher. This combination of skills enables him to apply specific training principles and get into the heads of his clients to elicit their absolute best. Tony has trained athletes at every Olympic Games since 1992, as well as Commonwealth Games, and has trained many other elite athletes, and fitness and bodybuilding competitors.

**Martin Felice** is an accredited exercise physiologist, soft tissue therapist and strength and conditioning coach. He is currently completing his Bachelor of Physiotherapy degree. Martin has a vast background in education in the areas of PDHPE, fitness and sports coaching. Martin is the proprietor of a successful business that has operated for over ten years in exercise physiology, personal training and soft tissue

## LOOKING FOR MORE INFORMATION?

You may be eligible for sample copies. To find out, please contact your local Cengage VPG Consultant or email [anz.vpg@cengage.com](mailto:anz.vpg@cengage.com).

### JASMINA PARTALOVSKI

Senior Sales Representative –  
VIC, New Zealand  
P | 0419 311 306  
E | [jasmina.partalovski@cengage.com](mailto:jasmina.partalovski@cengage.com)

### EMILIA BOLEK

Sales Representative – VIC, SA, Tasmania  
P | 0434 600 746  
E | [emilia.bolek@cengage.com](mailto:emilia.bolek@cengage.com)

### DALE WEBER

Sales Representative – NSW (South), ACT  
P | 0411 599 819  
E | [dale.weber@cengage.com](mailto:dale.weber@cengage.com)

### TONY FERRIS

Sales Representative – NSW (North)  
P | 0438 688 892  
E | [tony.ferris@cengage.com](mailto:tony.ferris@cengage.com)

### SHARNIE MENZ

Sales Representative – QLD, WA  
P | 0403 210 045  
E | [sharntelle.menz@cengage.com](mailto:sharntelle.menz@cengage.com)

### ROSANNE SPARKS

Field Sales Manager – NT  
P | 0419 342 707  
E | [rosanne.sparks@cengage.com](mailto:rosanne.sparks@cengage.com)

### MATTHEW HENDERSON

Vocational & Professional Sales Manager  
P | 0419 311 307  
E | [matthew.henderson@cengage.com](mailto:matthew.henderson@cengage.com)

### LIKE US ON FACEBOOK

[facebook.com/cengagelearninganz](https://facebook.com/cengagelearninganz)

### FOLLOW US ON TWITTER

[twitter.com/CengageANZ](https://twitter.com/CengageANZ)

E | [anz.vpg@cengage.com](mailto:anz.vpg@cengage.com)

P | +61 3 9685 4234

W | [cengage.com.au/tafe-rto](https://cengage.com.au/tafe-rto)

