ESSENTIAL GUIDE TO
FITNESS
FOR THE
FITNESS INSTRUCTOR
ROSEMARY MARCHESE
TONE YOUR STUDENTS' UNDERSTANDING OF THE FITNESS INDUSTRY

VOCATIONAL & PROFESSIONAL GROUP
CENGAGE Learning™
INTRODUCTION

The Essential Guide to Fitness: For the Fitness Instructor, 3e
Marchese
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This Australian text has been designed to assist students undertaking the SIS30313 Certificate III in Fitness qualification, studying to become fitness instructors. The text contains all the core units and elective units to support a range of fitness specialisations.

The Essential Guide to Fitness provides students with the knowledge, skills and hands on practice required to work as fitness professionals. Students gain an understanding of basic anatomy and nutrition and of varying types of fitness and exercise programs.

This textbook is the first step towards building a career in fitness. There’s so much to learn and some of it can be tricky. In this 3rd edition, you will find:

- New and revised content ensuring students are receiving the latest evidence-based information to support the updated fitness standards
- Deeper explanations of key topics and trends
- An abundance of new real life examples, cases and stories
- Powerful full colour images, charts and tables
- Additional online learning content

NEW TO THIS EDITION

- New full colour textbook clearly identifies images for visual learners
- New activities and visuals aid with understanding key topics and changes in the industry
- New content reflecting current industry standards and scope of practice
- New content covering Children and Movement
- New content covering risk management, health eating, health assessment, Fitness Australia screening tool and older adults
- New Workout exercises linked to performance and knowledge
- Greater visuals in relation to teaching anatomy and physiology
- 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

TABLE OF CONTENTS

PART 1> INTRODUCTION TO THE HUMAN BODY & HEALTHY EATING
1. Anatomy and physiology
2. Nutrition

PART 2> FITNESS ORIENTATION & HEALTH SCREENING
3. Fitness orientation and health screening

PART 3> FITNESS PROGRAMMING, INSTRUCTING & EQUIPMENT
4. Fitness appraisals
5. Fitness programs
6. Gym programs
7. Fitness equipment
8. Group exercise sessions
9. Water-based fitness

PART 4> RISK ANALYSIS AND WORK HEALTH & SAFETY
10. Risk analysis and work health and safety

PART 5> WORKING IN A FITNESS ENVIRONMENT
11. Quality service in the fitness industry

PART 6> SPECIFIC MARKETS & POPULATIONS
12. Fitness for specific populations
13. Older populations
14. Community fitness programs
15. Facilitate groups
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.

ABOUT THE AUTHORS

Rosemary Marchese is a qualified practicing physiotherapist (University of Sydney) and is currently working with SSA (Industry Skills Council for Fitness) as the Rightway fitness industry advisor. Her qualifications include a Diploma of Media Studies (Health & Fitness Writing) and qualifications in Editing and Proofreading. She is a freelance writer contributing to industry journals in the UK and Australia. Her previous roles include working as an assessor and SME for Open Colleges and developing their Certificate III in Fitness (2012-2013) as well preparing online learning tools for Certificate IV in Fitness competency units for TAFE NSW (2012).

Rosemary is the author of The Specialized Exercise Trainer © 2013, a PAVE title addressing the requirements of the Diploma in Fitness. This book & website was the winner of the Best TAFE and Vocational Education and Learning Resource award from the APA in 2013.

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