

3E

ESSENTIAL GUIDE TO  
**FITNESS**

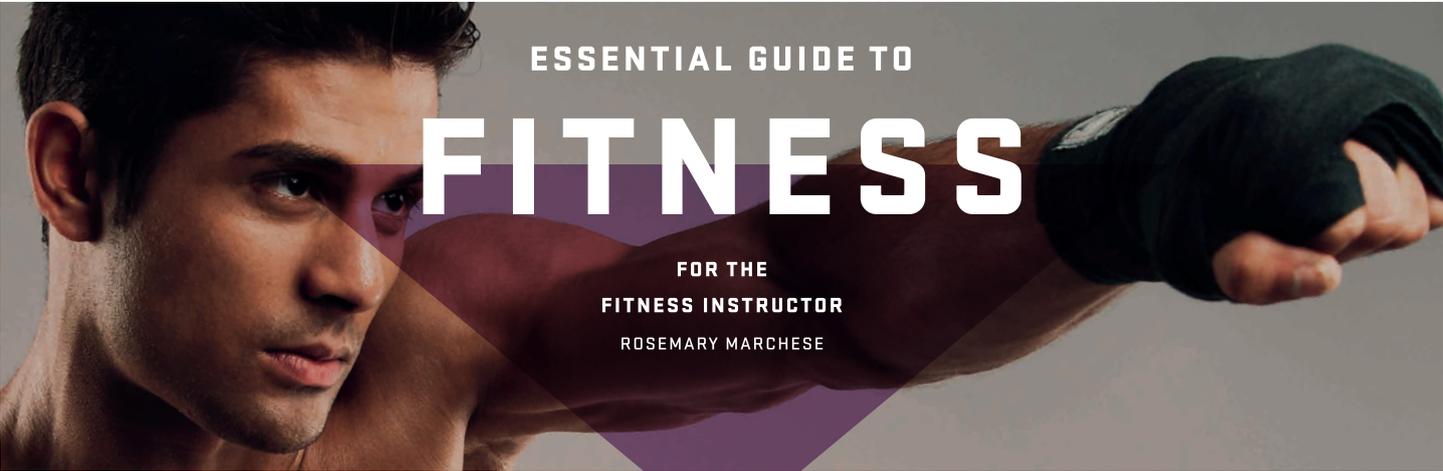
FOR THE  
FITNESS INSTRUCTOR

ROSEMARY MARCHESE

TONE YOUR STUDENTS' UNDERSTANDING OF THE FITNESS INDUSTRY



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ESSENTIAL GUIDE TO

# FITNESS

FOR THE  
FITNESS INSTRUCTOR

ROSEMARY MARCHESE

## INTRODUCTION

The Essential Guide to Fitness: For the Fitness Instructor, 3e  
Marchese  
ISBN: 9780170356251  
544pp, Paperback | eBook | eChapters, ©2016

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

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1. Anatomy and physiology
2. Nutrition

### **PART 2> FITNESS ORIENTATION & HEALTH SCREENING**

3. Fitness orientation and health screening

### **PART 3> FITNESS PROGRAMMING, INSTRUCTING & EQUIPMENT**

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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.

## FOR THE INSTRUCTOR

- ▶ The **Instructor's 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 questions and problems from the text.
- ▶ **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.
- ▶ **ExamView Test Bank** helps you to create, customise and deliver tests in minutes for both print and online applications. The Quick Test Wizard and Online test Wizard guide you step by step through the test-creation process. With ExamView's complete word-processing abilities, you can add an unlimited number of new questions to the bank, edit existing questions and build tests of up to 250 questions using up to 12 question types. You can export the files into Moodle, publish tests online or print them in hard copy.
- ▶ 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.

### Looking for more information?

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