

MindTap Asset Description

The Essential Guide to Fitness for the Fitness Instructor, edition 4

Marchese, Taylor & Fagan

Learning path location	Activity	How many	What is it	Seat time	Why it matters
MODULE	Fitness Toolbox	1	Includes: Exercise Pre-Screening overview 6 videos that demonstrate key fitness tests (also included in Chapter 4 with the description)	Time varies	Useful additional resources that support learning
ENGAGE	What do you think?	In all chapters	Students read a scenario related to the chapter content and are asked a polling question.	5 minutes	To encourage students to think about their own opinions and get an insight into what they will learn in the chapter. With no definitive set answer, the questions also facilitate further discussions.
LEARN	What you will learn & Reading activities	In all chapters	This is where the core text content lives. It is an interactive eReader with integrated tools for students and instructors, including interactive figures that help bring concepts to life. Students can search, jump to sections, highlight, take notes, have the text read aloud, define words and more.	Varies by student	This interactive eReader serves as a foundation and reference of content for the course
	Workout activities	In all chapters	These interactive activities appear while the student is reading through the chapter. They include practical questions to enable students to reflect on fitness. Can be submitted for instructor feedback.	5 minutes per activity	These questions ensure that students are familiar with basic concepts before coming to class so you can go further with the time you have, building upon that base level of knowledge.
APPLY	Labelling activities	In Chs 1, 2, 3, 6, 9, 12	Add the missing labels to this interactive diagram using the drag and drop feature.	5 minutes	Students apply their knowledge of the key terms from the chapter.
	Case studies	In all chapters	Features real-world examples illustrating how the key chapter concepts are applied in a fitness context. These include questions that encourage students to further apply their knowledge.	10-15 minutes	Students learn how key concepts are important in a range of scenarios.

REVISE	Summary and review questions	In all chapters	Recaps key chapter material.	Varies by student	Strengthens student understanding of key chapter concepts.
	Revision quiz	In all chapters	Interactive quizzes covering all chapter concepts are applied to fitness scenarios and are automatically graded.	10 minutes	These quizzes help to move students beyond basic understanding, requiring them to apply their knowledge rather than simply recalling information from the chapter.

MindTap Table of Contents

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Topic/Chapter	Suggested digital activities for homework and/or assessment
Chapter 1 <i>Anatomy and physiology</i>	What do you think?: Exploring anatomy and physiology principles with a client
Chapter 2 <i>Nutrition</i>	What do you think?: John's challenge to prevent obesity
Chapter 3 <i>Fitness orientation and health screening</i>	What do you think?: Pre-screening and fitness goals
Chapter 4 <i>Fitness appraisals</i>	What do you think?: Referring clients based on fitness appraisals Video demonstration - Bench jump test Video demonstration - Hand grip strength test Video demonstration - Modified push-up test Video demonstration - Modified dip test Video demonstration - Abdominal crunch Video demonstration - Bent leg curl up
Chapter 5 <i>Fitness programs</i>	What do you think?: Applying risk management
Chapter 6 <i>Gym programs</i>	What do you think?: Devising a group exercise program
Chapter 7 <i>Fitness equipment</i>	What do you think?: Coordinating equipment maintenance and safety
Chapter 8 <i>Group exercise sessions</i>	What do you think?: Instructing an indoor cycling class
Chapter 9 <i>Water-based fitness</i>	What do you think?: Water-based rehabilitation
Chapter 10 <i>Endurance training programs</i>	What do you think?: Training for endurance
Chapter 11 <i>Risk analysis and work health and safety</i>	What do you think?: Effective customer service
Chapter 12 <i>Fitness for specific populations</i>	What do you think?: Creating a gym program for older clients
Chapter 13 <i>Older populations</i>	What do you think?: Training Sami, 66
Chapter 14 <i>Children and adolescents</i>	What do you think?: Working with children
Chapter 15 <i>Community fitness programs</i>	What do you think?: Asking the right questions
Chapter 16 <i>Facilitating groups</i>	What do you think?: Facilitating groups
Chapter 17 <i>Quality service in the fitness industry</i>	What do you think?: Quality service in practice