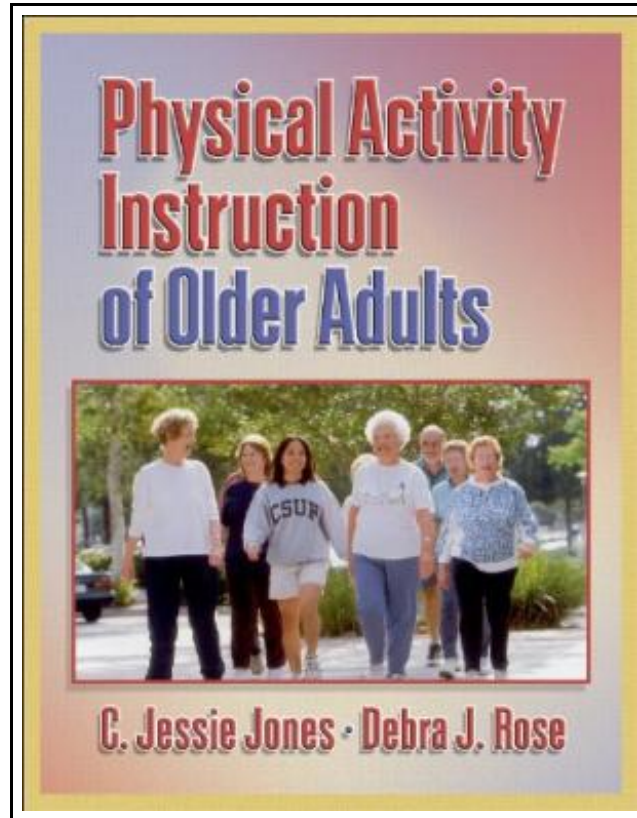


Physical Activity Instruction of Older Adults (Hardback)



Filesize: 5.47 MB

Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

(Rene Olson)

PHYSICAL ACTIVITY INSTRUCTION OF OLDER ADULTS (HARDBACK)



Human Kinetics Publishers, United States, 2005. Hardback. Book Condition: New. 280 x 218 mm. Language: English . Brand New Book. Physical Activity Instruction of Older Adults is the first book to detail the fundamental knowledge and skills associated with the training modules outlined in the International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults. The curriculum guidelines, published in 2004, were developed by an international coalition of senior fitness specialists. Physical Activity Instruction of Older Adults presents the competency-based objectives that fitness instructors should know and be able to perform to lead safe and effective physical activity programs for older adults with diverse functional capabilities. A comprehensive blend of theory, practical content, and detailed instruction, the text is organized into five parts: Part I introduces the new field of gerokinesiology; provides an overview of the aging process; and discusses the benefits of an active lifestyle in disease prevention, health promotion, and quality of life. Part II provides information and guidelines for preexercise screenings and assessments, client feedback, and goal setting. Part III focuses on the core fitness and skill components of a well-rounded physical activity program for older adults, including warm-up and cool-down, flexibility and resistance training, aerobic exercise, and balance and mobility training. Part IV introduces specialty program and training methods, including exercise such as yoga, aquatic exercise, and master athlete training. Part V covers how to apply principles of motor learning to program design; teaching, leadership, and motivational skills; special considerations for specific medical conditions; and legal and professional ethics and standards for instructors. Application activities at the end of each chapter help the reader to synthesize the information and prepare them to design well-rounded physical activity programs for older adults. Other student-friendly elements include chapter objectives, introductions, summaries, study questions, key terms, and key points. In addition, numerous photos, figures,...



[Read Physical Activity Instruction of Older Adults \(Hardback\) Online](#)

[Download PDF Physical Activity Instruction of Older Adults \(Hardback\)](#)

Relevant eBooks



Plants vs. Zombies game book - to play the stickers 2 (puzzle game swept the world. most played together)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown Pages: 28 in Publisher: China Children Press List Price: 13.00...

[Read eBook »](#)



Look Up, Look Down! (Pink A)

Pearson Education Limited. Book Condition: New. This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach today's children to read. In...

[Read eBook »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Read eBook »](#)



Horse Up and Down

Scholastic US. Board book. Book Condition: new. BRAND NEW, Horse Up and Down, Kei Bernstein, Caroline Jayne Church, An interactive opposite book from Caroline Jayne Church! Join two loveable kids as they gallop up, down,...

[Read eBook »](#)



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

[Read eBook »](#)