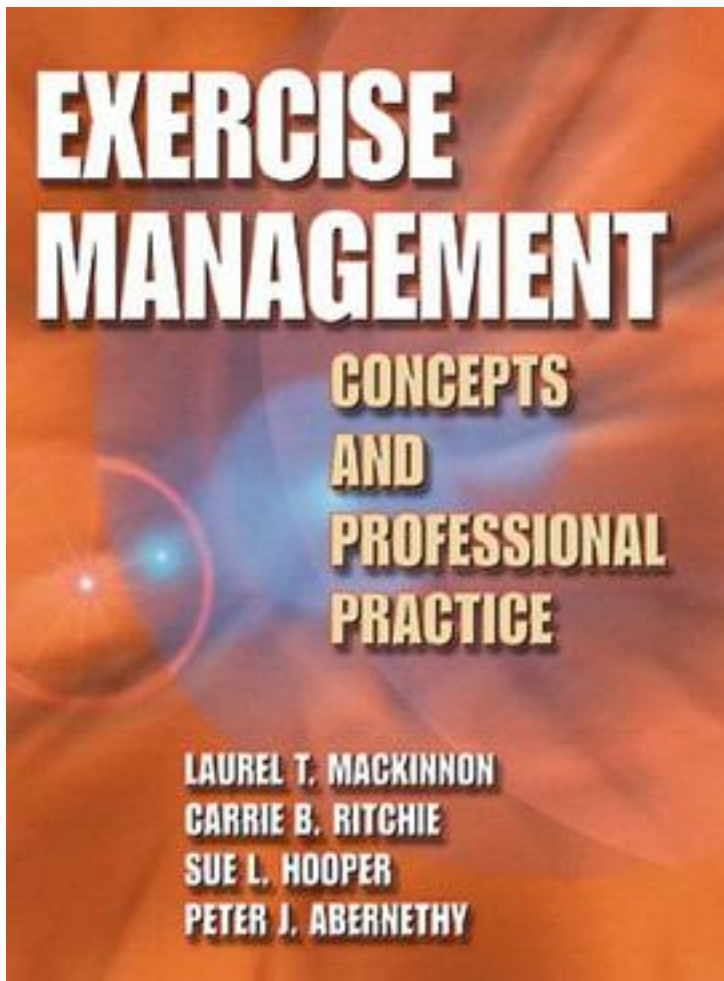


Exercise Management



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This volume explains the key concepts about the role of exercise and its effect on participants. It presents scientifically sound instructions about how to manage and

design effective programmes to suit people of all abilities, with diagrams and illustrations. Key features of the book include: case studies within each section illustrating key concepts and terms in a practical application scenario taken from the authors' experiences; glossary words listed at the end of the chapter for quick and easy reference; a combination of questions and real-life activities that encourage students to research topics of exercise management in their own communities, fostering greater understanding of the diverse groups and settings involved in the promotion and maintenance of physical-activity programming.

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