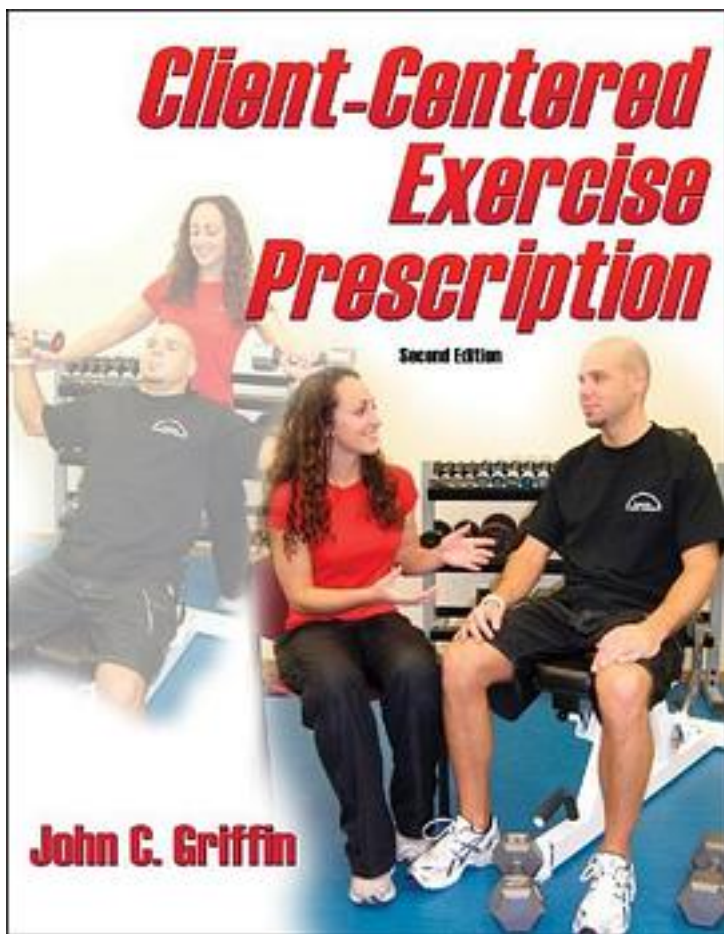


Client-centered Exercise Prescription



[Client-centered Exercise Prescription_ 下载链接1](#)

著者:Griffin, John C.

出版者:Human Kinetics

出版时间:2006-1

装帧:Pap

isbn:9780736054959

Serving as a reference for personal trainers and health fitness instructors, this title is also useful as a textbook for students studying sport and exercise science. It provides the foundations of client-centred exercise prescription, including: establishing rapport

with clients, motivational strategies and ideas for client-centred assessment. It presents step-by-step models for client-centred prescription for cardiovascular conditioning, resistance training, muscle balance and flexibility, and weight management. It also includes special prescription models for injured clients and those with specific medical problems.

作者介绍:

目录:

[Client-centered Exercise Prescription_下载链接1](#)

标签

评论

[Client-centered Exercise Prescription_下载链接1](#)

书评

[Client-centered Exercise Prescription_下载链接1](#)