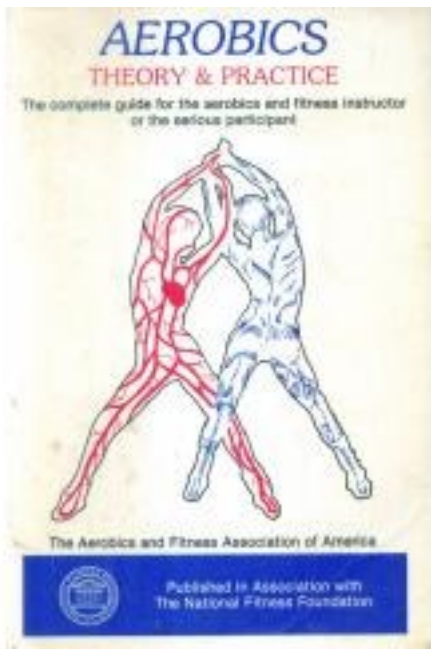


Aerobics: Theory and Practice



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Fitness is an elusive state. What is here today may very well be gone tomorrow without continual hard work, determination and discipline. For many (particularly those who are instructors) this way of life is the only way of life. Because instructors are fit, they are role models in an age of health awareness. In sharing with others their enthusiasm, sense of well-being, and love for fitness, they are often regarded as fitness "experts."

But is an exercise instructor prepared for the more encompassing task of fitness education? Has he or she the knowledge and tools to do a good and safe job? Or, have the guidelines for instruction been as elusive to instructors as fitness itself is to most of the population? Up until now, the aerobic exercising professional has not had a hands-on workbook to advise and guide her/his daily quest for the best injury-free exercise program.

Using the combined talents and expertise of the advisors, AFAA has written the first complete set of these long overdue guidelines.

In *Aerobics: Theory and Practice*, thirty accomplished fitness researchers and practitioners elucidate upon AFAA's "Basic Exercise Standards and Guidelines." Bringing their unique expertise to this anthology, the authors created a practical and valuable composite. A project of this ambition required the cooperative effort of both authors and reviewers. Among the reviewers, special recognition is extended to Neil Sol, Ph.D., for his diligence in coordinating these efforts. He and the editor, Phyllis G. Cooper, R.N., spent countless hours that only come from a professional's deep commitment to excellence.

The emphasis of this book is on the exercise considerations for adult, able-bodied participants. Special needs of persons with disabilities, pre- and post-partum women, children and seniors, could not be adequately covered

作者介绍:

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