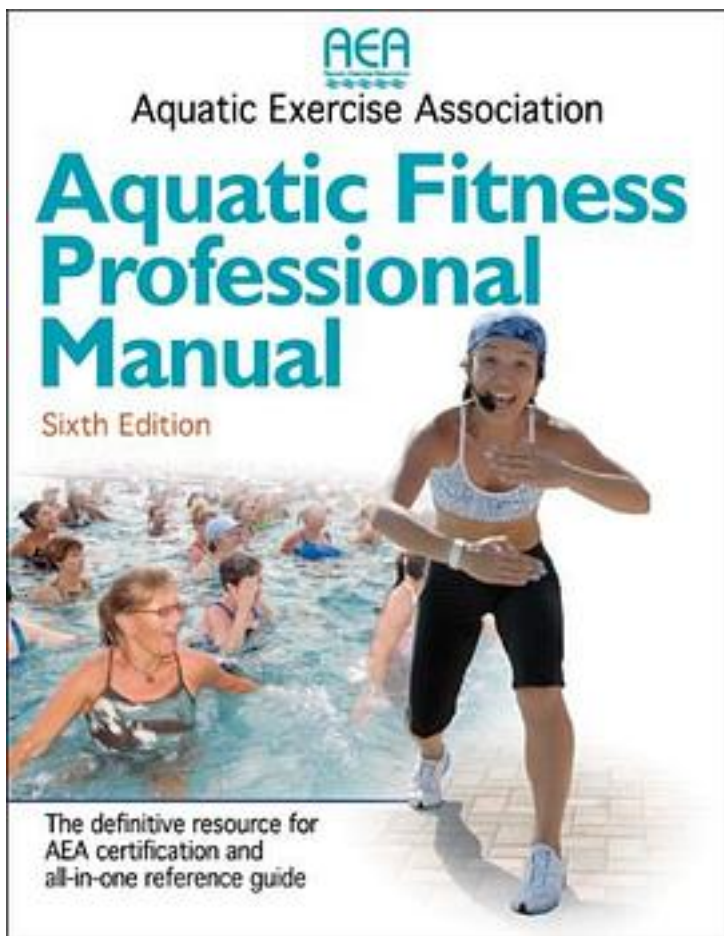


Aquatic Fitness Professional Manual - 6th Edition



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You're sure to make waves with this complete guide to designing aquatic fitness programmes. With new and expanded information, extensive updates and the most current research and best practices, "Aquatic Fitness Professional Manual", helps you

bring the benefits of aquatic fitness to a wide range of people. Special learning features, including key concepts, chapter summaries and review questions (with answers), will help you learn and retain vital safety information, current research on aquatic-related exercise science, programme design concepts and updated guidelines on nutrition and weight management. You will also find new recommendations on warm-ups and cool-downs, shallow-water exercise and alternative training for better health. Expanded information on equipment and effective use of equipment keeps you and your clients focused on safety. You can learn new cueing techniques and deck-teaching skills to enhance your group fitness leadership and get the latest information to assist you in presenting a professional appearance and demeanour.

作者介绍:

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标签

游泳

健身

评论

讲解超级细致，肌肉、骨骼的运动都分解到原子运动级别。如果改行做游泳教练，有这么一本就够了。

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书评

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