

Methods Of Group Exercise Instruction 3rd Edition With Online Video

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Methods of Group Exercise Instruction. Insights on the evolution of group fitness, cultural influences, the instructor as role model, and basic business practices provide a deeper level of understanding that moves beyond the class routine to create a safe and enjoyable environment for all class participants.

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Methods of Group Exercise Instruction, Third Edition, moves from theory to practice in a logical progression. Rather than simply providing routines, this book helps instructors develop the core skills needed for creating routines, use proper cueing, and adapt their teaching to new modalities.

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Methods of Group Exercise Instruction, Third Edition, highlights a variety of group exercise formats through training principles, correction and progression techniques, and safety tips. This research-based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic, safe, and effective classes.

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Methods of Group Exercise Instruction, Fourth Edition, will prepare any group fitness instructor for a successful career. Students will gain a strong foundation to earn their group fitness certification, and veteran instructors will be able to refine their skills to increase their marketability and success.

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Methods of Group Exercise Instruction, Fourth Edition, goes beyond theory to help fitness instructors and managers understand the why behind class and program design, the proper way to cue participants, and the variety of modalities they can use in their teaching. Revised and reorganized based on current industry best practices, this edition includes the following:

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Methods of Group Exercise Instruction, Second Edition, moves from theory to practice in a logical progression that is helpful for both students and methods course instructors. The text is also organized for easy reference, putting the techniques that group exercise instructors need to know at their fingertips.

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