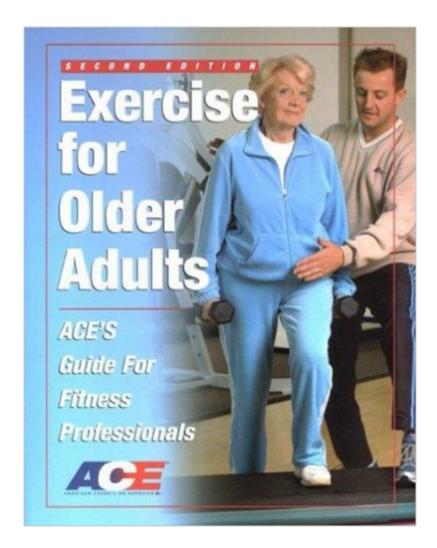
The book was found

Exercise For Older Adults: Ace's Guide For Fitness Professionals





Synopsis

Exercise for Older Adults: ACE's Guide for Fitness Professionals (Second Edition) offers a timely update of this go-to resource for the fitness industry. Original authors have added new information to their chapters, and four new contributors lend their expertise to the book. Each chapter provides comprehensive guidelines for fitness professionals who serve the older adult population, covering subjects such as physiology, health challenges, communication and motivation techniques, exercise modes and techniques, basic strength training guidelines, and more.

Book Information

Paperback: 291 pages Publisher: Healthy Learning; DVD Video edition (January 1, 2005) Language: English ISBN-10: 1585189278 ISBN-13: 978-1585189274 Product Dimensions: 11 x 8.5 x 0.8 inches Shipping Weight: 2.2 pounds Average Customer Review: 2.8 out of 5 stars Â See all reviews (4 customer reviews) Best Sellers Rank: #272,515 in Books (See Top 100 in Books) #25 in Books > Health, Fitness & Dieting > Aging > Exercise #101 in Books > Medical Books > Medicine > Internal Medicine > Geriatrics #365 in Books > Medical Books > Allied Health Professions > Physical Therapy

Customer Reviews

As a required reading for an introductory university level athletic training class, this textbook provides a good foundation for working with older adults. It discusses the physiological changes that occur with age along with common health challenges that must be addressed when working with older adults during exercise programs. A nice feature of the book are the pictures which demonstrate the exercise techniques for stretching, aerobics, and strengthening.

"Exercise has many health benefits for older adults.""Older adults may require more time to recover from exercise."There, now you don't have to buy the book. There is slightly more detail in the book than in this review, but not enough to justify purchasing it.

Item was just like promised.

I bought this book because I am a physical therapist that needed more ideas on treating older adults. I found the book to have all the same information I learned in undergrad and nothing new that I could use. If you have gone to school for PT or exercise science I would not recommend this bood because it is all review.

Download to continue reading...

Exercise for Older Adults: Ace's Guide for Fitness Professionals Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise Ace Organic Chemistry I: The EASY Guide to Ace Organic Chemistry I: (Organic Chemistry Study Guide, Organic Chemistry Review, Concepts, Reaction Mechanisms and Summaries) Ace General Chemistry I and II (The EASY Guide to Ace General Chemistry I and II): General Chemistry Study Guide, General Chemistry Review Ace General Chemistry I: The EASY Guide to Ace General Chemistry I: (General Chemistry Study Guide, General Chemistry Review) Ace General Chemistry II: The EASY Guide to Ace General Chemistry II Ace's Spanish Exambusters Study Cards (Ace's Exambusters Study Cards) (Spanish Edition) Ace's Spanish Exambusters Study Cards (Ace's Exambusters) (English and Spanish Edition) Exercise and Wellness for Older Adults - 2nd Edition: Practical Programming Strategies Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Word Search Book for Adults: Word Search Puzzles to Improve Memory and Exercise: word search, word search books, word search books for adults, adult word search books, word search puzzle books Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Restorative Care Nursing for Older Adults: A Guide For All Care Settings, Second Edition (Springer Series on Geriatric Nursing) The Hope of Glory - A Devotional Guide for Older Adults 21st Century Fitness: Your personal guide to getting younger as you grow older. Nursing for Wellness in Older Adults Anderson's Caring for Older Adults Holistically Caring for Older Adults Holistically 5e 5th (fifth) Edition by Anderson PhD APRN BC, Mary Ann published by F.A. Davis Company (2011) Gerontological Nursing: Promoting Successful Aging with Older Adults <u>Dmca</u>