



Practical Fitness Testing: Analysis in Exercise and Sport (Fitness Professionals)

Morc Coulson, David Archer

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This is an indispensable guide for anyone involved in prescribing exercise programmes for clients or groups. Fitness tests are crucial to measure current fitness and then monitor progress to check the effectiveness of a training programme.

The theory and practice of fitness testing, in both exercise and sport settings, are covered in a clear and accessible way. The information is fully up to date with current research and population norms, and lots of diagrams and illustrations make the content easy to understand.

The content covers all the topics identified in the competency framework for Levels 3 and 4 of the National Occupational Standards (NOS) for Instructors within the Health and Fitness Industry.

Includes: assessment techniques, sample questions, normal population data, basic measurement and analysis, methods of testing, how to test strength, aerobic endurance, speed and agility, flexibility and power.

Written by the authors of *The Fitness Instructor's Handbook*, and *The Advanced Fitness Instructor's Handbook*, this is the must-have guide to Fitness Testing for anyone working in fitness or sport.

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