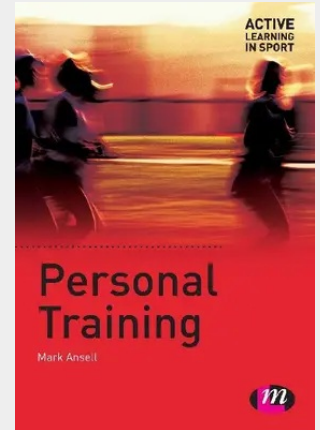


Personal Training

This is a key text for all those on sport science courses. It covers all the essential areas for a study of personal training including fitness testing, nutrition, psychology, training principles, health and fitness, training in different contexts and business issues. Students therefore gain all the required multi-disciplinary knowledge with an understanding of how to apply this in practice. Throughout the text, theoretical explanation is supported by case studies, practical and reflective exercises and guidance on further study.

A comprehensive, practical and genuinely reader-friendly introduction to personal training for today's students in UK.



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