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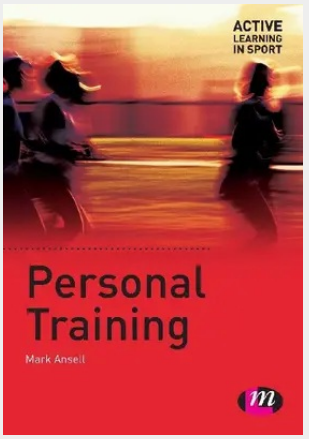
Personal Training

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.



45,20 €
45,20 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781844451630
Medium: Buch
ISBN: 978-1-84445-163-0
Verlag: Learning Matters
Erscheinungstermin: 01.10.2012
Sprache(n): Englisch
Auflage: 1. Auflage 2012
Serie: Active Learning in Sport Series
Produktform: Kartoniert
Gewicht: 345 g
Seiten: 192
Format (B x H): 170 x 244 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)