

TABLE OF CONTENTS

Volume 1 - The Fundamentals

CHAPTER I Client Screening Questionnaire 1	CHAPTER XVIII Administering Resistance Exercises & Warm Ups105
CHAPTER II Basic Human Anatomy 16	CHAPTER XIX Applications of NFPT Charts & Tables112
CHAPTER III Anatomical Terms & Biomechanics24	CHAPTER XX Post-Workout Considerations.....127
CHAPTER IV Exercises, Stretching, & Practical Preparation.....28	CHAPTER XXI Antagonistic Multi-Set Training Principle.....129
CHAPTER V The General Fitness Routine 39	CHAPTER XXII Client Trouble Shooting132
CHAPTER VI Flexibility, Stability, and Core Strength..... 44	CHAPTER XXIII Physiological Effects of Steroids141
CHAPTER VII Cross Training & Enhancing Sports Skills for the Athlete 46	CHAPTER XXIV Injury Prevention & Management.....144
CHAPTER VIII The Mind Body Connection..... 54	CHAPTER XXV Emergency Medical System.....149
CHAPTER IX Diet & Metabolism of Nutrients..... 57	CHAPTER XXVI Brain Function, Carbohydrates, & Aging152
CHAPTER X Protein Requirements & Energy Production..... 64	CHAPTER XXVII Water - The Most Essential Nutrient154
CHAPTER XI Cardiac & Smooth Muscle Structure & Function..... 68	CHAPTER XXVIII Special Populations.....157
CHAPTER XII Eating Before Activity and the Cardiovascular Response..... 71	CHAPTER XXIX Legal Considerations165
CHAPTER XIII Skeletal Muscle Structure & Function . 73	CHAPTER XXX Marketing Personal Fitness Trainer Services.....170
CHAPTER XIV The Cell 78	BIBLIOGRAPHY177
CHAPTER XV The Physiology of Aerobic & Low Level Activity 84	GLOSSARY179
CHAPTER XVI Fundamental & Advanced Resistance Exercise Principles..... 95	NFPT Consultation Guidelines184 Charts and Tables188 Master Food List190 Recommended Professional Documents199 Policies & Procedures202
CHAPTER XVII The Beginner.....102	INDEX206