

afaa continuing education courses

AFAA Continuing Education Courses: Navigating Challenges and Embracing Opportunities in Fitness Professional Development

Author: Dr. Evelyn Reed, PhD, CSCS, AFAA Certified Group Fitness Instructor with 15 years of experience in the fitness industry and a proven track record of research in exercise science and professional development.

Keywords: AFAA continuing education courses, AFAA certification, fitness professional development, group fitness instructor training, continuing education credits, fitness certification, professional development, AFAA courses, fitness instructor courses

Abstract: This article provides a comprehensive examination of AFAA continuing education courses, analyzing their importance for maintaining certification, enhancing professional skills, and navigating the evolving fitness landscape. It explores both the challenges and opportunities presented by these courses, offering insights for current and prospective AFAA certified instructors.

Introduction:

The fitness industry is a dynamic field demanding constant adaptation and professional development. For certified fitness professionals, maintaining their credentials and staying current with best practices is crucial for both their career advancement and the safety and well-being of their clients. AFAA (Aerobics and Fitness Association of America) continuing education courses play a vital role in this process, offering a range of programs designed to enhance knowledge, skills, and expertise. This article delves into the multifaceted nature of AFAA continuing education courses, exploring the opportunities they provide while also addressing the challenges that fitness professionals may encounter.

H2: The Significance of AFAA Continuing Education Courses

AFAA continuing education courses are not merely a requirement for maintaining certification; they represent a crucial investment in professional growth. These courses provide updated information on exercise science, program design, teaching methodologies, and business practices. By participating in these courses, AFAA certified instructors can:

Enhance teaching skills: AFAA courses often incorporate practical application and hands-on training, refining teaching techniques and improving communication with clients.

Expand program offerings: Access to new modalities and techniques allows instructors to diversify their class offerings, attracting a wider range of clients.

Improve client safety: Staying abreast of current safety guidelines and injury prevention strategies is crucial for minimizing risks and ensuring client well-being.

Boost career prospects: Continuous professional development demonstrates commitment and expertise, making certified instructors more competitive in the job market.

Stay current with industry trends: The fitness world is constantly evolving. AFAA continuing education courses ensure instructors are knowledgeable about the latest trends, technologies, and exercise modalities.

H2: Challenges Faced in Pursuing AFAA Continuing Education Courses

While the benefits of AFAA continuing education courses are undeniable, several challenges can hinder participation:

Time constraints: Balancing work, personal life, and professional development can be challenging for busy fitness instructors.

Financial limitations: The cost of courses, travel, and materials can be a barrier for some professionals.

Accessibility: Geographical limitations and scheduling conflicts can restrict access to courses. Online courses offer a solution but not all individuals have comfortable access to reliable internet and technology.

Relevance to individual needs: Not all courses might directly address the specific needs and interests of every instructor.

Keeping up with the Volume: The sheer number of courses available can make it difficult to choose the most beneficial ones.

H2: Opportunities Presented by AFAA Continuing Education Courses

Despite the challenges, AFAA continuing education courses offer numerous opportunities for growth and advancement:

Specialization: Instructors can specialize in specific areas of fitness, such as senior fitness, aquatic fitness, or yoga, enhancing their marketability.

Networking: Courses provide opportunities to connect with other fitness professionals, share experiences, and expand professional networks.

Access to cutting-edge research: Many courses incorporate the latest research findings in exercise science, helping instructors implement evidence-based practices.

Enhanced credibility: Successfully completing AFAA continuing education courses strengthens an instructor's credentials and builds confidence.

Increased earning potential: Specialization and expertise often lead to higher rates and more lucrative opportunities.

H2: Strategies for Maximizing the Benefits of AFAA Continuing Education Courses

To overcome the challenges and fully utilize the opportunities, instructors should:

Plan ahead: Develop a professional development plan outlining specific goals and identifying relevant courses.

Explore funding options: Investigate grants, scholarships, and employer reimbursement programs.

Leverage online learning: Utilize online courses to overcome geographical and scheduling constraints.

Seek mentorship: Connect with experienced instructors for guidance and support.

Prioritize relevance: Carefully select courses that align with career aspirations and client needs.

Conclusion:

AFAA continuing education courses are an indispensable component of professional development for fitness instructors. While challenges related to time, cost, and accessibility exist, the opportunities for skill enhancement, career advancement, and improved client outcomes significantly outweigh these obstacles. By strategically planning their professional development and actively seeking solutions to potential challenges, AFAA certified instructors can leverage these courses to enhance their careers and contribute meaningfully to the health and well-being of their clients.

FAQs:

1. How many CEUs do I need to maintain my AFAA certification? The specific CEU requirement varies depending on your certification level and the renewal cycle. Check the AFAA website for the most up-to-date information.
1. What types of AFAA continuing education courses are available? AFAA offers a wide variety, including specialty certifications (yoga, Zumba, etc.), advanced training in group exercise, and courses on business and marketing.
1. Are AFAA continuing education courses accredited? AFAA is a nationally recognized organization, and their courses are designed to meet industry standards.
1. Can I use AFAA CEUs towards other certifications? This depends on the requirements of the other certifying body. Contact them directly to determine compatibility.
1. How much do AFAA continuing education courses cost? The cost varies depending on the course length, content, and format (in-person vs. online).
1. Are AFAA continuing education courses offered online? Yes, many courses are available online, offering flexibility and convenience.

1. What if I miss a deadline for CEU renewal? AFAA has specific procedures for late renewals. Check their website for details and potential penalties.
1. How can I find AFAA continuing education courses relevant to my specialization? Browse the AFAA website's course catalog and filter by your area of interest.
1. What support is available if I need assistance with AFAA continuing education courses? AFAA offers customer support to assist with course registration, payment, and any other questions you may have.

Related Articles:

1. "Boosting Your Income with Specialized AFAA Continuing Education Courses": This article explores specific AFAA courses that can lead to higher earning potential, such as senior fitness or specialized group exercise modalities.
1. "Mastering Effective Teaching Techniques in AFAA Continuing Education": Focuses on specific courses that enhance teaching methodology, communication skills, and effective program design.
1. "The Role of Technology in Modern AFAA Continuing Education": Examines the integration of technology in fitness instruction and the courses that address this.
1. "Navigating the Business Side of Fitness with AFAA Continuing Education": Addresses business management and marketing skills covered in AFAA continuing education courses.
1. "AFAA Continuing Education and the Importance of Injury Prevention": Highlights courses focused on safety protocols and injury prevention strategies.

1. "Staying Current with Exercise Science Through AFAA Continuing Education": Reviews courses that keep instructors updated on the latest research and best practices.
1. "Comparing AFAA Continuing Education to Other Fitness Certification CEUs": A comparative analysis of AFAA's offerings with other leading organizations.
1. "AFAA Continuing Education: A Case Study of Professional Development Success": Provides real-world examples of instructors who have successfully leveraged AFAA continuing education.
1. "The Future of Fitness Instruction and the Role of AFAA Continuing Education": Speculative analysis of future trends and how AFAA continuing education will adapt to them.

Publisher: "Fitness Professional Journal," a leading publication with a long-standing reputation for delivering high-quality, evidence-based content to the fitness industry. They are known for their rigorous editorial process and commitment to disseminating accurate and timely information.

Editor: Sarah Miller, M.S., ACSM-CPT, with over 10 years of experience editing fitness-related publications and a strong background in exercise science.

afaa continuing education courses: NASM AFAA Principles of Group Fitness Instruction

Nasm National Academy of Sports Medicine, 2017-09-19 Since 1983, AFAA has pioneered and set the fundamental movement standards in the fitness industry. With more than 350,000 certifications issued in 73 countries, AFAA-trained instructors have motivated millions of people toward healthier and happier lives. Through this course, you will acquire the knowledge and practical skills needed to inspire po

afaa continuing education courses: The BioMechanics Method for Corrective Exercise

Price, Justin, 2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function.

afaa continuing education courses: NASM Essentials of Corrective Exercise Training Micheal

Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are

more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

afaa continuing education courses: *Complete Guide to TRX Suspension Training* Jay Dawes, 2017-05-02 For strength, stability, core power, flexibility, and balance, Suspension Training® delivers results. Used by the best of the best, from professional trainers to the elite athletes they work with, Suspension Training is a respected and essential component of conditioning programs worldwide. Now, the ultimate Suspension Training expert shares the ultimate in Suspension Training exercises and programs. *Complete Guide to TRX® Suspension Training®*, from renowned strength and conditioning expert Dr. Jay Dawes, is the authoritative guide to Suspension Training. This resource is so thorough that it has earned the endorsement of TRX®. Look inside at the instruction, advice, and insights, and you'll see why. This is a one-of-a-kind resource designed to take workouts to unprecedented levels. *Complete Guide to TRX® Suspension Training®* includes instructions for more than 115 exercises. Complete with photo sequences, variations, and safety recommendations, you'll learn how to develop and integrate strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer™. In the gym, at home, or on the road, this guide is the ultimate training companion. With over thirty ready-to-use programs, you have options for any situation and every desire. It's all here. If you want the best in exercise, training, and workouts, then look no further than *Complete Guide to TRX® Suspension Training®*. Discover why millions of athletes make Suspension Training the core of their program.

afaa continuing education courses: *Methods of Group Exercise Instruction* Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise, it is challenging to become—and remain—an effective group exercise instructor. *Methods of Group Exercise Instruction, Fourth Edition With Online Video*, offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services. The authors—who have dozens of years of experience—thoroughly explain group exercise training principles, correction and progression techniques, and safety tips. They also have taught this course within a university setting. This research-based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic, safe, and effective classes for clients of differing ages, abilities, and interests. *Methods of Group Exercise Instruction, Fourth Edition*, goes beyond theory to help fitness instructors and managers understand the why behind class and program design, the proper way to cue participants, and the variety of modalities they can use in their teaching. Revised and reorganized based on current industry best practices, this edition includes the following: Over 100 minutes of online video demonstrating warm-ups, routines, drills, and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high-intensity interval training (HIIT) Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content. Pro Tips offer insights and expertise from industry veterans; boxes and sidebars highlight important topics, research findings, and technique and safety checks; practice drills offer opportunities to apply the information; and evaluation forms are provided to self-assess teaching success. *Methods of Group Exercise Instruction, Fourth Edition*, will prepare any group fitness instructor for a successful career. Students will gain a strong foundation to earn their group fitness certification, and veteran instructors will be able to refine their skills to increase their marketability and success.

afaa continuing education courses: *NASM Essentials of Personal Fitness Training*, 2008 Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600

full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

afaa continuing education courses: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 “Dr. Sims realizes that female athletes are different than male athletes and you can’t set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best.”—Evie Stevens, Olympian, professional road cyclist, and current women’s UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it’s no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women’s physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

afaa continuing education courses: ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM’s Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

afaa continuing education courses: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life “by the balls” and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller’s groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body’s resilience from head to toe so that you have more energy, less stress, and greater performance Whether you’re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

afaa continuing education courses: Advanced Personal Training Paul Hough, Brad J. Schoenfeld, 2021-11-22 Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by

scientific evidence. This book allows readers to develop their understanding of the scientific rationale behind important components of personal training, such as monitoring fitness and training programme design. Each chapter synthesizes the findings of cutting-edge scientific research to identify optimum training methods and dispel some myths that are prevalent in the fitness industry. The chapters within this new edition have been written by internationally renowned experts from several disciplines, including strength and conditioning, physiology, psychology, and nutrition. Contributions have also been made from esteemed academics who have conducted some of the scientific studies discussed within the book. The authors have interpreted and summarised the scientific evidence and produced evidence-based recommendations, allowing readers to explore the latest concepts and research findings and apply them in practice. The book includes several new chapters, such as evidenced based practice (EBP), and designing training programmes female clients. This second edition remains the essential text for fitness instructors, personal trainers and sport and exercise students. The book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

afaa continuing education courses: *Yoga with Weights For Dummies* Sherri Baptiste, 2011-04-20 An easy-to-follow guide to a hot new form of yoga Yoga with Weights is the latest breakthrough in mind-body exercise, integrating the mindfulness of yoga with the physical culture of body-building. Building on the strengths of both disciplines, this friendly guide shows readers how to safely combine yoga postures while simultaneously working out with lightweight hand-held free weights. It features customizable exercises that target specific areas of the body, each illustrated with multiple photos, and provides guidelines for combining healthy eating with workouts. Sherri Baptiste (Marin County, CA) is the founder of Baptiste Power of Yoga, a nationally recognized method of yoga offered throughout the United States. She teaches yoga classes throughout the United States and hosts retreats around the world.

afaa continuing education courses: *Athletic Abs* Scott Cole, 2003 Emphasizing balance, strength, and flexibility--and including core stretches based on martial arts principles, yoga, and gymnastics--this workbook provides a low-cost, crunch-free and equipment-free ab workout that can be done at home. 240 photos.

afaa continuing education courses: *Fascial Fitness, Second Edition* Robert Schleip, Johanna Bayer, 2021-07-13 A bestseller (over 80,000 copies sold) in a second, updated edition. Learn fascial exercises to improve mobility and flexibility, avoid and treat pain, and improve sports performance. In this second edition of his best-selling guide to fascial fitness, fascia researcher and Rolfing therapist Dr. Robert Schleip shows you a series of practical exercises that you can easily build into your day-to-day routine. He introduces the most recent scientific findings from the world of fascial research, and explains which methods and equipment are most effective for fascial health (as well as which ones do more harm than good!). These new findings are already changing the shape of physiotherapy and the methods of treatment and recovery we use today, and will continue to do so in the future. Physiotherapists, sports scientists, and doctors agree that if we want to stay flexible, energetic and pain-free in our day-to-day lives and sporting pursuits, we need to look after our connective tissue - our 'fascia'. There has been a great deal of research into this over the last few years, all of which shows that the fascia around our muscles plays a huge role in keeping us fit, healthy, flexible, and feeling good. This versatile tissue transfers energy to the muscles, communicates with the nervous system, acts as a sensory organ, helps to protect and regenerate our internal organs, and provides the foundations for a healthy physique. We used to think it was our muscles doing all the work, but now we know the connective tissue plays a big part, too. It responds to stress and other stimuli, and when it gets matted or sticks together, it can cause pain and mobility problems. That's why it's so important to train our fascia - and just 10 minutes, twice a week is all it takes!

afaa continuing education courses: *Foundations of Exercise Science* Gary Kamen, 2001 This entry-level text provides an overview of the human movement sciences, combining basic science principles with applications in exercise science. Topics covered include physiology of exercise,

sports medicine prevention and rehabilitation.

afaa continuing education courses: *Body Before Skill* Jessica Zoo, 2016-05-31 UNLEASH YOUR POTENTIAL AND REACH FOR GOLD. The body knows no difference between a recognised sport at the olympics or what we do. All it cares about is the two and a half minutes and the months of gruelling training it goes through. All the body wants is to find the right balance between being pushed to a peak without being pushed beyond its capable of. BODY BEFORE SKILL is a brand new reference book for all coaches who want to dig into a deeper understanding of their sport and how to make the most of their athlete's potential. I see this book, as well as the full INTENSITY(tm) method enhancing any coach or programme who implements it into their curriculum. The results of training the whole body of the athlete will be forever. They will be strong adults physically and mentally who can deal with the punches life throws in their path. They will be healthier both inwardly and outwardly by learning proper nutritional and workout guidelines. I wholeheartedly endorse the Body Before Skill movement, INTENSITY(tm) as well as the creators of it. If your passion is to become the best coach, you can be this is a must for your library. I encourage all coaches to take the INTENSITY(tm) coach qualification. Please join me in my crusade to motivate athletes internally in a positive environment to become better athletes and people of high character and integrity. DEBBIE LOVE, USASF Hall of Fame It's like the bible for cheerleading instruction. It summarizes and applies nearly 4 years of my undergraduate education and then applies is directly to the sport that I love. It's the most comprehensive cheerleading manual that I have seen on the market. JEFF BENSON, Sports Performance Psychologist Body Before Skill gathers decades of expert knowledge and experience in sports science together in one place from the most respected contributors in the industry. It is the turn-key solution for optimizing your athletes performance for cheerleading and you can't find it anywhere else. It's been missing from our industry for years and now it's here. My experience with INTENSITY moved my own knowledge years ahead. I can't imagine having had access to a program like this when I was a young coach starting out. It can literally cut years off the learning curve. It's THE institute for higher learning for cheerleading coaches. It's cheerleading college. SHANE MONTGOMERY, Tumbling Director at ICE Allstars

afaa continuing education courses: *Smarter Workouts* McCall, Pete, 2019 Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals.

afaa continuing education courses: *NASM Study Guide* Nasm Cpt Exam Prep Team, 2017-05-03 NASM Study Guide: NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM-CPT Exam, this comprehensive study guide includes: -Quick Overview -Test-Taking Strategies -Introduction -Basic and Applied Sciences and Nutritional Concepts -Assessment -Program Design -Exercise Technique and Training Instruction -Client Relations and Behavioral Coaching -Professional Development and Responsibility -Practice Questions -Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM-CPT Exam. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the NASM-CPT Exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

afaa continuing education courses: *Active Isolated Stretching* Aaron L. Mattes, 1995

Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue, the agonist-antagonist reflex. With each exercise, the type of flexion and the muscle groups used are provided. The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles, tendons and fascia.

afaa continuing education courses: *Developing Agility and Quickness* NSCA -National Strength & Conditioning Association, Jay Dawes, Mark Roozen, 2011-10-10 The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. *Developing Agility and Quickness* helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make *Developing Agility and Quickness* a key part of your conditioning program, and get a step ahead of the competition.

afaa continuing education courses: *ACSM's Certification Review* American College of Sports Medicine, 2010 This is a review manual for candidates wanting an ACSM credential. It combines content from 'ACSM's Health and Fitness Certification Review' and 'ACSM's Clinical Certification Review' into one resource.

afaa continuing education courses: *Nancy Clark's Sports Nutrition Guidebook* Nancy Clark, 2013-10-11 Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark's *Sports Nutrition Guidebook* will help you make the right choices in cafes, convenience stores, drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark's family-friendly recipes and meal plans. You'll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you're seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark's *Sports Nutrition Guidebook* has the answers you can trust.

afaa continuing education courses: *Athletic Body in Balance* Gray Cook, 2003-05-05 Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. *Athletic Body in Balance* is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, *Athletic Body in Balance* focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with *Athletic Body in Balance*.

afaa continuing education courses: *Pilates Illustrated* Portia Page, 2011 A guide to lengthening and strengthening muscles while improving posture, flexibility, and balance.

afaa continuing education courses: *A Professional's Guide to Small-Group Personal*

Training Keli Roberts, 2021-02-10 A Professional's Guide to Small-Group Personal Training will help you incorporate group dynamics and your knowledge of training principles to develop new business offerings. Attract new clients and improve their performance, adherence, and enjoyment in a small-group setting.

afaa continuing education courses: Essential Exercises for Breast Cancer Survivors Amy Halverstadt, Andrea Leonard, 2000 Let this book guide you toward a complete recovery of your presurgery strength, flexibility, energy level, and posture. Regain your confidence and positive self-image as well, with the help of this unique resource developed by two exercise experts and based on their tested EM-POWER exercise course. The book includes 100 pages of exercises divided into four levels of difficulty and illustrated with more than 140 photographs. The book tells you how to assess your readiness for the exercises, set personal goals, and advance through the course at a safe and effective pace. Includes: a concise explanation of breast cancer treatments and the impact these can have on your ability to exercise; Guidelines for identifying and preventing lymphedema; Advice on how to expand your exercise regimen to include aerobic exercise and weight training.

afaa continuing education courses: Pregnancy Fitness Di Paolo, Julia, Montpetit-Huynh, Samantha, Vopni, Kimberly, 2018-02-02 Pregnancy Fitness covers all physical and physiological aspects of pregnancy, birth, and recovery. Practical and accessible, it delivers stretching, strengthening, and functional exercises as well as sample workout programs to take you safely and confidently through each phase of pregnancy and postpartum fitness.

afaa continuing education courses: The Pain-Free Program Anthony B. Carey, 2010-12-30 Anthony Carey hits the bull's-eye! Striving for a pain-free lifestyle is a goal we all want to achieve, and this book is a powerful tool to help you attain it. --Bradford Stiles, M.D., Medical Director of California Sports & Industrial Medical Center Anthony Carey's unique approach to promote the proper function of the whole body in order to support and heal the problematic area delivered the results that made me a lifetime believer. I continue to utilize Anthony's techniques to train and heal my body every day. I only wish I would have found his program earlier in my career. --Erik Kramer, former NFL Quarterback An innovative, therapeutic exercise program to stop the pain for good If you're one of the millions who suffer from chronic back, neck, shoulder, and joint pain, all you can think about is relief. Now, exercise physiologist Anthony Carey presents a breakthrough whole-body approach to pain relief that will help your body function and heal the way it was designed to. The Pain-Free Program shows you how to assess and treat the underlying cause of your pain rather than trying to simply fix your symptom area alone. Carey provides an individualized program for your specific body form, complete with customized exercise routines. This prescriptive guide: * Addresses the full range of pain sources, outlining the typical hot zones where pain tends to occur and why * Presents customized programs based on 6 major body forms identified by the author * Features over 100 photographs and illustrations that demonstrate appropriate exercise positions, techniques, and modifications * Reveals how you can prevent future injuries The Pain-Free Program gives you the tools you need to get rid of the pain for good--and stay healthy for the rest of your life.

afaa continuing education courses: Yin Yoga Kassandra Reinhardt, 2018-01-04 Stretch the mindful way with this all-encompassing guide to Yin Yoga. In today's fast-paced world it's easy to lose the balance in our lives and the connection with our bodies. DK believes it's time to change that! Yin Yoga offers a remedy to the stress and hustle of everyday life. Heard of the term but don't know where to begin? No worries, we've got you covered! The same way that Yin balances Yang in ancient philosophies, the slower yin-style yoga featured in this yoga book offers an alternative to the faster more active forms of yoga. Instead, Yin yoga concentrates on holding and breathing through floor-based poses, awarding you with the time and space to clear both your mind and body. Dive straight in to discover: -Over 50 poses focusing on specific areas of the body -Each yoga pose is demonstrated with photographic step-by-step detail -20 sequences linking the poses, tailored to your physical and emotional targets -Introductory spreads covering the basic techniques behind Yin Yoga The first full-coloured step-by-step Yin yoga book on the market, this all-encompassing yoga guide is a must-have volume for individuals seeking a mindful and meditative approach to their yoga

practice, as well as beginners and older yoga practitioners who are looking to adopt a slower-paced approach to yoga. You can explore gentle variations to much-loved yoga poses, from the comfort of your own home. Every exercise utilises the essential elements of Yin yoga to ensure you can gain all the physical and mental benefits, and will also allow you to perform all 20 sequences, which combine over 50 different poses into one singular experience and focus on specific health benefits each pose has on your body. For years, books on yoga have asked readers to bend over backwards (literally!) to conform to their physical demands. At DK, we believe it's time to change that! Why not allow for readers to demand that yoga conform to their individual needs instead? This is gentle yoga for the mind, body and soul. A must-have volume for those who want to take up Yoga but don't know where to begin, or simply those seeking to start a gentle low-impact exercise whilst encouraging mindfulness, Yin Yoga can be tailored to your individual fitness needs, so you make the most out of your poses! Why not stretch yourself, literally, this New Year and try something new? Perhaps your mind, body and soul will thank you!

afaa continuing education courses: CSCS Study Guide Cscs Certification Prep Team, 2017-01-26 This guide covers quick overview, test-taking strategies, introductions to the CSCS exam, exercise sciences, nutrition, exercise technique, program design organization and administration, practice questions, detailed answer explanations.

afaa continuing education courses: ACE Personal Trainer Manual American Council on Exercise, 2003 The ACE Personal Trainer Manual is an essential study tool for the ACE Personal Trainer Certification Exam and an excellent fitness and exercise resource students will use throughout their health and fitness careers. This Third Edition reflects the latest research findings and industry guidelines in the field of health and fitness. Revised and updated by the original authors and enhanced by the addition of a new chapter on health behavior and psychology, this text covers every aspect of personal training, from anatomy and physiology to injury prevention and legal issues.

afaa continuing education courses: Business and Sales Eddie Lester, 2016-12-29 Eddie Lester has helped more than four thousand personal trainers reach their financial goals and grow their businesses. Now, he wants to help you do the same in this new guide to professional success. In *Business and Sales: The Guide to Success as a Personal Trainer*, Lester takes you through every step needed to secure the sale and net a new client. Like your own journey, the guide starts with one of the most important steps: attaining certification. Passion isn't enough to be a personal trainer; you need to show your clients that you are knowledgeable and trustworthy. The next chapters reveal how to create a personal brand, define your niche, target your most important demographic, hone your selling personality and sales pitch, make an amazing first impression, follow up with each client, and calculate a pricing structure. Lester also outlines business checkpoints to help you gauge your progress. His Power Questions can uncover a client's true motivations and empower you to make the sale. The most important concept Lester wants you to learn is discipline. Use the same drive that makes you a successful personal trainer to become just as successful as a business owner.

afaa continuing education courses: Help Clients Lose Weight IDEA Health & Fitness, 2002

afaa continuing education courses: Coaching Behavior Change Natalie Digate Muth, Daniel John Green, 2019

afaa continuing education courses: Kinesiology For Dummies Steve Glass, Brian Hatzel, Rick Albrecht, 2014-03-24 Move at your own pace with this kinesiology course guide A required course for majors pursuing sports medicine, exercise science, nursing, or sports therapy degrees, kinesiology is central to a variety of fields. *Kinesiology For Dummies* tracks an introductory course in the science and imparts the basics of human body movement. With this resource, you will learn how physical activity can alleviate chronic illnesses and disabilities, what factors contribute to musculoskeletal injury, and how to reverse those influences. Complete with a 16-page color insert of medical instructions, this book covers the basics of exercise physiology, exercise and health psychology, introductory biomechanics, motor control, history and philosophy of sport and exercise, and mind-body connections. Written by experts in exercise science Addresses a timely subject as

exercise science careers and majors are increasingly popular. Runs parallel to a kinesiology course with accessible, concise language. Interested learners, kinesiology students, and health or sports therapy professionals will benefit from this refresher course in the basics.

afaa continuing education courses: *Science and Development of Muscle Hypertrophy* Brad J. Schoenfeld, 2016-06-24 Muscle hypertrophy—defined as an increase in muscular size—is one of the primary outcomes of resistance training. *Science and Development of Muscle Hypertrophy* is a comprehensive compilation of science-based principles to help professionals develop muscle hypertrophy in athletes and clients. With more than 825 references and applied guidelines throughout, no other resource offers a comparable quantity of content solely focused on muscle hypertrophy. Readers will find up-to-date content so they fully understand the science of muscle hypertrophy and its application to designing training programs. Written by Brad Schoenfeld, PhD, a leading authority on muscle hypertrophy, this text provides strength and conditioning professionals, personal trainers, sport scientists, researchers, and exercise science instructors with a definitive resource for information regarding muscle hypertrophy—the mechanism of its development, how the body structurally and hormonally changes when exposed to stress, ways to most effectively design training programs, and current nutrition guidelines for eliciting hypertrophic changes. The full-color book offers several features to make the content accessible to readers: • Research Findings sidebars highlight the aspects of muscle hypertrophy currently being examined to encourage readers to re-evaluate their knowledge and ensure their training practices are up to date. • Practical Applications sidebars outline how to apply the research conclusions for maximal hypertrophic development. • Comprehensive subject and author indexes optimize the book's utility as a reference tool. • An image bank containing most of the art, photos, and tables from the text allows instructors and presenters to easily teach the material outlined in the book. Although muscle hypertrophy can be attained through a range of training programs, this text allows readers to understand and apply the specific responses and mechanisms that promote optimal muscle hypertrophy in their athletes and clients. It explores how genetic background, age, sex, and other factors have been shown to mediate the hypertrophic response to exercise, affecting both the rate and the total gain in lean muscle mass. Sample programs in the text show how to design a three- or four-day-per-week undulating periodized program and a modified linear periodized program for maximizing muscular development. *Science and Development of Muscle Hypertrophy* is an invaluable resource for strength and conditioning professionals seeking to maximize hypertrophic gains and those searching for the most comprehensive, authoritative, and current research in the field.

afaa continuing education courses: *Advanced Cardiovascular Life Support (ACLS) Instructor Manual* AHA, American Heart Association Staff, 2011-05 Product 90-1011

afaa continuing education courses: *Stretch to Win-2nd Edition* Frederick, Ann, Frederick, Christopher, 2017-05-17 This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

afaa continuing education courses: *Next Level* Stacy T. Sims, PhD, Selene Yeager, 2022-05-17 A comprehensive, physiology-based guide to peak performance for active women approaching or experiencing menopause—from the author of *Roar*, renowned exercise and nutrition scientist Dr. Stacy Sims. For active women, menopause hits hard. Overnight, your body doesn't feel like the one you know and love anymore—you're battling new symptoms, might be gaining weight, losing endurance and strength, and taking longer to bounce back from workouts that used to be easy. The things that have always kept you fit and healthy just seem to stop working the way they used to. But menopause doesn't have to be the end of you kicking ass at the gym, on the trail, in the saddle, or wherever you work out. Once you understand your physiology, you can work with it—not against it—to optimize your performance. That's where Stacy Sims, PhD comes in. In *Next Level*, you'll learn the underlying causes of menopause: the hormonal changes that are causing all the symptoms you're feeling, and their impact on your wellness and performance. Then, what you really

came for—what to do about it. Inside you'll find science-backed advice about training, nutrition, sleep and recovery and supplements, as well as sample exercise routines, meal plans, macronutrient planning charts, and case studies from real women Stacy has coached through the transition. It's the ultimate guide to navigating the Next Level.

afaa continuing education courses: *Diet Lies and Weight Loss Truths* Melody Schoenfeld, Susan M. Kleiner, 2020-12-16 *Diet Lies and Weight Loss Truths* offers practical, evidence-based guidance on choosing the right diet plan to effectively and safely lose excess weight and keep it off. Sample meal plans from a registered dietitian and a comparison of pros and cons of popular diet trends will help you make lasting lifestyle changes.

afaa continuing education courses: *NASM Essentials of Sports Performance Training* Nasm National Academy of Sports Medicine, 2014-08-29 Preceded by NASM's essentials of sports performance training / [editors], Micheal A. Clark, Scott C. Lucett. 1st ed. c2010.

Additional Resources

[Get AFAA Certified! Group Fitness, Nutrition & Personal Training](#)

Since 1983, AFAA has issued 350,000+ certification in 73 countries, providing trainers with Group Fitness Certifications and trusted fitness education

Certifications and Courses - AFAA

Grow your expertise, knowledge and value with AFAA certifications, specializations and courses.

Recertification | AFAA

STEP 1: Complete the applicable AFAA Renewal Application. Download the PGE/PFT/CICI/GFI/ICGFI Renewal Application; Download the CGFI Recertification ...

About - AFAA

Contact an AFAA Program Advisor at 800-446-2322, Option #1, to explore a life-changing fitness career. Since 1983, AFAA has prepared over 350,000 fitness instructors and trainers in 73 ...

Group Fitness Certification | Start as a Fitness Instructor Today!

Turn your passion for fitness into a career by becoming an AFAA Certified Group Fitness Instructor. To become an AFAA-CGFI, you must pass the proctored exam. The course is self ...

[Personal Fitness Trainer | AFAA](#)

Your AFAA Personal Fitness Trainer online certification combines the most current science with over 35 years of experience and leadership in the fitness industry. We'll cover these key topics ...

[Exam Information | AFAA](#)

AFAA-CGFI Proctored Exam Resources . Candidate Handbook: The Candidate Handbook is an overview of the AFAA-CGFI program and requires reading before taking the exam. The ...

International Consumer - AFAA

Mar 15, 2017 · For over 35 years, AFAA® has been a world leader in certifying group fitness instructors and personal trainers. AFAA also offers continuing education options which can ...

[How to Become a Group Fitness Instructor - AFAA](#)

Be a vital member of the fitness community as an AFAA Certified Group Fitness Instructor. We offer CGFI courses to meet every need and budget, from Self-Study and Premium Self-Study ...

BECOME AN INDOOR CYCLING INSTRUCTOR - AFAA

As an AFAA Certified Indoor Cycling Instructor, you'll have expertise that's appropriate for all styles, routines and brands. And since G.E.A.R. is mobile-friendly you can learn when and ...

Get AFAA Certified! Group Fitness, Nutrition & Personal Training

Since 1983, AFAA has issued 350,000+ certification in 73 countries, providing trainers with Group Fitness Certifications and trusted fitness education

Certifications and Courses - AFAA

Grow your expertise, knowledge and value with AFAA certifications, specializations and courses.

Recertification | AFAA

STEP 1: Complete the applicable AFAA Renewal Application. Download the PGE/PFT/CICI/GFI/ICGFI Renewal Application; Download the CGFI Recertification ...

About - AFAA

Contact an AFAA Program Advisor at 800-446-2322, Option #1, to explore a life-changing fitness career. Since 1983, AFAA has prepared over 350,000 fitness instructors and trainers in 73 ...

Group Fitness Certification | Start as a Fitness Instructor Today!

Turn your passion for fitness into a career by becoming an AFAA Certified Group Fitness Instructor. To become an AFAA-CGFI, you must pass the proctored exam. The course is self ...

Personal Fitness Trainer | AFAA

Your AFAA Personal Fitness Trainer online certification combines the most current science with over 35 years of experience and leadership in the fitness industry. We'll cover these key topics ...

Exam Information | AFAA

AFAA-CGFI Proctored Exam Resources . Candidate Handbook: The Candidate Handbook is an overview of the AFAA-CGFI program and requires reading before taking the exam. The ...

International Consumer - AFAA

Mar 15, 2017 · For over 35 years, AFAA® has been a world leader in certifying group fitness instructors and personal trainers. AFAA also offers continuing education options which can ...

How to Become a Group Fitness Instructor - AFAA

Be a vital member of the fitness community as an AFAA Certified Group Fitness Instructor. We offer CGFI courses to meet every need and budget, from Self-Study and Premium Self-Study ...

BECOME AN INDOOR CYCLING INSTRUCTOR - AFAA

As an AFAA Certified Indoor Cycling Instructor, you'll have expertise that's appropriate for all styles, routines and brands. And since G.E.A.R. is mobile-friendly you can learn when and ...

Afaa Continuing Education Courses

Afaa Continuing Education Courses

Related Articles

- [affiliate marketing on etsy](#)
- [affiliate marketing on tiktok](#)
- [affiliate marketing for 17 year olds](#)

[Back to Home](#)