

# **The Physical Fitness Specialist Manual**

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### **Physical fitness specialist - cooper institute**

Background. Prior to 2006, The Cooper Institute (CI) offered the Physical Fitness Specialist course for those persons interested in personal training.

### **Functional movement systems**

Provides certification based on statistical analysis of human movement patterns. Also includes an exercise video library and seminars.

### **Law enforcement fitness specialist - idea**

The law enforcement profession increasingly uses physical fitness as a performance measure. The professional must understand fitness assessments and standards

### **Senior fitness test manual-2nd edition - roberta rikli, c**

Health-Related Fitness and Activity Programs for Physical Education. CONTINUING EDUCATION. Continuing Education Center. Senior Fitness Test Manual-2nd Edition

### **Homepage - academy of geriatric physical therapy**

The mission of the Academy of Geriatric Physical Therapy is to further our members ability to provide best practice physical therapy and to advocate for optimal aging.

### **Vo2max data elevation physicians**

Normative Data for VO<sub>2</sub>max . Table Reference: The Physical Fitness Specialist Certification Manual, The Cooper Institute for Aerobics Research, Dallas TX, revised 1997

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### **Cooper fitness specialist - cooper institute**

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