Course Information Sheet

Course Title: Fitness Illustrated

Course Description:

This course allows you to see exercise and activity from a whole new perspective. In this one-of-a-kind guide, author Brian Sharkey takes you inside each type of activity to show you what works, what does not, and why! You will go beyond the basics to see how the body progresses and adapts with increased activity. From how muscles gain size and strength to the effect of aerobic activity on heart and lung function, this is fitness as you have never seen it before. Featuring straightforward explanations, expert advice, and hundreds of gorgeous, full-color illustrations and photographs, this course offers no-nonsense advice to improve aerobic fitness, strength, muscular endurance and sculpt your body. You will also learn to separate fitness fact from fiction, design fitness programs around the activities that your client enjoys. 325 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Understand the physical and psychological benefits of activity and fitness.

2. Learn the 2008 Physical Activity Guidelines for Americans.

3. Understand the concept of aerobic fitness and muscular fitness.

4. Learn the risks associated with exertion and the basic health information to obtain before starting an exercise program.

5. Learn the benefits of aerobic fitness and ways to measure aerobic fitness.

6. Understand how the heart, lungs, and muscles adapt to aerobic endurance training.

7. Learn how intensity, duration, and frequency are used to improved aerobic fitness.

8. Understand how to set realistic expectations for progression of an aerobic program and the concept of specificity when choosing which type of aerobic exercise to incorporate into a program.

9. Be able to use the walk test and walk-jog test to determine where a person should start with their aerobic program.

10. Understand the progression of the Red Walking Program.
11. Understand the basis and progression of the White Walk-Jog Program.

12. Understand the basis and progression of the Blue Jogging Program, and then how to transition into the Intermediate Jog-Run Program.

13. Understand the Rating of Perceived Exertion and how to apply it appropriately to the Walking and Jogging Programs above.

14. Learn the ways to keep an advanced aerobic fitness training program productive and safe.

15. Learn how to set up a cycling and swimming program that has progression with frequency, intensity, and duration.

16. Understand the components of muscular fitness and how achieving muscular fitness can improve your quality of life.

17. Learn how muscles work and how they are regulated by motor neurons.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

**Instructor/Author Credentials:**

**Brian Sharkey, PhD,** is a leading fitness researcher, educator, and author. Sharkey has more than 45 years of experience in exercise, sport, and work physiology. He is professor emeritus at the University of Montana, where he served as director of the Human Performance Laboratory and remains associated with the university and lab. He currently serves as a consultant with several federal agencies in the areas of fitness, health, and work capacity, especially of wildland firefighters. He has won several awards for his work, including the 2009 International Association of Wildland Fire’s Wildland Fire Safety Award for his contributions to wildland firefighter safety and health.

Sharkey authored or contributed to over a dozen books on exercise, sport, and work physiology and fitness and numerous research papers. He is past president of the American College of Sports Medicine and served on the NCAA committee on competitive safeguards and medical aspects of sports, where he chaired the Sports Science and Safety subcommittee, which uses
research to improve the safety of intercollegiate athletics. He also coordinated the United States ski team Nordic Sports Medicine Council.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A