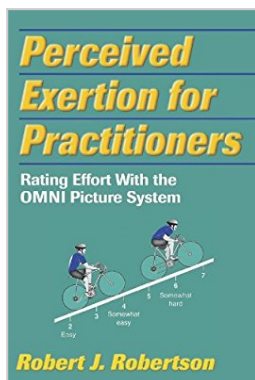


With *Perceived Exertion*, Read Free Online Download epub. ">



Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System

By Robert Robertson

Download now

Read Online →

Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson

With *Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System*, you'll have the most up-to-date, innovative way to rate clients' physical exertion in your professional practices. You'll be able to expand your knowledge of perceived exertion as used today by health and fitness specialists and clinical therapeutic practitioners, and you'll learn how to apply the newly developed OMNI Picture System of perceived exertion.

Author and highly acclaimed researcher Robert Robertson developed the OMNI Picture System, which uses picture scales to enable exercisers to rate their exertion visually. In this text, Dr. Robertson presents real-life scenarios involving perceptually based exercise assessments and programming using the OMNI Scaling System. The scenarios focus on people with various training and conditioning needs, from improving personal health to developing recreational and competitive fitness. By rating their effort based on pictures of other exercisers, your clients will be able to accurately set and regulate their conditioning intensity using a target rating of perceived exertion (RPE) zone.

Special features of *Perceived Exertion for Practitioners* include the following:

- 11 OMNI picture scales, which apply to all types of exercise and are reproducible for use as handouts, in fitness facilities, and in classrooms

- Sample instructions on what to say to clients in various situations

- Both clinical and field-based perceptual tests for use in aerobic, anaerobic, and resistance exercise assessments

- Case studies that describe the clients' characteristics, identify the exercise need, and present an action plan to meet that need using RPE as the training zone

- Actual programs for aerobic, anaerobic, and resistance training that employ OMNI Scale RPE zones to guide intensity

Perceived Exertion for Practitioners gives you a broader understanding of perceived exertion, and you'll be able to apply what's in the text by using the 11 picture scales included. The text is a must-have for anyone looking for a better way to use ratings of perceived exertion to develop training programs.

With *Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System*, you'll have the most up-to-date, innovative way to rate clients' physical exertion in your professional practices. You'll be able to expand your knowledge of perceived exertion as used today by health and fitness specialists and clinical therapeutic practitioners, and you'll learn how to apply the newly developed OMNI Picture System of perceived exertion.

Author and highly acclaimed researcher Robert Robertson developed the OMNI Picture System, which uses picture scales to enable exercisers to rate their exertion visually. In this text, Dr. Robertson presents real-life scenarios involving perceptually based exercise assessments and programming using the OMNI Scaling System. The scenarios focus on people with various training and conditioning needs, from improving personal health to developing recreational and competitive fitness. By rating their effort based on pictures of other exercisers, your clients will be able to accurately set and regulate their conditioning intensity using a target rating of perceived exertion (RPE) zone.

Special features of *Perceived Exertion for Practitioners* include the following:

- 11 OMNI picture scales, which apply to all types of exercise and are reproducible for use as handouts, in fitness facilities, and in classrooms

- Sample instructions on what to say to clients in various situations

- Both clinical and field-based perceptual tests for use in aerobic, anaerobic, and resistance exercise assessments

- Case studies that describe the clients' characteristics, identify the exercise need, and present an action plan to meet that need using RPE as the training zone

- Actual programs for aerobic, anaerobic, and resistance training that employ OMNI Scale RPE zones to guide intensity

Perceived Exertion for Practitioners gives you a broader understanding of perceived exertion, and you'll be able to apply what's in the text by using the 11 picture scales included. The text is a must-have for anyone looking for a better way to use ratings of perceived exertion to develop training programs.

Robert J. Robertson, PhD, is professor of exercise physiology at the University of Pittsburgh and codirector of the Center for Exercise and Health-Fitness Research. He is responsible for the development, validation, and application of the OMNI Picture System of perceived exertion assessment. Since earning his PhD in exercise physiology from the University of Pittsburgh in 1973, Dr. Robertson has had extensive teaching, research, and writing experience in the field of perceived exertion. The results of his research have been published in refereed journals and presented at national and international conferences.

Dr. Robertson is coauthor of *Perceived Exertion* (Human Kinetics 1996) and associate editor for the psychobiology section of *Medicine and Science in Sports and Exercise*. He is a program director and fellow of the American College of Sports Medicine (ACSM).

Read Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson for online ebook

Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson books to read online.

Online Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson ebook PDF download

Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson Doc

Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson Mobipocket

Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson EPub

56K8BRHFDLQ: Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System By Robert Robertson