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The Allied Health Care Continuum

Ceu Requirements

Psychology of Exercise

Motivation

Process Goals and Outcome Goals

Chapter Four Behavioral Coaching

Self-Efficacy

Basics of Sliding Filament Theory

Cardiac Tissue

Digestive System

Chapter Seven Human Movement Science

Kinetic Chain Concepts

Muscle Contraction Types

Understand the Various Roles of Muscles as Movers

Agonist Antagonist Synergist Stabilizer

Flexibility

Lever Systems

Bonuses

Chapter Nine with Nutrition

Scope of Practice

Chapter 10 Supplementation

Section Four Assessment

Chapter 11

Identifying Contraindications

Circumference Measurements

Static Posture
Assessment
Section Five Exercise Technique and Instruction
Basic Understanding
Flexibility Training Concepts
Cardiorespiratory Fitness
Chord Training Concepts

Section Five
Core Training
Chapter 17 Balance Training
Chapter 17 Balance Training Concepts
Phases of Plyometric Exercises
Chapter 19
Speed versus Agility versus Quickness
Chapter 20
Chapter 20 Resistance Training Concept
Section Six Program Design

Section Six
Chapter 21 the Opt Model
Programming Principles
Fundamental Movement Patterns
Chapter 22

Risk To Reward Ratio

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