



Women's Fitness Program Development

Ann Cowlin

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Meet the unique needs of all females, young and old, in health and fitness settings. *Women's Fitness Program Development* introduces a groundbreaking model for women's health and fitness.

- Build a solid theoretical basis for girls' and women's health and fitness programming.
- Develop programs that take into account how females see the world.
- Find touchstones that motivate clients to achieve a lifetime of fitness.
- Design your classes around women's physical, psychological, social, and emotional needs.
- Learn about appropriate exercises and positions for females at different life stages.

Written by a fitness expert with more than 30 years' experience teaching dance and exercise to girls and women, this book is thoughtful, research-based, and packed with insight. It is a practical resource for instructors, trainers, health care providers—any professional working with girls and women in a health and fitness setting.

Women's Fitness Program Development is divided into four sections: Adolescence, Pregnancy, Postpartum Period, and Menopause. Each section defines terminology; suggests how to set goals and priorities; and provides appropriate exercise components, prescriptions, modifications, and program evaluation strategies.

The text includes the following special features:

- 60 photos illustrating appropriate exercises and positions for different life stages
- Instructions for female-focused exercises, such as strengthening the pelvic floor and centering the body
- Sidebars with practical instructional tips
- 30 forms for screening, assessment, participant worksheets, evaluation, and other program needs
- Examples from current programs focused on girls and women

Ann Cowlin provides information relevant to all stages of the female life cycle. She includes a 10-week creative physical activity curriculum for adolescent girls, detailed explanations of contraindications for exercise and conditions requiring assessment and warning signs in pregnancy, plus exercise guidelines for pregnant women. Cowlin also includes insightful ideas for working with pregnant and parenting adolescent girls. She addresses approaches for dealing with physical conditions resulting from pregnancy, birth, and the extended postpartum period; and she offers sample group fitness sessions for midlife women.

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From reader reviews:

Hilda Szymanski:

Do you certainly one of people who can't read pleasurable if the sentence chained inside straightway, hold on guys that aren't like that. This Women's Fitness Program Development book is readable through you who hate those perfect word style. You will find the info here are arrange for enjoyable studying experience without leaving perhaps decrease the knowledge that want to give to you. The writer of Women's Fitness Program Development content conveys objective easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different by means of it. So , do you nonetheless thinking Women's Fitness Program Development is not loveable to be your top collection reading book?

Daniel Miller:

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Grace Godwin:

Exactly why? Because this Women's Fitness Program Development is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will shock you with the secret it inside. Reading this book close to it was fantastic author who write the book in such incredible way makes the content within easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of benefits than the other book have got such as help improving your expertise and your critical thinking approach. So , still want to postpone having that book? If I had been you I will go to the book store hurriedly.

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