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This fitness course helped me a lot with understanding more about training.even knowing that this course is not really recognized in my country, I don't regret taking it at all. In fact, I think to sign up for more online courses and workshop courses as well. It really doesn't matter sometimes whether it's recognized or not as long as the material is insuchant, helpful and supportive. The right thing to be a good coach is: -Read, Read, Read. -Sign up for courses that have rich information. (What will teach you better is that what to spend money on) -Never think that learning from a single source will be enough.-NEVER STOP LEARNING-Look at the scientific explanations and don't be a fool.-Ask a support coach-Learn how to deal with clients and be friends with them-Be your best friend before you become a coach of your clients-Read your studies (shopping studios don't waste money,\$19 dollar study is better than a \$19 meal you forget after eating). This was my first personal training course. And I will continue to sign up for more either recognized in my country or not. My first goal is information not recognition and that's the reason. And I mean when I say this (This book is amazing).*If you understand materials without face-to-face activities.*if you have the right attitude.*can you understand the right forms of training*if you are looking for an instructive helpful course*if you have a sports backgroundSEVEN THIS COURSE IS DEFINITELY WORTH YOUR MONEY*100% *** ... more I was able to get the knowledge I needed. Read this for my personal trainer certificate. 900 page beast, but lots of good info. Some of them are somewhat outdated though (including the myth of for example, bother me), I read this book to prepare for the ISSA personal trainer exam. I have learned a lot and passed the exam for the first time. So the book fulfilled these two needs. However, it could have been written and organized better. My biggest complaint is the overwhelming emphasis on overgrowth and the assumption that the reader is very familiar with all the weightlifting jargon. I've been a fitness fanatic for decades and I've been researching health and the human body for so long. I used the weight in I read this book to prepare for the issa personal trainer exam. I learned a lot and passed the exam the first time. So the book fulfilled these two needs. However, it could have been written and organized better. My biggest complaint is the overwhelming emphasis on overgrowth and the assumption that the reader is very familiar with all the weightlifting jargon. I've been a fitness fanatic for decades and I've been researching health and the human body for so long. I used the scales in addition to many other fitness classes. For example, I have never done pure power and there will be none of my clients who are all women over the age of 40. I understand that I need to know what power purity is and how to get involved in a hypothetical training program. But this manual assumes that I am very familiar with it and that it left me confused and frustrated. My other complaint is that all the elements of the sound training program are presented (with too many assumptions of prior knowledge), but the section on putting them all together was missing. The nutrition section was excellent and far exceeded my expectations. I've been researching nutrition for decades and I was pleasantly surprised at how up-to-date the information was, as well as advice on how to coach clients toward better nutrition. This course is the first step towards an advanced certificate that I intend to carry out. I never plan to work as a trainer who helps clients with weightlifting, competitive weightlifting or silhouette competitions. So these sections of the course were the most confusing for me, but also the ones I care least about. Nevertheless, I would like to understand this aspect of the field better. When you purchase a course from ISSA, you will also receive a learning guide to go along with this book. To pass the exam, you need to complete this learning guide. Unfortunately, ISSA does not include an answer key for the learning guide, which means that you cannot correct any errors that you may have in your understanding. There are websites that offer answers, though. But watch out for some sites like quizlet and brainly where anyone can create an account and post answers. I found some incorrect answers on this site. ... more amazing book, it's really a comprehensive guide to everything to consider in fitness, although it doesn't go deep into everything says it's a well rounded jack of all competitions. I me a lot of things . 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