

NESTA Certified Personal Fitness Trainer Curriculum

Chapter 1 – Introduction to Personal Training

Chapter 2 – Exercise Physiology

Chapter 3 – Kinesiology and Functional Anatomy



Chapters 12 – Exercise Psychology

**Chapters 13-14 – Business Strategies
and Applications**



Personal Fitness Trainer Manual Nesta

Wenbin Ji



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Manual de habilidades médicas Renata Paula Lima Beltrão (org.),2021-04-08

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