The Career Fitness Program: Exercising Your Options, 8th edition  
Authors: Diane Sukiennik, William Bendat, and Lisa Raufman

Focus
- Comprehensive: Career Planning and Employment Information
- Several theories mentioned, but does not appear to be focused on one main theory (ex. Super, Holland, Jung/Myers, Herzberg’s theory, Maslow)
- Orientation is practical; lots of exercises and activities

Background
- 1st copyright = 1985 by Gorsuch Scarisbrick Publisher
- 89 references, publication dates of references range from 1923-2006 with most being more recent, 8 editions
- Author information available – one paragraph about each author in preface
- Unsure whether first author has taught the course

Content
- Total of 368 pages containing some black and white photos
- Assignments/Learning Activities
  a. Exercises/Activities: 118
  b. Tables/Figures: 63
- Exercises and Activities are imbedded within the text
- Book is broken into three parts. Part I: Personal Assessment, II: The World of Work, I & II combined: Chapter Summaries (pulling information together) III: Job Search Strategies
- Chapters include: Taking Stock; Programming Yourself for Success; Values Clarification; Focusing on You: Personality and Interests; Skills Assessment; The World and You; Information Integration; Making Decisions; Targeting Your Job Search; Preparing a Winning Resume; Interviewing Successfully; Future Focus
- Mentions assessments such as MBTI, SDS, and Strong Interest Inventory within text, includes exercises for students to reflect

Instructional Support & Price
- Cost of Book: $44
- Student Access Kits (different formats available, such as web & blackboard): $16
- Both PowerPoint and Transparencies offered as instructional support
- Valuepacks (e.g., text & access kit together = lower price: $13.33 cheaper than buying separate)
- Instructor’s Manual
  o Paper format
  o Web
- Additional resources:
  o Companion Website includes objectives, quotes, online quiz, exercises, chapter summaries, real stories and facts & figures questions, articles, Internet activities, Internet links, message board, resume builder, syllabus and test manager for professors
  o Personalized First Day of Class Home Page (includes links to printable handout, onscreen presentation, and an email address)
- Computerized Test Management
- Prices currently unavailable
Setting up a workout program can help keep you on track whether you are a beginner, intermediate, or advanced. Here are sample routines to try. If you're a new exerciser or you're trying to get back to exercise, knowing where to start is a challenge. The right workout schedule will depend on a variety of factors like your age, fitness level, goals, and any physical restrictions you may have. How to Set Up a Comprehensive Exercise Schedule. As an advanced exerciser, you have lots of options for scheduling your workouts. If you want to focus on strength and muscle, you can split your strength routine even further, doing push exercises one day and pull exercises the next.
Overall, the career path of a fitness instructor is all the time saturated with excitement and verve. Step-by-Step. It is not important to have a certification from a reputed institution in order to take up the job of a fitness trainer. Training options are varied. You can opt for a regular academic program in Physical Education from an institute such as the Indira Gandhi Institute of Physical Education and Sports Sciences (IGIPESS), New Delhi, Lakshmibai National College of Physical Education, Thiruvananthapuram and Gwalior, and various institutions set up by the Sports Authority of India (SAI) across the country. These institutions are solely dedicated for churning out quality sports and fitness professionals. Aerobics instructor a fitness instructor specialising in aerobic exercises and routines.  

**ExErCISINg Your oPTIoNs.** Diane Sukiennik. Lisa Raufman. EIEvEnth Edition. CArEEr FITNESS ProgrAM. THE. VP Student Success 

& Career Development: Jodi McPherson Lead Program Manager: Lauren Finn Senior Development Editor: Claire Hunter Executive Marketing Manager: Amy Judd Senior Media Producer: Tracy Cunningham Senior Development Editor: Charlotte Morrissey Associate Content Specialist: Celeste Kmiotek Project Manager: Rebecca Gilpin Project Coordination and Text Design: MPS North America LLC Electronic Page Makeup: SPI Global Associate Director of Design: Andrea Nix Program Design. Career options are varied and employment rates are high. Full Description. PLEASE NOTE: This program has been suspended indefinitely. Fitness and Health Promotion is a two-year diploma program designed to prepare you for a rewarding career in the fitness industry. You'll learn the science behind how the human body works along with a range of physical activity techniques to help your clients meet their fitness and overall health goals. This program has earned a strong reputation among employers because our graduates are well prepared to work in a variety of fitness-related positions. want to learn to lead individual and group exercise activities. are interested in helping others achieve health and fitness goals.