



Greeley Central High School
Athletics and Activities Office
1515 14th Avenue
Greeley, Colorado 80631
970-348-5011
970-348-5030 (Fax)
jbettolo@greeleyschools.org

To Whom It May Concern:

From: John Bettolo, Athletic Director, Greeley Central High School.

Date: 4/19/06

Re: Sarina Mardesen

Dear Sirs:

I have been asked to write a letter of recommendation for Sarina Mardesen a student at Greeley Central that I have known for the past two years.

I have found Sarina to be in the top 25% of all students that I have encountered in the past 23 years as both a teacher and an administrator in the Greeley school system.

Sarina has been involved in numerous sports and activities during her time at GCHS, serving as a class officer in Student Council and also as an athletic trainer for the past 2 years.

While juggling her strong academic schedule Sarina has also worked for 2 years in the athletic training program at Greeley Central. In this capacity Sarina has shown her strongest aptitude. Sarina is responsible, intelligent, honest, hard working, helpful and loyal to our athletic training program, coaches, and athletes.

It is without any hesitation that I would recommend Sarina Mardesen as an outstanding candidate for any job placement or educational opportunity.

Thank you for your attention,

John Bettolo
Athletic Director Assistant Principal
Greeley Central High School
970-348-5011

A handwritten signature in black ink, appearing to read "John Bettolo", is written over the printed name and title.

Aerobic Instructor Sample Recommendation Letter

Xiaolong Qi



Aerobic Instructor Sample Recommendation Letter:

Fitness Professional's Handbook Barbara A. Bushman, 2024-04-09 With a newly restructured framework that strongly emphasizes real world application Fitness Professional's Handbook Eighth Edition With HKPropel Access provides current and aspiring fitness professionals the road map for working with clients The text translates key concepts into practical application by guiding the reader through screening participants conducting fitness testing evaluating the major components of fitness and prescribing appropriate exercise This eighth edition reflects the most up to date research position stands guidelines and standards from the American College of Sports Medicine ACSM other professional societies and government agencies New case studies reflecting a diverse array of clients offer real world applications and Research Insight sidebars cover a wide range of applicable scientific topics Significant updates changes and additions have been made throughout including these An updated overview of assessment that provides practical understanding of preparatory steps such as obtaining informed consent taking steps to maximize client safety and explaining test results in a way that will be meaningful and relevant A new chapter on how to combine assessment results with a client's personal goals to create a comprehensive exercise program readers will learn how to develop the optimal training stimulus and to balance activity level and nutritional requirements to optimize outcomes and safety for clients Expanded content on working with clients who are pregnant covering the benefits of exercise during and after pregnancy contraindications and signs that warrant stopping exercise and new content on pelvic floor training Updated content on chronic diseases featuring the latest information on cardiovascular disease pulmonary disease diabetes osteoporosis and cancer Additional new information includes two new muscular fitness tests a section on pharmacology that covers major drug categories and offers insights into how medications can affect heart rate blood pressure and physiological responses to exercise and coverage of neuromotor fitness The engaging full color textbook is further enhanced by 26 related online videos delivered through HKPropel facilitating a deeper understanding of techniques in the book and development of practical skills Comprehensive yet practical in nature Fitness Professional's Handbook is designed to prepare students for professional certification and empower current fitness professionals to work with various populations to improve health fitness and quality of life through appropriate screening testing and exercise prescription Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Aerobics Instructor Manual Richard Thomas Cotton, Robert Lewis Goldstein, 1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities Technical Communication Mike Markel, Michael H.

Markel,2009-02-03 Comprehensive and truly accessible Technical Communication guides students through planning drafting and designing the documents that will matter in their professional lives Known for his student friendly voice and eye for technology trends Mike Markel addresses the realities of the digital workplace through fresh samples and cases practical writing advice and a companion Web site TechComm Web that continues to set the standard with content developed and maintained by the author The text is also available in a convenient affordable e book format **Sports, Exercise, and**

Fitness Mary Beth Allen,2005-03-30 For reference librarians and researchers seeking information on sports and fitness this guide is an important first stop For collection development specialists it is an invaluable selection guide Allen describes and evaluates over 1 000 information sources on the complete spectrum of sports from basketball football and hockey to figure skating table tennis and weight training Focusing on English language works published between 1990 and the present the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print formats online databases and Web sites To enable users in search of information on specific sports or fitness activities chapters are organized thematically according to broad type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga Within these categories works are further organized by type reference instructional and Web sites **ACSM's**

Resources for the Personal Trainer American College of Sports Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs Navigating Choppy Waters

Kent Kauffman,2025-01-13 Reader friendly jargon free guide to legal issues all college faculty need to know so that they can make teaching decisions within the bounds of the law *Workout for the PSAT/NMSQT, 2nd Edition* Princeton

Review,2016-02 Copyright information on title page verso is A2015 However copyright information on back cover is A2016 Online book sellers showing the book published in 2016 *Monitoring and Promoting Physical Activity and Physical Fitness*

in Children Adilson Marques,Yolanda Demetriou,Stevó Popovic,Hugo Borges Sarmento,2021-03-15 The Assessment

Debate Valerie J. Janesick,2001-11-14 An authoritative reference on one of education s hottest topics describing how the latest testing and assessment tools can be used to help improve student performance In this comprehensive review of the wealth of techniques by which students can be assessed Valerie J Janesick points out that the politics of schooling often gets in the way of student progress High stakes standardized testing is frequently based on poorly constructed unfair tests that encourage teaching to the test which actually impedes educational goals Authentic testing relies more on essays and writing samples performances demonstrations and role plays Although it is fairer and provides a measure of student growth and

progress it requires more effort by teachers who also require extra training Besides discussing authentic assessment in detail The Assessment Debate includes a chronology an annotated directory of organizations supporting performance assessment a list of state coordinators for testing reform and state by state report cards *Designing and Teaching Fitness Education Courses* Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher's blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment **Journal of Physical Education, Recreation & Dance**, 1993 Physical Education for Lifelong Fitness Physical Best (Program), Suzan F. Smith-Ayers, 2011 Physical Education for Lifelong Fitness The Physical Best Teacher's Guide presents strategies to incorporate health related fitness and activity into PE programs Teachers learn to develop a curriculum based on current national standards and guidelines apply fitness concepts in real world settings and motivate students to live healthy active lives Lesson Planning for Elementary Physical Education Shirley Holt/Hale, Tina J. Hall, 2016-02-29 Elementary school physical educators looking for expert guidance in designing lessons that are aligned with SHAPE America's National Standards and Grade Level Outcomes need look no further Lesson Planning for Elementary Physical Education works in tandem with SHAPE America's National Standards Grade Level Outcomes for K 12 Physical Education and The Essentials of Teaching Physical Education to provide the knowledge base and practical strategies for creating high quality elementary physical education curricula Key Benefits Written by master teachers and edited by the team who oversaw the creation of the National Standards and Grade Level Outcomes Lesson Planning for Elementary Physical Education is endorsed by SHAPE America The text has the following features 65 lessons that foster the achievement of physical literacy for children in grades K 5 Numerous learning experiences that engage students in the psychomotor cognitive and affective domains Curriculum design based on student growth Sequential lessons leading to mature patterns of motor performance An introductory chapter on the key points for the grade span putting the lessons in context and providing a road map for planning curriculum units and lessons Instruction on creating high quality lessons that reach the desired objectives Flexible Lessons Teachers can use the lessons as presented or modify them to meet local needs The lessons provide a structure for teachers to follow in developing their own learning experiences and curricula For PE majors and minors the lessons provide the ideal starting point in learning how to plan and deliver effective lessons to become proficient teachers not just managers of activity In addition all lessons and learning experiences reflect best practices in instruction and include scripted cues The text shows readers how to effectively develop their own lessons and teachers can use those lessons to show their administrators that their program is designed to meet the specific outcomes developed by SHAPE America Web Resource Lesson Planning for Elementary Physical Education is supported by a web resource that contains digital versions of all the lesson plans in the book Teachers can access the lesson plans through a mobile device and they can download the plans to

use later or to print Overview of Contents Part I of the text offers readers a solid foundation in lesson planning The authors explore the elements of planning lessons for student learning show how to meet the National Standards and Grade Level Outcomes and guide readers in making the most of every lesson In part II readers have access to K 5 lesson plans in health related fitness movement concepts locomotor skills nonlocomotor skills and manipulative skills for elementary physical education Lesson Structure Each lesson corresponds to a category of the outcomes In addition the lessons provide deliberate progressive practice tasks and integrate appropriate assessments for evaluating and monitoring student progress and growth Great for Current and Future Elementary Teachers Lesson Planning for Elementary Physical Education offers teachers the tools and resources they need in order to guide students toward physical literacy and physically active lifestyles throughout their adult lives And it does so by aligning with SHAPE America s National Standards and Grade Level Outcomes As such this is a great resource for both current and future elementary physical education and classroom teachers **Commerce**

Business Daily ,1998-07 **Becoming a Personal Trainer For Dummies** Melyssa St. Michael,Linda Formichelli,2011-03-08 Love helping other people improve their physical fitness Become a certified trainer start your own business and grow your client base with this user friendly and practical guide Want to turn your passion for fitness into a lucrative career Each year more than 5 million Americans use personal trainers to take their workouts to the next level and this plain English guide shows you how to get in on the action Whether you want a part time job at the gym or a full time personal training business you ll find the practical proven advice you need in Becoming a Personal Trainer For Dummies If you want to become a certified personal trainer and start your own business or if you re a certified trainer looking to grow your existing practice you re in the right place This practical guide has a thorough overview of what it takes to get certified and run a successful business complete with expert tips that help you Find your training niche Study for and pass certification exams Attract keep and motivate clients Interview hire and manage employees Update your training skills Expand your services A user friendly guide with unique coverage of personal trainer certification programs Becoming a Personal Trainer For Dummies includes tips on selecting the right program and meeting the requirements You ll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer Inside you ll discover how to Choose the right fitness equipment for you and your clients Create a business plan a record keeping system and a marketing campaign Perform fitness assessments Develop individualized exercise programs Advance your clients to the next fitness level Manage legal issues and tax planning Train clients with special needs Complete with ten ideas to expand your services such as adding workshops or selling equipment or apparel and a list of professional organizations and resources Becoming a Personal Trainer For Dummies gives you the tools you need to be the best personal trainer you can be Grab your own copy to get the most out of this fun fabulous career *Knock 'em Dead Resumes* Martin Yate,2016-11-04 Expert advice on building a resume to get the job you want Your resume is the most important financial document you ll ever

create When it works so do you Drawing on more than thirty years of experience bestselling author Martin Yate shows you how to write a dynamic effective resume that Stands out in a resume database Builds a strong personal brand employers will want on their team Passes recruiters six second scan test Speaks to exactly what employers are looking for The new edition of this classic guide includes dozens of sample resumes as well as cutting edge advice on resume writing tactics With Knock em Dead Resumes 12th Edition you ll grab employers attention and score the job you want **Penpals for Handwriting**

Year 6 Teacher's Book Gill Budgell,Kate Ruttle,2016-02-11 Penpals for Handwriting is a complete handwriting scheme for 3 11 year olds The Year 6 Penpals for Handwriting Teacher s Book includes best practice guidance on helping children master speed and fluency and offers suggestions on how to use the Year 6 Penpals for Handwriting Interactive activities By this stage children should be confident in writing by hand Children are introduced to developing style for speed and looking at different handwriting styles for different purposes They make choices about which letters to join to develop a personalised style as well as tools for writing **Penpals for Handwriting Year 2 Teacher's Book** Gill Budgell,Kate Ruttle,2016-01-21

Penpals for Handwriting is a complete handwriting scheme for 3 11 year olds The Year 2 Teacher s Book provides best practice guidance on introducing the four types of letter join and supports the use of the Year 2 Penpals for Handwriting Interactive activities At this stage children start using some of the diagonal and horizontal joins They are taught and then practise joins within digraphs and trigraphs They begin to join through a word in stages and also learn about the break letters They practise spacing between words There is an emphasis on correct sizing of lowercase letters capital letters and digits *Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program)* Jason R. Rich,2015-09-09 Book Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit and stay fit You ll learn how to use Apple s new technologies to track your performance strengthen your motivation reduce your stress and improve your diet You ll learn how to use the Apple Watch and iPhone with everything from Bluetooth compatible workout equipment to third party exercise and nutrition apps Easy to understand and nontechnical this book is ideal for beginners as well as more experienced Apple Watch and iPhone users who are fitness health or nutrition minded and want to reduce their stress lose weight sleep better build muscle and live a healthier lifestyle In addition this book is part of Que s Content Update Program As Apple updates features of the Apple Watch and iPhone sections of this book will be updated or new sections will be added to match the updates to the software The updates will be delivered to you via a FREE Web Edition of this book which can be accessed with any Internet connection How to access the free Web Edition Follow the instructions within the book to learn how to register your book to get the FREE Web Edition Author Jason Rich is the best selling author of more than 55 books Rich will help you learn to Through in depth and exclusive interviews with world renowned health and fitness experts learn how to succeed in your fitness diet and health goals Define achievable goals and

use your iPhone and Apple Watch to work toward them Use the built in Health app to collect view analyze store or share health and fitness data Customize your Apple Watch to display fitness information whenever you want it Wirelessly link a scale treadmill fitness tracker and medical devices to your iPhone Discover great tracking and performance tools for cyclists runners and walkers Track what you eat and become more mindful about nutrition Discover mind body tools for improving focus and reducing stress Monitor your sleep patterns sleep better and consistently wake up more rested Reinforce your motivation with apps accessories and music Set up Medical ID to provide life saving medical information in an emergency Make the most of Apple s Activity and Workout apps *Cumulated Index Medicus* ,1974

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is λ 1 99 10 5s 1 λ 1 99 10 5 s 1 b since strontium 91 has an atomic mass of 90 90 g

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