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# **Gym Locker Room Layout Guide**

*Hotels and  
Resorts: An  
investor's guide  
presents a  
comprehensive  
analysis of how  
hotels, golf*

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*courses, spas  
serviced*

*apartments, gyms  
and health clubs*

*and resorts are  
developed,*

*operate and are  
valued. Drawing*

*on over 18 years'  
experience in the*

*leisure property  
industry, David*

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*Harper provides invaluable advice on how to buy, develop and sell such properties. Working through the required due diligence process for purchases, including how to identify a "good buy", through the*

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*"route map" for a successful development and ending with how to ensure you maximise your returns when selling the asset, this book covers the whole life-cycle of leisure property*

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*ownership.*

*Examples of valuations, development issues and sales processes are taken from the USA, UK, France, Nigeria, Kenya, Australia, Hong Kong, Singapore and Brazil provide*

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*in depth analysis  
on the similarities  
and differences in  
approach to hotels  
and resorts in  
various parts of  
the world. This  
book provides  
invaluable  
guidance to  
international  
investors,*

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*developers, asset  
managers and  
students in  
related subject  
areas.*

*ACSM's  
Health/Fitness  
Facility Standards  
and  
Guidelines Human  
Kinetics  
Institutional*

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*Weight Room  
Design Manual  
Military*

*Construction  
Appropriations  
Hotels and  
Resorts*

*An investor's  
guide*

*U.S. Courts Design  
Guide*

*Swimming for*



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*Fitness*

*Designing and  
Teaching Fitness  
Education Courses  
Retail,  
restaurants,  
offices, hotel,  
residential,  
conference and  
exhibition  
centers, and  
parking are  
typically being*

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*built as part of  
one large  
complex.*

*Increasing  
complexities  
occur as more  
and more various  
types of  
occupancies are  
combined into  
the same  
buildings. A  
rapidly  
developing trend*

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*is a desire for mixed-use spaces to support lifestyle activities. An increasing number of people are working from home, so they need flexible mixed-use spaces that can accommodate their lifestyle.*

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*People are on the lookout for more luxury amenities, such as full fitness and yoga studios, conference centers with commercial kitchens, rooftop pools and spas, and lobby bars and*

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*coffee shops.*

*This Technical  
Standards and  
Design*

*Guidelines*

*(TSDGs) contains  
information  
intended as  
minimum*

*standards for  
constructing and  
equipping new  
Mixed Use  
Building*

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*projects.*

*Insofar as  
practical, these  
standards relate  
to desired  
performance or  
results or both.*

*Details of  
Architectural  
and Engineering  
are assumed to  
be part of good  
design practice  
and local*

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*building regulations. This document covers mixed-use building facilities common to a multitude of individual facilities. Facilities with unique services will require special*

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*consideration.  
However,  
sections herein  
may be  
applicable for  
parts of any  
facility and may  
be used where  
appropriate. The  
Property  
Developer will  
supply for each  
project a  
functional*



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*program for the facility that describes the purpose of the project, the projected demand or utilization. The TSDG includes a description of each function or service; the operational space required*

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*for each  
function; the  
types of all  
spaces; the  
special design  
features; the  
systems of  
operation; and  
the interrelatio  
nships of  
various  
functions and  
spaces. The  
functional*

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*program includes a description of those services necessary for the complete operation of the facility. The functional programs could be applied in the development of project design and construction*

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*documents. These standards assume that appropriate architectural, engineering and technology practices and compliance with applicable codes will be observed as part of normal professional service and*

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*require no  
separate  
detailed  
instructions.  
Specialist  
designers  
adopting the  
TSDGs are  
encouraged to  
apply design  
innovations and  
the property  
developer to  
grant exceptions*

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*where the intent  
of the standards  
is met.*

*Sustainability  
and Energy  
Conservation*

*Energy  
efficiency being  
a part of the  
building code  
requirement in  
many states, the  
trend is moving  
toward achieving*

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*it. Higher-performing building envelopes and higher-performing HVAC and lighting systems are some of the essential components to meet current energy codes. The importance of Environmental*

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*Sustainability and Energy Conservation is fully considered in all phases of facility design development. Proper planning and selection of building materials, mechanical and electrical systems, as well*



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*as efficient utilization of space and climatic characteristics that will significantly reduce overall energy consumption are fully described. The quality of the building facility*

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*environment is undoubtedly supportive of the occupants and functions served. New and innovative systems that accommodate these considerations while preserving cost effectiveness*

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*has been encouraged. Architectural elements that reduce energy consumption are considered part of the TSDG. In addition to Energy Conservation, buildings will be designed to minimize water*

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*consumption and operating costs without reducing occupancy standards, occupant health safety or comfort. Water conservation measures such as water-recycling including gray water and rain water*

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*collection,  
water  
purification,  
and sewerage  
recycling are  
included for  
consideration  
and  
recommendation  
in the project  
specific  
building energy  
brief. The  
integration of*

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*innovative water efficiency measures, such as storm water management, rainfall capture, treated effluent reuse, roof gardens and other alternative sources of water supply are fully described.*

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*Technology In  
todays ever-  
changing  
environment,  
technological  
standardization  
and integration  
of systems is  
essential.  
Technology is  
viewed as a  
competitive tool  
that contributes  
to the*

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*improvement of building occupant services and operating efficiencies. As the importance of access to information increases, so do customer demands for such services. The Intelligent*



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*Buildings Market  
is a rapidly  
evolving segment  
that is being  
influenced by a  
number of  
emerging trends.  
Mobile  
communications  
connect people  
to work,  
entertainment  
and each other  
in ways that*

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*boost*

*productivity and  
enhance lives.*

*Both Operational  
Technology (OT)  
and*

*Informational  
Technology (IT)  
have entirely  
changed, and it  
will change even  
more as we get  
deeper into the  
Internet of*

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*Things (IOT). In-Building  
Wireless (IBW)  
communications  
provide the  
critical link to  
enable the use  
of cell phones,  
pagers, PDAs,  
two-way radios,  
wireless LANs,  
emergency  
communications  
and wireless*

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*building system devices within an enclosed structure. The technology disciplines (telecom, security, building automation, and lighting) have been going through a convergence over*

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*the past several years, with telecom wired and wireless networks becoming the common utility for all the technology disciplines.*

*"Space Planning Guidelines for Campus Recreational*

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*Sport Facilities offers the latest research on campus recreation facilities. The National Intramural-Recreational Sports Association (NIRSA) contracted the National Research*

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*Institute for  
College  
Recreational  
Sports Wellness  
to survey  
experienced  
campus  
recreational  
sport  
administrators  
from nearly 200  
U.S. and  
Canadian  
colleges and*

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*universities to develop these space-per-student facility planning guidelines."*

*"These guidelines are cross-referenced by facility type and total enrollment or school size and presented in a*



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*simple chart  
format so you  
can quickly and  
easily find the  
information that  
applies to your  
campus." "The  
book also  
provides a  
wealth of  
information that  
will help you  
make the most of  
the guidelines.*

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*You'll find detailed instructions for applying the guidelines and a list of factors to consider.*

*You'll also find photos from some of the 2008*

*NIRSA*

*Outstanding*

*Sports*

*Facilities Award*

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*winners, which represent some of the best facilities found on campuses today and can provide a starting point for your own projects."* - -BOOK JACKET.

*Military  
Construction and  
Veterans Affairs*

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*and Related  
Agencies  
Appropriations  
for Fiscal Year  
2007*

*Designing  
Commercial  
Interiors  
Physical  
Development and  
Recreation  
Manual for Job  
Corps  
Conservation*

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*Centers*

*Military*

*Construction*

*Appropriations*

*for 2002:*

*Justification of*

*the budget*

*estimates, Air*

*Force*

*NSCA's*

*Essentials of*

*Tactical*

*Strength and*

*Conditioning*

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*Evidence-Based  
Design of  
Elementary and  
Secondary  
Schools  
Military  
Construction  
Appropriations  
for 2002*

Expanded to 36  
chapters, this new  
edition incorporates  
the knowledge of 23

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of the leading professionals in the facilities planning and development field. Major changes consist of combining chapters on the history and standards of the Council on Facilities and Equipment (CFE); and chapters on site selection,

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construction, and bidding. In addition, new chapters on the following issues have been included: construction terminology 101, energy management, parking lot design, elementary and secondary physical education areas,



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adventure

programming

facilities, equestrian

spaces, skateparks,

international sport

centre, designing for

park and recreation

facilities and trends

in equipment.

Health Fitness

Management,

Second Edition,

provides an in-depth

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picture of the varied and rewarding role of the health and fitness club manager. With contributions from leading experts in the fitness industry, several new chapters, a more practical emphasis, enhanced features, and the addition of

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instructor resources, this second edition is the most authoritative and field-tested guide to management success. Whether soothing disgruntled members, ensuring club safety and profitability, or motivating staff to perform at their

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best, health and fitness club managers require the right mix of skills and flexibility to support the success and continued growth of their clubs. Both aspiring and practicing club managers can rely on Health Fitness Management to help

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them acquire and improve their management skills across all areas:  
Human resources:  
Understand the importance of organizational development and the payoffs of thoughtful staff recruitment, training, development,

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retention, and  
compensation.

Sales and  
marketing: Discover  
new ways to attract  
and retain members  
and increase  
profitability with the  
right mix of products  
and services.

Financial  
management: Learn  
how to read

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financial statements  
and understand and  
control the risks  
associated with  
running a fitness  
club. Facility  
maintenance:  
Implement systems  
to ensure the  
upkeep and safety  
of the facility and its  
equipment. Program  
evaluation:

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Determine the “fitness level” of the club and its programs, capitalize on strengths, and find solutions to improve weak areas. Industry perspective: Understand the history of health and fitness management, its



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present status, and future trends. Health Fitness Management, Second Edition, has been fully updated and organized for maximum retention and easy reference. Each chapter begins with "Tales From the Trenches," a real-life example that

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clearly illustrates the chapter's theoretical focus.

Special “The Bottom Line”

segments sum up the key points of the chapters in an applied context so readers can see exactly how the information is applied on the job.

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Learning objectives, key terms, and a list of references and recommended reading round out each chapter to make the material even more comprehensive to students, and a new instructor guide and test package make the text ideal for

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instructors teaching  
a course.

Practitioners will find  
the added bonus of  
many time-saving  
reproducible forms,  
including a sample  
membership  
agreement, an  
equipment  
maintenance form,  
and a guest  
registration and

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exercise waiver.

Written by industry experts with more than 300 combined years of experience, *Health Fitness Management, Second Edition*, is the fundamental resource for the management and operation of health and fitness facilities

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and programs.

Enhanced with practical scenarios and applied knowledge, it provides a solid foundation for students preparing for a management career in the health and fitness industry and serves as an essential reference

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for professionals  
already enjoying the  
challenges and  
opportunities of club  
management. For  
information on  
system  
requirements or  
accessing an E-  
book after purchase,  
click here.

And Other  
Incendiary Acts

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Mixed - Use

Buildings

Managing Sport

Facilities

The Interior Design

Business Handbook

A Guide for the

Design Professional

Complete Guide to

Sport Education

Hearings Before the

Subcommittee

**Discover how**

*Page 64/240*



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**you can run the  
practical side  
of your  
practice more  
profitably.**

**This  
comprehensive  
guide to  
managing an  
interior design  
business gives  
you an arsenal  
of proven**

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**procedures and  
practical tools  
and techniques  
perfected over  
the course of  
some thirty  
years. New to  
this edition  
are sections on  
establishing an  
electronic  
office, the  
pros and cons**

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**of working  
alone and  
creating  
partnerships,  
hiring and  
working with  
off-site  
employees, and  
more. It also  
includes more  
than fifty  
sample forms  
and letters,**

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such as an existing conditions survey and a letter of transmittal, that can easily be adapted to your own uses. Bringing together the best aspects of ambulatory

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**care,  
complementary  
medicine, and  
fitness clubs  
under one roof,  
wellness  
centers are  
poised to  
become an  
essential  
vehicle of  
healthcare  
delivery for**

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**the 21st  
century.  
Although  
wellness-based  
programs have  
been instituted  
by nearly every  
hospital system  
in North  
America, very  
little has been  
published on  
this rapidly**

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**emerging  
building type.  
Wellness  
Centers enables  
design  
professionals  
and others to  
understand the  
fitness and  
healthcare  
requirements of  
these  
facilities, and**

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**to address them  
effectively in  
their work.**

**Providing  
essential  
insights into  
balancing the  
healthcare and  
retail demands  
of wellness  
centers, Joan  
Whaley Gallup  
reviews every**



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**step of the  
planning and  
development  
process,  
addressing  
project  
assessment,  
financing,  
programming,  
and marketing.  
She draws on  
her extensive  
expertise in**

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**creating  
wellness  
centers to  
cover a full  
range of  
development and  
design  
considerations,  
including  
design  
guidelines for  
lobby/waiting  
areas, clinical**

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**space,  
administrative  
areas, pools,  
saunas, and  
indoor gardens.  
Finally, an  
inspiring  
project  
portfolio  
profiles an  
impressive  
roster of  
successful**

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**wellness  
centers from  
around the  
world. With  
useful  
information on  
code  
compliance,  
plus floor  
plans,  
schematic  
designs, and  
more, this book**

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**is a vital professional resource for anyone involved in wellness center design, planning, or management.**

**"The wellness center is the most positive, nurturing, life-affirming**

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**building type  
ever to evolve  
in the history  
of healthcare  
facilities  
design. . . .  
By turning  
inside out the  
trends of past  
centuries, we  
can now focus  
on wellness. We  
can create**

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**buildings that  
will nurture  
and sustain us,  
healing  
environments  
that will serve  
to support  
happy, life-  
enhancing  
activities.  
Centers for  
wellness are  
centers for**

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life." -from the  
Preface The  
first book of  
its kind,  
Wellness  
Centers offers  
design  
professionals  
and others  
complete  
cutting-edge  
coverage of  
these complex



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**new facilities,  
from planning  
and development  
issues to  
design  
guidelines and  
case examples  
of successful  
wellness  
centers from  
around the  
world. Written  
by an architect**

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**with extensive  
experience in  
the field, this  
book provides a  
firm foundation  
in wellness  
center design,  
planning, and m  
anagement-  
essential  
reading for  
anyone involved  
in this rapidly**

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**growing area of  
healthcare  
design.**

**Information for  
School**

**Authorities and  
Architects**

**Technical**

**Standards and**

**Design**

**Guidelines**

**Military**

**Construction,**

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**Veterans  
Affairs, and  
Related  
Agencies  
Appropriations  
for 2008  
Wellness  
Centers  
A Manual for  
Planning a  
Secondary  
School Building  
A Guide for**

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**Planning Elementary-school  
Buildings  
Military  
Construction  
Appropriations  
for Fiscal Year  
2005**

Aquatic  
fitness is not  
just for older  
adults or

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those with  
physical  
limitations.  
Water exercise  
is a proven  
fitness  
activity that  
is challenging  
and fun for  
all age groups  
and abilities.  
It offers

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reduced-impact  
options for  
group  
exercise,  
small-group  
fitness, and  
personal  
training. As  
the primary  
preparation  
resource for  
the

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certification  
exam of the  
Aquatic  
Exercise  
Association  
(AEA), Aquatic  
Fitness  
Professional  
Manual,  
Seventh  
Edition, is  
the most



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comprehensive  
resource to  
help you  
design and  
lead effective  
exercise  
sessions in  
the pool. With  
contributions  
from 17  
industry  
experts, you

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will learn how  
to energize  
your teaching  
with  
techniques and  
programs based  
on many  
popular  
fitness  
formats, such  
as kickboxing,  
yoga, body

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sculpting,  
Pilates,  
walking and  
jogging,  
circuits,  
intervals, and  
sport-specific  
training.

You'll also  
find updated  
research on  
shallow- and

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deep-water  
exercise, as  
well as new  
and revised  
content on the  
following: •  
Specialty  
equipment such  
as bikes,  
treadmills,  
and gym  
stations

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intended for  
the aquatic  
environment •  
The latest  
interval  
training  
techniques,  
including HIIT  
and Tabata •  
Water safety  
guidelines •  
Aquatics recom

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recommendations

from

organizations

such as the

Arthritis

Foundation and

the National

Osteoporosis

Foundation •

Nutrition and

weight

management

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guidance that  
reflects the  
2015-2020

Dietary  
Guidelines for  
Americans •

Business and  
legal insights  
on compliance  
with

insurance,  
music

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licensing, and  
the Americans  
With  
Disabilities  
Act (ADA) In  
addition, the  
Aquatic  
Fitness  
Professional  
Manual covers  
basic exercise  
science



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concepts,  
including  
exercise  
anatomy and  
physiology.  
The text  
reviews  
injuries,  
emergencies,  
and working  
with special  
populations.

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For those preparing for the AEA Aquatic Fitness Professional Certification exam, you'll find a detailed glossary and index, along

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with review questions at the conclusion of each chapter, to help you study. Nowhere else will you find the fitness applications and

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comprehensive  
programming  
you need in  
one convenient  
resource. The  
Aquatic  
Fitness  
Professional  
Manual  
contains  
essential  
foundational

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information on  
the components  
of physical  
fitness, group  
fitness  
teaching  
techniques,  
and the AEA  
Standards and  
Guidelines.  
Expand your  
teaching and

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career

opportunities  
by cultivating  
the critical  
skills for  
leading safe,  
enjoyable, and  
effective  
aquatic  
exercise  
programs.

Complete Guide

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to Sport  
Education,  
Third Edition,  
offers a  
thoroughly  
updated  
version of the  
evidence-based  
curriculum and  
instruction  
model  
pioneered by

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Daryl

Siedentop,  
universally  
acknowledged  
as the Father  
of Sport  
Education.

Lead author  
Siedentop  
first  
articulated  
his Sport



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Education

model back in the late 1970s; it has evolved ever since and has been expressed through three editions of this book. This third edition is

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backed by  
substantial  
research that  
supports the  
idea that  
Sport  
Education is a  
valuable and  
motivating  
approach to  
delivering  
quality

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physical  
education  
experiences  
for students  
from the early  
elementary  
grades through  
the university  
years. New and  
Revised  
Material  
Complete Guide

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to Sport  
Education,  
Third Edition,  
offers readers  
a significant  
amount of  
revised and  
new material,  
including  
enhanced  
guidance for  
Sport

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Education  
programming  
across a year.  
Also  
noteworthy is  
the updated  
alignment of  
Sport  
Education's  
goals and  
objectives  
with the SHAPE

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standards and the national learning objectives from other countries. In addition, the text provides six brand-new chapters on the following

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topics:

Including  
students with  
special needs  
Implementing  
Sport  
Education  
beyond  
physical  
education  
(e.g., school-  
based after-

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school

programs,  
intramurals, c  
ommunity-based  
programs, and  
university  
basic

instruction  
programs)

Evidence-based  
research on  
Sport



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Education

Developing  
effective

program-level  
policies and  
procedures

Managing  
equipment,  
facilities,  
and supplies

Sport

Education's

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link with  
international  
objectives  
Unique  
Approach to  
Sport  
Education  
Complete Guide  
to Sport  
Education  
represents a  
departure from

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traditional  
curriculum and  
instruction  
(C&I) models  
because it  
takes an  
effective stud  
ent-centered  
approach,  
providing  
students with  
opportunities

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to take ownership and responsibility for various aspects of their class experiences. This approach better prepares students to be lifelong

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participants  
in healthy  
physical  
activity and  
sport—and to  
be more  
engaged in  
class. The  
text targets  
more in-depth  
and authentic  
learning

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experiences

than most C&I models, giving students time to develop the skills they need and to learn to fulfill the team roles required for successful

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seasons. This latest edition introduces new readers to the idea of Sport Education and gives previous users of the model some fresh ways to expand their seasons and

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make them even more engaging and attractive to their students.

Through Sport Education, students are shown effective and meaningful ways to learn



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about sport,  
to take part  
in sport, and  
to view sport  
as something  
they can  
connect with  
and find  
meaning in.

Updated  
Ancillaries  
Complete Guide

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to Sport  
Education  
comes with  
several useful  
and updated  
ancillaries: A  
web resource  
that provides  
a wealth of  
examples to  
support the  
book content;

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this resource  
includes  
forms, charts,  
assessments,  
and other  
tools A test  
package that  
houses 447 mul  
tiple-choice  
and short-  
answer  
questions A

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presentation  
package with  
225 slides  
outlining the  
book's  
content,  
including  
select tables  
and  
illustrations  
from the book  
An instructor

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guide that  
includes  
course  
syllabus  
templates for  
instructors of  
undergraduate  
and graduate  
students, and  
provides core  
course  
assignments,

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optional

course

assignments,

graduate

student course

assignments,

and signature

assignments

Book

Organization

The text is

organized into

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three parts,  
with part I  
outlining the  
essential  
features of  
the Sport  
Education  
model and  
identifying  
the key  
aspects upon  
which the

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model is based. The importance of sport as a cultural phenomenon is then introduced to explain why it should be a part of school physical



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education  
programs. This  
part also  
addresses how  
to identify  
and select  
season  
outcomes, how  
to use  
instructional  
alignment to  
gain quality

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season

experiences,

and how to

promote

physical

activity

beyond

physical

education.

Part II

explores all

the important

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considerations  
in designing  
and  
implementing  
Sport  
Education  
seasons. This  
includes  
modifying  
games and  
activities,  
designing

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competition  
formats,  
selecting  
teams and  
roles,  
teaching fair  
play,  
developing  
competent  
players, and  
more. Part III  
delves into

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key program  
design considerations,  
showing the  
links between  
Sport  
Education and  
U.S. content  
standards as  
well as  
learning  
objectives

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from a number  
of other  
countries,  
guiding  
readers  
through the  
assessment  
process, and  
examining the  
various  
aspects  
involved in

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managing a  
physical  
education  
program based  
on Sport  
Education. It  
also shows how  
to integrate  
classroom  
content with  
Sport  
Education.

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Authoritative  
and Affordable  
This popular  
text, whose  
first edition  
was published  
in 1994, is  
very  
affordable  
compared to  
similar texts.  
But the



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greatest  
benefit is the  
enduring  
quality of an  
evidence-  
based, student-  
centered text  
that has  
proven to be  
of high value  
to instructors  
and students

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alike. Through  
the book's  
Sport  
Education  
model,  
students  
develop sport  
skills, grow  
in leadership  
and responsibi  
lity, and  
learn about

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the nonplaying  
roles of the  
sport  
experience  
(e.g., coach,  
trainer,  
publicist,  
equipment  
manager, chore  
ographer). All  
of this leads  
to being more

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engaged in  
class—and to  
continuing a  
healthy  
physical  
activity  
engagement  
beyond the  
school years.  
Guide for  
Planning  
School Plants

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A

Comprehensive  
Resource for  
Managing and  
Operating  
Programs and  
Facilities  
The  
Unapologetic  
Fat Girl's  
Guide to  
Exercise

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Hearings

Before a

Subcommittee

of the

Committee on A

ppropriations,

United States

Senate, One

Hundred Ninth

Congress,

Second Session

Space Planning

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Guidelines for  
Campus

Recreational  
Sport

Facilities

Hearings

Before a

Subcommittee

of the

Committee on A

ppropriations,

United States

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Senate, One  
Hundred Eighth  
Congress,  
Second  
Session, on  
H.R. 4837/S.  
2674, an Act  
Making  
Appropriations  
for Military  
Construction  
for the



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Department of  
Defense for  
the Fiscal  
Year Ending  
September 30,  
2005, and for  
Other Purposes

**Swimming is one  
of the most  
beneficial and  
refreshing ways to  
exercise. However,**

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**many swimmers miss the greatest benefits of the sport. These swimmers train by swimming continuously for an allotted time or for a specified distance. By organizing and structuring their time in the pool,**

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**swimmers can greatly increase the benefits and enjoyment they derive from their workouts.**

**Swimming for Fitness is a complete guide to developing a swimming program. Topics include goal**

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**setting, choosing a facility, structuring a program, equipment, organizing workouts, open water swimming, tips on stroke mechanics, pool etiquette and dealing with minor ailments. The book includes sample**

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**workouts for swimmers of all levels, from beginners to experienced swimmers. Also included are examples of swimming drills, stretching exercises and tips on staying motivated.**

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**Swimming for Fitness is a complete guide to designing a swimming program to get in shape, stay in shape and feel great!**

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**projects Building  
Type Basics books  
provide architects  
with the essentials  
they need to jump-  
start the design of  
a variety of  
specialized  
facilities. In each  
volume, leading  
national figures in  
the field address  
the key questions**

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**that shape the early phases of a project commission. The answers to these questions provide instant information in a convenient, easy-to-use format. The result is an excellent, hands-on reference that puts**



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**critical information  
at your fingertips.**

**Building Type  
Basics for  
Elementary and  
Secondary  
Schools provides  
the essential  
information  
needed to initiate  
designs for  
preschools and  
kindergartens as**

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**well as elementary, middle, and high schools. Filled with project photographs, diagrams, floor plans, sections, and details, it combines in-depth coverage of the structural, mechanical, acoustic, traffic,**

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**and safety issues that are unique to school buildings with the nuts-and-bolts design guidelines that will start any project off on the right track and keep it there through completion.**

**A Comprehensive  
Guide to Design,**

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**Equipment, and  
Clinical  
Procedures  
Medical and Dental  
Space Planning  
A Complete Guide  
to Profitability  
Managing Sport  
Facilities, 3E  
Hearings Before a  
Subcommittee of  
the Committee on  
Appropriations,**

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**House of  
Representatives,  
One Hundred  
Seventh Congress,  
First Session  
Military  
Construction  
Appropriations for  
2001: Justification  
of the budget  
estimates: Navy  
and Marine Corps,  
reserve**

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**components,  
Defense agencies  
Manual of School  
Planning**

*The physical  
demands of  
tactical  
professions such  
as military, law  
enforcement, and  
fire and rescue  
require those  
workers to be in*

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*top physical  
condition to  
perform their  
jobs well and  
decrease the  
risk of injury.*

*NSCA's  
Essentials of  
Tactical  
Strength and  
Conditioning  
contains  
scientific  
information to*

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***assist in  
implementing or  
restructuring  
strength and  
conditioning  
programs at  
commercial or  
government  
fitness centers  
that work with  
these tactical  
athletes to  
achieve those  
goals. Designed***



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*primarily as a  
preparatory  
resource for the  
National  
Strength and  
Conditioning  
Association  
(NSCA) Tactical  
Strength and  
Conditioning  
Facilitator  
(TSAC-F)  
certification,  
the text is also*

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*useful as a  
manual for  
government  
agencies or a  
daily reference  
for strength and  
conditioning  
professionals.  
Editors Brent A.  
Alvar, Katie  
Sell, and  
Patricia A.  
Deuster have  
extensive*

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*experience as  
scholars and  
practitioners in  
their respective  
fields. They  
have assembled a  
team of  
distinguished  
contributors who  
bring to light  
current trends  
in strength and  
conditioning  
through their*

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***combined  
experiences as  
professionals in  
the fields of  
academia,  
athletic  
training,  
firefighting,  
law enforcement,  
military,  
nutrition,  
physical  
therapy, and  
strength and***

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**conditioning.**

**The contributors  
not only provide  
foundational  
knowledge of  
exercise  
physiology and  
biomechanical  
movement  
patterns, but  
they also  
comprehensively  
review all of  
the components**

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**necessary for  
TSAC**

**Facilitators to  
design and  
operate  
successful  
training  
programs for  
tactical  
athletes.**

**Separate  
chapters focus  
on the specific  
physiological**

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*issues related to military, law enforcement, and fire and rescue personnel, including how a strength and conditioning program should directly correlate to their critical job tasks and the specific*

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*environmental,  
occupational,  
and exposure  
concerns for  
each population.  
Topics such as  
nutrition,  
supplements,  
injury treatment  
and  
rehabilitation,  
wellness  
interventions,  
and assessments*



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*and evaluations  
are discussed  
for  
professionals  
who work with  
tactical  
populations.  
Additionally,  
exercises,  
drills, and  
techniques  
targeting the  
specific needs  
of tactical*

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***athletes in areas such as flexibility, mobility, speed, agility, power, and aerobic endurance are described in great detail and accompanied by full-color photos. Each chapter of NSCA's***

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***Essentials of  
Tactical  
Strength and  
Conditioning  
begins with  
learning  
objectives and  
incorporates key  
terms, diagrams,  
detailed  
photographs, and  
key points  
throughout the  
text to help***

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*guide readers  
and facilitate  
comprehension of  
concepts.*

*Sidebars and  
sample programs  
are included in  
some chapters to  
help readers  
apply  
theoretical  
concepts in  
their  
professional*

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*practice.*

*Additionally,  
for instructors  
using the book,  
or the TSAC-F  
exam prep  
symposia, a  
presentation  
package plus  
image bank with  
more than 300  
photos and  
illustrations is  
available,*

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*making  
preparation  
easier with the  
use of  
predeveloped  
materials that  
correspond with  
the book's  
content.*

*Ultimately, the  
goal of NSCA's  
Essentials of  
Tactical  
Strength and*

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***Conditioning is to help prepare those seeking TSAC-F certification and to serve as a resource for professionals so that they can implement an optimal strength and conditioning program targeted for tactical***

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*athletes that  
will decrease  
their risk of  
injury and  
optimize  
performance.*

*If you want to  
know how to be  
the best, you  
learn from the  
best. Two SHAPE  
America Physical  
Education  
Administrators*



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*of the Year  
share what it  
takes to be an  
outstanding  
administrator in  
Organization and  
Administration  
of Physical  
Education:  
Theory and  
Practice. Jayne  
Greenberg and  
Judy LoBianco,  
veteran leaders*

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*in the field  
with decades of  
successful  
administration  
experience, head  
a sterling list  
of contributors  
who have taught  
at the  
elementary,  
middle school,  
high school, and  
college levels  
in urban,*

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***suburban, and rural settings. Together, these contributors expound on the roles and responsibilities of physical education administrators through both theoretical and practical lenses. The***

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*result is a book that will be highly useful to undergraduate students looking to enter the field, as well as a resource for administrators in physical education leadership positions who*

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***are looking to  
acquire new  
skills and  
innovative ideas  
in each of the  
five areas of  
responsibility  
covered in the  
book. Part I  
covers  
leadership,  
organization,  
and planning. It  
explores***

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***Leadership and management styles and presents practical theories of motivation, development, and planning. It also looks at how to plan for the essential components of an effective,***

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**quality physical  
education**

**program. In part  
II, readers**

**examine various  
curriculum and  
instruction**

**models and  
navigate through  
curriculum**

**theory and  
mapping. This**

**section also  
offers guidance**

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*on planning events, including special programs and fundraising projects, and how to build a team and secure community connections for those special events. Part III helps administrators*



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*plan and design  
new school sites  
or renovate  
existing ones,  
and it presents  
contemporary  
concepts in  
universal design  
and sustainable  
environmental  
design. It also  
offers ideas on  
how to  
incorporate*

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***technology to meet the needs of 21st-century learners, including the use of social media and robotics in delivering instruction and communication. Part IV explores written, verbal, and electronic***

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*communication issues, as well as legal and human resource issues.*

*Administrators learn how to lobby and advocate for physical education, how the legal system affects schools, and how to*

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**examine  
personnel  
issues,  
bullying, and  
harassment. Part  
V explains the  
fiscal  
responsibilities  
inherent in  
administrative  
positions,  
including  
budgeting,  
bidding, and**

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***purchasing. It also shows how administrators can secure funding independent of district or local funding, offering many examples of grants and fundraising opportunities with sample***

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**grant**

**applications.**

**Throughout the text, special features—Advice From the Field and Leadership in Action—share tips, nuggets of wisdom, and examples of administrators excelling in their various re**

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**responsibilities.**  
**The book also**  
**comes with many**  
**practical**  
**examples of**  
**forms that are**  
**useful in**  
**carrying out res**  
**ponsibilities,**  
**and each chapter**  
**offers**  
**objectives, a**  
**list of key**  
**concepts, and**

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*review questions to facilitate the learning. In addition, the text has related online resources consisting of supportive materials and documents.*

*Organization and Administration of Physical Education:*



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***Theory and Practice, published with SHAPE America, offers the solid foundational theory that administrators need and shows how to put that theory into daily practice. Note: A code for accessing***

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***HKPropel is  
included with  
this ebook.  
Military Quality  
of Life and  
Veterans  
Affairs, and  
Related Agencies  
Appropriations  
for 2007  
A Responsive  
Approach to  
Creating  
Learning***

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Health/Fitness  
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Standards and  
Guidelines  
Facilities  
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Physical  
Activity,  
Recreation and  
Sports  
A Guide to*

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Self-Directed  
Swimming Program  
Military  
Construction  
Appropriations  
for 2001  
Organization and  
Administration  
of Physical  
Education***

ACSM ' s  
Health/Fitness Facility  
Standards and

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Guidelines, Fourth Edition, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings in a safe environment. This text is based in large part on both the work that has begun through the NSF international initiative to develop

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industry standards to serve as the foundation for a voluntary health and fitness facility certification process and the third edition of ACSM ' s Health/Fitness Facility Standards and Guidelines. The ACSM ' s team of experts in academic, medical, and health and fitness fields have put

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together an authoritative guide for facility operators and owners. By detailing these standards and guidelines and providing supplemental materials, ACSM ' s Health / Fitness Facility Standards and Guidelines provides a blueprint for health and fitness facilities to use in elevating the

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standard of care they provide their members and users as well as enhance their exercise experience. The fourth edition includes new standards and guidelines for pre-activity screening, orientation, education, and supervision; risk management and emergency procedures; professional staff and



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independent contractors; facility design and construction; facility equipment; operational practices; and signage. This edition includes these updates:

- Standards and guidelines aligned with the current version of the pending NSF international health and fitness facility standards
- New guidelines

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addressing individuals  
with special needs

- New standards and guidelines regarding automated external defibrillators (AEDs) for both staffed and unstaffed facilities
- Revised standards and guidelines to reflect changing directions and business models within the industry, including 24/7 fitness facilities,

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medically integrated facilities, and demographic-specific facilities • New standards and guidelines to better equip facilities that are dealing with youth to ensure the proper care of this segment of the clientele With improved organization, new visual features, and additional appendixes, the fourth

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edition offers a comprehensive and easy-to-use reference of health and fitness facility standards and guidelines. Readers can readily apply the information and save time and expense using over 30 templates found within the appendixes, including questionnaires, informed consent forms,

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and evaluation forms.

Appendixes also contain more than 30

supplements, such as sample preventive maintenance schedules, checklists, and court and facility dimensions.

Included in appendix A is Blueprint for Excellence, which allows readers to search efficiently for specific information regarding

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the standards and guidelines within the book. Health and fitness facilities provide opportunities for individuals to become and remain physically active. As the use of exercise for health care prevention and prescription continues to gain momentum, health and fitness facilities and clubs will emerge as an

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integral part of the health care system. The fourth edition of ACSM ' s Health/Fitness Facility Standards and Guidelines will assist health and fitness facility managers, owners, and staff in keeping to a standard of operation, client care, and service that will assist members and users in caring for

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their health through safe and appropriate exercise experiences.

Managing Sport Facilities, Fourth Edition With Web Study Guide, merges the historical and theoretical foundations of the sport facility industry with real-world challenges and insights to create an engaging, modern guide for



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effective sport facility management. This updated edition provides a comprehensive knowledge base for the wide-ranging duties of sport facility managers and prepares students to enter the field ready to confront the responsibilities they will face on the job. Joining field expert Gil Fried for

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this fourth edition is  
Matthew Kastel, a  
practicing stadium  
manager with over 25  
years of experience.  
Together, the authors  
blend extensive research  
and insights from the  
professional industry  
with everyday  
occurrences at sport  
facilities. With an  
increased focus on in-  
depth, real-world

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examples of issues facing facility managers today, this edition takes a detailed look at different types of facilities, including stadiums, arenas, fitness centers, parks, and multiuse facilities, and it addresses the various challenges that each presents. Contributions from industry professionals provide an

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inside look at their facility ' s unique issues and concerns, from systems and operations to maintenance and green practices. To emphasize practical applications of the content, a new web study guide includes seven Day in the Life videos that follow the daily routine of a facility executive and offer

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students an inside look at real-life facility management.

Additional tools further enhance learning and are accompanied by activities and assignments that guide students in applying the concepts: Video clips of interviews with industry professionals provide multifaceted career insights and advice.

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Gil 's Sportsplex, an in-depth sport facility case study, covers strategic planning, construction, financial analysis, and more. Sample blueprints highlight the construction and anatomy of a sport facility. A list of Internet resources for each chapter encourages further learning. Also new to this edition is a

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chapter on midevent management, which covers strategies for managers to use during events as issues arrive so they are prepared for all phases of a facility event. Throughout the book, examples capture the essence of being a facility manager.

Opening chapter scenarios introduce industry executives and

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show how the material applies to daily activities. Facility Focus sidebars provide facts about facilities and strategies for facility success, while Behind the Scenes sections present unique concerns and strategies to make facility managers more successful professionals. Students will develop practical knowledge,



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which will prepare them to make decisions in all areas of facility management, including building design and construction, operations, marketing, legal issues, finance, and event management. *Managing Sport Facilities, Fourth Edition*, teaches the foundational and application skills necessary for facility

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managers to respond effectively to new challenges. It is an essential resource for guiding students to success in a sport facility management career.

Note: The web study guide is included with all new print books and some ebooks. For ebook formats that don't provide access, the web study guide is available

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separately.

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Guide to Effective  
Coaching

Principles & Practice

An empowering  
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size women  
shares non-  
judgmental,  
practical  
information  
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