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Foundations of Kinesiology, Second Edition provides a guided

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introduction to the discipline and professions of kinesiology using a holistic, learner-centered, and skill-based approach. It explores the core subdisciplines of kinesiology and allows students to explore the research and physical activity

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contributions that each has to offer. The text also considers how the discipline is crucial in enabling healthy lives by illustrating real-life scenarios across several chapters. Build the foundation of scientific knowledge and practical decision-

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making skills needed to excel in an exercise training career Master the core concepts of exercise physiology and learn how to apply them to the real-world challenges of exercise training with Exercise Physiology: Integrating Theory and Application,

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Third Edition. Designed to connect theory to practice, this engaging, accessible text gives students a thorough understanding of how the body adapts to exercise and environmental stresses and how basic physiology informs practical

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decisions. This new edition expands the coverage of practical applications, extends on our growing scientific knowledge of exercise physiology, explores the topic of “Exercise is Medicine”, and offers more guidance on finding reliable

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research-based answers to real-life questions. New content, as well as updated coverage of the endocrine system, applying research, nutritional support, and environmental effects make this the perfect resource to support the

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diverse case scenarios seen by personal trainers, strength coaches, fitness instructors, athletic trainers, and other exercise professionals. The fourth edition of a classic, leading resource for the field of sport, exercise, and performance

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psychology Now expanded to two volumes, and featuring a wealth of new chapters from highly respected scholars in the field, this all-new edition of the Handbook of Sports Psychology draws on an international roster of experts and

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scholars in the field who have assembled state-of-the-art knowledge into this thorough, well-rounded, and accessible volume. Endorsed by the International Society of Sport Psychology, it represents an invaluable source of theoretical and

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practical information on our understanding of the role of psychology in sport, exercise, and performance—and how that understanding can be applied in order to improve real-world outcomes. Presented in eight parts,

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the Handbook of Sports Psychology, 4th Edition adds new material on emerging areas such as mindfulness, brain mapping, self-consciousness, and mental toughness, and covers special topics such as gender and cultural diversity, athletes with

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disabilities, and alcohol and drug use in sports. In addition, it covers classic topics such as what motivates an athlete to perform; why do some choke under pressure; how do top performers handle leadership roles; what does one do to mentally train;

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how an athlete deals with injury; and much more. Fourth edition of the most influential reference work for the field of sport psychology New coverage includes mindfulness in sport and exercise psychology, ethics, mental toughness, sport socialization,

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**and making use of brain technologies
in practice Endorsed by the
International Society of Sport
Psychology (ISSP) Handbook of
Sports Psychology, 4th Edition is an
indispensable resource for any
student or professional interested in**

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the field of sports psychology. Measurement and Evaluation in Human Performance, Third Edition, offers unmatched, in-depth instruction in measurement and evaluation techniques. Thoroughly revised and updated, the third

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edition features a new section on epidemiology and further develops international perspectives. This edition also features improved readability in measurement statistics and enhanced efficiency in solving measurement and evaluation

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problems through the use of the Statistical Package for the Social Sciences (SPSS). Additional features that are new to this edition: -Revised first chapter that lays the groundwork for improved learning throughout the text -Inclusion of a

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specific downloadable data set that is used as an example in many chapters
-Removal of outdated and complicated statistical techniques, eliminating the need for a background in higher-level mathematics **-Additional computer**

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tasks in each chapter that tie earlier learning to specific applications
-Decision scenarios similar to those made by human performance professionals to help students apply decision making skills to practical, real-life problems The text also

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increases the number of problem sets and places a greater emphasis on student-friendly learning through its learning aids, including chapter objectives, measurement and evaluation challenges, highlight features, mastery items, and new

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computer tasks for each chapter. Measurement and Evaluation in Human Performance, Third Edition, will appeal to students by engaging them in the material to increase their comprehension, and to professionals through its depth of information and

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ease in locating it. Includes an online study guide! To assist students using the text, Measurement and Evaluation in Human Performance, Third Edition, has a companion online student study guide that allows students to interactively

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practice, review, and develop their understanding of measurement and evaluation processes so that they can make strong grades and valid decisions. Students will receive free access to the study guide with the purchase of a new text, or it may be

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homework answers, data matrixes to download, and multiple choice quizzes designed to test their knowledge of the textbook material. They will also find lecture outlines created by the authors to help them learn the key concepts, as well as

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a variety of test tips.**

**Molecular Exercise Physiology
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**A Training Manual and Reference
Book of Basic Principles and
Practices**

Physiology of Sport and Exercise
*Explaining the process of human
movement, Manual of Structural
Kinesiology gives a*

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straightforward view of human anatomy and its relation to movement. The manual clearly identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. Floyd provides important information in

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an accessible format through a combination of logical presentation, illustrations, and concise writing style.

This book comprehensively addresses the physics and engineering aspects of human physiology by using and building

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on first-year college physics and mathematics. Topics include the mechanics of the static body and the body in motion, the mechanical properties of the body, muscles in the body, the energetics of body metabolism, fluid flow in the cardiovascular

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and respiratory systems, the acoustics of sound waves in speaking and hearing, vision and the optics of the eye, the electrical properties of the body, and the basic engineering principles of feedback and control in regulating all aspects of

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function. The goal of this text is to clearly explain the physics issues concerning the human body, in part by developing and then using simple and subsequently more refined models of the macrophysics of the human body. Many chapters include a brief

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review of the underlying physics. There are problems at the end of each chapter; solutions to selected problems are also provided. This second edition enhances the treatments of the physics of motion, sports, and diseases and disorders, and

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integrates discussions of these topics as they appear throughout the book. Also, it briefly addresses physical measurements of and in the body, and offers a broader selection of problems, which, as in the first edition, are geared to

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a range of student levels. This text is geared to undergraduates interested in physics, medical applications of physics, quantitative physiology, medicine, and biomedical engineering.

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referenced within the product description or the product text may not be available in the ebook version.

*"ACSM's Introduction to Exercise Science is an introduction to the field of exercise science"--
Kinesiology*

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Functional Anatomy:

*Musculoskeletal Anatomy,
Kinesiology, and Palpation for
Manual Therapists, Enhanced
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*Taking Physical Activity and
Physical Education to School
Manual of Structural Kinesiology*

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*Orthopaedic Biomechanics Made
Easy*

***Blending historical grounding
and philosophical insights
regarding sport and physical
activity, History and
Philosophy of Sport and***

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Physical Activity covers the historical and philosophical dimensions of the study of human movement. This cross-disciplinary text shows how theory in the humanities can affect professional practice.

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The author team, R. Scott Kretchmar, Mark Dyreson, Matthew P. Llewellyn, and John Gleaves, offers philosophical and ethical analyses alongside explorations of changes in

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culture. The text follows a chronology of human movement from our origins as hunter-gatherers to the present. The authors blend their specific areas of expertise to present a

thorough integration of philosophy and history, capitalizing on the strengths of both disciplines. History and Philosophy of Sport and Physical Activity examines sport and physical activity as

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a social force. Each chapter provides a historical scaffolding that leads into philosophical discussions about the issues raised. The content is compelling, effective, and accessible for

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***readers. Student exercise
sidebars allow students to
explore questions as they go,
especially in relating
philosophical inquiry to
historical events. Historical
profile sidebars throughout***

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the chapters allow students to gain greater insight into historical figures and events. Ancillaries include an instructor guide, a presentation package, and a test package to help

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instructors make the most of the historical, philosophical, anthropological, and sociological issues presented in the book. History and Philosophy of Sport and Physical Activity is designed

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to reduce any gap that might exist between good ideas and sound professional behavior. Historical lessons and philosophical analyses are seamlessly integrated. Readers will understand the

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intersection of history, culture, ideals, ethics, and professional practice from sport's leading philosophers and historians.

The revised edition of the best-selling book on Applied

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***Kinesiology, Applied
Kinesiology, Revised Edition
introduces a diagnostic
method that uses manual
muscle testing to assess the
body's "Triad of
Health"--structure, chemistry,***

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and psyche. To perform a muscle test, the practitioner applies light pressure that the client then resists. If the client cannot resist the pressure, the muscle "tests weak," indicating a structural problem

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or imbalance that needs to be resolved. Further applications include working with a muscle that tests strong "in the clear" as a diagnostic tool to determine the effect of stimuli including touch, nutrients,

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***medicines, allergens,
emotions, poor posture, and
stressful memories. Opening
with a detailed description of
the history and applications of
Applied Kinesiology, the book
covers the theory, procedure,***

and interpretation of the muscle test including diagnosis and correction techniques for areas of weakness. Thirty-three muscle tests for different areas of the body are accompanied by

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instructive photographs with superimposed anatomical drawings that demonstrate the method and various treatment points. A useful appendix includes a glossary of anatomical terms and special

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***vocabulary; a step-by-step
plan for conducting a session;
and a list of contacts and
sources for Applied
Kinesiology materials.
Offering a new preface and
additional techniques in the***

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***areas of manual medicine,
orthomolecular medicine, and
psychology, this revised
edition shares the author's
discoveries as well as
anecdotal observations to
stimulate further research.***

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***Table of Contents: Foreword;
Introduction; Chapter 1: From
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Kinesiology; Chapter 2:
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Kinesiology; Chapter 3: The
Muscle Test; Chapter 4:***

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***Pretests; Chapter 5: Diagnosis
and Correction Techniques;
Chapter 6: Muscle Tests;
Chapter 7: Applied
Kinesiology and Manual
Medicine; Chapter 8: Applied
Kinesiology and***

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***Orthomolecular Medicine;
Chapter 9: Applied
Kinesiology and the Psyche;
Chapter 10: Personal
Discoveries and Garnered
Methods for Further
Consideration; Appendices;***

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Index

***Anatomical Kinesiology
provides students with a
comprehensive and concise
resource for mastering the
muscles and related anatomy
responsible for body***

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movement. This is a foundational topic needed for application to other important areas including biomechanics, musculoskeletal injuries, rehabilitation, strength and conditioning, and more. The

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text uses 18 chapters divided across five sections to cover all the material. Section I has four chapters that present the anatomy and physiology concepts most relevant to kinesiology such as body

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orientation; terminology; and the skeletal, muscular, and nervous organ systems.

Section II is divided into three chapters on the bones and their landmarks. The final three sections contain the

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muscle chapters: One section for the lower extremities, one for the axial skeleton, and one for the upper extremities. The chapters are divided by regions (i.e. ankle, knee, shoulder, etc.).

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***With the use of dynamic
visuals and kinesthetic
exercises, Functional
Anatomy, Revised and
Updated Version helps readers
to explore and understand the
body's structures, regions,***

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layer of the body, from bones to ligaments to superficial and deep muscles. Muscle profiles indicate origin, insertion, and innervation points while step-by-step instructions teach effective bone and muscle

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palpation.

***ACSM's Introduction to
Exercise Science***

***Measurement and Evaluation
in Human Performance***

***Educating the Student Body
Fundamentals of***

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Biomechanics

Introduction to Exercise

Physiology

Introduction to Sports

***Biomechanics has been
developed to introduce you to
the core topics covered in the***

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***first two years of your degree.
It will give you a sound
grounding in both the
theoretical and practical
aspects of the subject. Part
One covers the anatomical and
mechanical foundations of***

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biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with

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line drawings and photographs which help to reinforce explanations and examples. Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the

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***NASM Certified Personal
Trainer (CPT) Certification
exam or learn the basic
principles of personal training
using NASM's Optimum
Performance Training (OPT)
model. The OPT model***

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presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color

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coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features

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*include research notes,
memory joggers, safety tips,
and review questions.*

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Physical inactivity is a key

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determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and

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others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and

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substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase

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***physical activity across the
lifespan. In response to the
need to find ways to make
physical activity a health
priority for youth, the Institute
of Medicine's Committee on
Physical Activity and Physical***

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Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and

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after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and

adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the

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school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the

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***value of using systems
thinking in improving physical
activity and physical education
in the school environment; the
recognition of current
disparities in opportunities
and the need to achieve equity***

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***in physical activity and
physical education; the
importance of considering all
types of school environments;
the need to take into
consideration the diversity of
students as recommendations***

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are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents

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***interested in physical activity,
physical education, and health
for school-aged children and
adolescents.***

***Therapeutic Exercise
Physics of the Human Body
History and Philosophy of***

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***Sport and Physical Activity
Anatomy Trains
Dance Anatomy and
Kinesiology***

"A very careful review of the entire text including all figures and tables has been conducted with the intent of simplifying

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and clarifying for better understanding when possible. Additional terms, content and concepts in select cases have been added. These include body positions, open vs. c;lose packed joint positions, concave-convex rule, Lombard's paradox, and a lever terminology table. Chapters 4 through 11 now have a table detailing

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how to locate and palpate the key bony and joint landmarks. The labeling and captions in many figures have been enhanced with further details. Terms for the "peroneal" muscles and nerves have been changed to more current international term fibular or fibularis. In many cases fibularis is directly followed

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by peroneal in parenthesis to avoid confusion. Further details on the plantaris muscle have also been added. Additional references have been added along with some revisions and additions to the review and laboratory exercises, and end-of-chapter worksheets. Additional questions and exercises will continue to be

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added to the Online Learning Center.

Finally, a few new terms have been added to the Glossary"--

NSCA's Guide to Sport and Exercise Nutrition provides valuable information and guidelines that address the nutrition needs for the broad range of clientele serviced by strength and conditioning

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professionals, personal trainers, and sport dietitians. Whether you work with fitness enthusiasts or competitive athletes, this resource will lead you through the key concepts of sport and exercise nutrition so that you can assess an individual's nutrition status and—if it falls within your scope of practice—develop

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customized nutrition plans. Developed by the National Strength and Conditioning Association (NSCA) and subjected to an intensive peer-review process, this authoritative resource offers the latest research and literature review from respected scientists and practitioners with expertise in nutrition, exercise, and sport

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performance. NSCA's Guide to Sport and Exercise Nutrition covers all aspects of food selection, digestion, metabolism, and hydration relevant to sport and exercise performance. This comprehensive resource will help you understand safe and effective ways to improve training and performance through natural

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nutrition-based ergogenic aids like supplementation and macronutrient intake manipulation. You will also learn guidelines about proper fluid intake to enhance performance and the most important criteria for effectively evaluating the quality of sport drinks and replacement beverages. Finally, cutting-

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edge findings on nutrient timing based on the type, intensity, and duration of activity will help you understand how to recommend the correct nutrients at the ideal time to achieve optimal performance results. In addition to presenting research relating to sport and exercise nutrition, each chapter includes a professional

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application section that will help you make the connection between the literature and its practical implementation. Sidebars emphasize important topics, and reproducible forms consisting of a food log, brief athlete nutrition assessment, and goal-setting questionnaire can be copied and shared

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with your clients. A running glossary keeps key terms at your fingertips, and extensive references within the text offer starting points for your continued study and professional enrichment. Each client and athlete requires a customized diet tailored to the frequency, intensity, duration, and specificity of the training

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and demands of the sport or activity. With NSCA's Guide to Sport and Exercise Nutrition, you will learn how food, sport supplements, and their interactions with a client's biological systems can enhance exercise and sport performance for optimal training, recovery, and competition. NSCA's Guide to Sport and

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Exercise Nutrition is part of the Science of Strength and Conditioning series. Developed with the expertise of the National Strength and Conditioning Association (NSCA), this series of texts provides the guidelines for converting scientific research into practical application. The series covers topics such

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as tests and assessments, program design, nutrition, and special populations.

Focusing on the quantitative nature of biomechanics, "Biomechanical Basis of Movement, Fourth Edition "integrates current literature, meaningful numerical examples, relevant applications, hands-on exercises, and functional anatomy,

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physics, calculus, and physiology to help students regardless of their mathematical background understand the full continuum of human movement potential. Unique in the market for its combination of rigor, readability, and evidence-based information, the book focuses on the movement of muscle groups rather than

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individual muscles to provide students with a holistic understanding of human movement. This Fourth Edition features a new problem generator for instructors, which randomly generates an unlimited number of numerical problems for student practice, and free MaxTRAQ motion analysis software that shows

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biomechanics in action and allows students to track data and analyze motion in a in a dynamic, video-enriched online environment."

This textbook integrates basic exercise physiology with research studies to stimulate learning, allowing readers to apply principles in the widest variety of

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exercise and sport science careers. It combines basic exercise physiology with special applications and contains flexible organisation of independent units.

Kinetic Anatomy

The Mechanics and Pathomechanics of Human Movement

Human Dimension & Interior Space

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An Introduction to Exercise Science
A Source Book of Design Reference
Standards

Kinesiology for Manual
Therapies introduces the
philosophy of
Dimensional Massage

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Therapy as well as
Clinical Flexibility. .
This text connects
techniques to individual
joints and body areas
based on the structural
foundation of the

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muscular skeletal
system. Learning
intensive guides help
students develop
palpation skills,
understand anatomy from
a functional stand

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point, and build a toolbox of techniques for individualized treatments. This text can be used in a multitude of manual therapies, from physical

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therapy, occupational
therapy, athletic
training to yoga and
massage therapy.

Molecular Exercise

Physiology: An

Introduction is the

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first student-friendly
textbook to be published
on this key topic in
contemporary sport and
exercise science. It
introduces sport and
exercise genetics and

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the molecular mechanisms by which exercise causes adaptation. The text is linked to real life sport and exercise science situations such as 'what makes people

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good at distance
running?', 'what DNA
sequence variations code
for a high muscle mass?'
or 'by what mechanisms
does exercise improve
type2 diabetes?' The

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book includes a full range of useful features, such as summaries, definitions of key terms, guides to further reading, review questions, personal

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comments by molecular
exercise pioneers
(Booth, Bouchard) and
leading research in the
field, as well as
descriptions of research
methods. A companion

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website offers
interactive and
downloadable resources
for both student and
lecturers. Structured
around central themes in
sport and exercise

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science, such as
nutrition, endurance
training, resistance
training, exercise &
chronic disease and
ageing, this book is the
perfect foundation

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around which to build a complete upper-level undergraduate or postgraduate course on molecular exercise physiology.

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those who will work in
physical activity
fields, the third
edition of Kinetic
Anatomy continues to
building on its previous
editions to assert

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itself as the ideal resource for learning structural anatomy and how it affects movement. The text gives students a firm concept of musculoskeletal anatomy

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by systematically
assembling each
component of the human
body. Layer by layer,
readers will study
bones, ligaments,
joints, and muscles on

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the bones, as well as the nerves and blood vessels that supply these muscles that are essential for movement. Kinetic Anatomy, Third Edition, includes

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coverage of three major structures that are not often considered when studying the anatomy of movement: the brain, heart, and lungs. As the centerpieces for the

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nervous, cardiovascular,
and respiratory systems,
these structures are
essential to human
movement and are
highlighted throughout
the text where

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appropriate. In addition, other fundamental features make this resource a valuable tool for learning and teaching human anatomy: • A one-

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information on movement
potential in selected
sport activities. •
Expanded discussion on
joint strength and
movement and the
function of muscles

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(agonists, antagonists, stabilizers, and synergists), levers, and exercise supports understanding of how the human body is constructed. • Full-

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color photos and illustrations enhance the learning experience.

- New Functional Movement Exercises provide students with the opportunity for

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practical application of their studies by asking them to identify the prime mover, antagonist, fixator, and synergist muscle in a particular movement. • Hands On

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exercises throughout the book offer students practice in physically identifying anatomical structures on themselves or on a partner.

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offers a regional review of structural anatomy with exceptionally detailed, high-quality graphic images—the majority provided by Primal Pictures.

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Students can mouse over muscles and click for muscle identification, and each chapter features a pretest and posttest evaluation to help students pinpoint

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knowledge gaps and test their retention. The pretest can be taken multiple times and is generated randomly so it will never be the same, but the posttest may be

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taken only once. Test results can be printed and turned in so instructors have the option to use the tests as a grading tool. To further facilitate

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for those who plan to specialize in any field related to physical activity. Readers will learn what structures are involved in movement and how those structures

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should function,
allowing them to
identify problems and
correct them to enhance
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latest fundamental

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research contributions,
innovations, and
applications in the
field of design and
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systems, machines, and

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mechanisms, as presented by leading international researchers at the 1st USCToMM Symposium on Mechanical Systems and Robotics (USCToMM MSR 2020), held in Rapid

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City, South Dakota, USA
on May 14-16, 2020. It
covers highly diverse
topics, including soft,
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applications to walking,

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flying, climbing,
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and space systems; human
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augmentation; design and
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and machines; human-robot collaborative systems; service robotics; mechanical systems and robotics education; and the commercialization of

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mechanical systems and
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were selected by means
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highlight numerous
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text provides the reader with a solid research base and defines difficult material by identifying concepts and demonstrating applications for each of those concepts. Motor Learning and Control: Concepts and Applications also includes references for all relevant

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material to encourage students to examine the research for themselves. Karen Clippinger ' s first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific

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- A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know
- Graphics, photos, and anatomical illustrations that demonstrate muscle movements and

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technique considerations and set the book apart from others in its field
Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to

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understand. The text includes descriptions of joint structure, key muscles, common alignment problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider

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Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific,

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its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers. New Ancillaries • An instructor guide featuring a sample syllabus and course outline, chapter

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outlines, lab assignments, answers to review questions, and sample tests • A presentation package providing slides with text and graphics that reinforce key points • A student web resource including assignments, outlines, study sheets, and 20 video clips that

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demonstrate technique and correction guidelines This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better

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understanding of overcoming technique challenges and preventing injuries. Its solid grounding in the sciences, along with the art and accessible text, will help teachers become more effective and empower dancers to realize their potential and

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artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as “ most likely to become the definitive text in dance anatomy, kinesiology, and conditioning classes ” (Journal of Dance Medicine and Science); “ a

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must for any dance teacher who is serious about helping their students ” (Australia Dance Teacher Magazine); and “ the most substantive dance science resource to date ” (Journal of Dance Education).

Standards for the design of interior

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spaces should be based on the measurement of human beings and their perception of space, with special consideration for disabled, elderly, and children

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Fundamentals of Biomechanics

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*introduces the exciting world of
how human movement is created
and how it can be improved.*

*Teachers, coaches and physical
therapists all use biomechanics to
help people improve movement and
decrease the risk of injury. The*

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book presents a comprehensive review of the major concepts of biomechanics and summarizes them in nine principles of biomechanics. Fundamentals of Biomechanics concludes by showing how these principles can

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*be used by movement professionals
to improve human movement.*

*Specific case studies are presented
in physical education, coaching,
strength and conditioning, and
sports medicine.*

This is a comprehensive textbook

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on kinesiology, the study of movement. Chapters are organized by body region, and each includes a review of functional anatomy and biomechanics, with application and discussion of locomotion and pathokinesiology.

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physiologists. The text emphasizes sound scientific content that will help exercise physiologists design appropriate exercise prescription that focuses on the public health challenges of a sedentary lifestyle. Students will learn the necessary

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*physiologic, electrocardiographic,
biomechanic, and anatomic
concepts pertinent to prepare for
and pass the ASEP Board
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text enables students to understand
the ethics of sports nutrition and*

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athletic performance, by examining exercise metabolism, fuel utilization, and cardiovascular functions and adaptations from a non-performance enhancing supplement perspective. Specific physiologic calculations are

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presented to teach students how to monitor exercise intensity, as well as to improve the safety and credibility of client-specific test protocols, health and fitness training programs, and athletic competitions. To support the

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*“exercise as medicine” approach of
the text it is organized into seven
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Part II Training the
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Orthopaedic surgeons require not only an understanding of anatomy

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and clinical sciences, and competence in surgical skills, but also a strong foundation in biomechanics. The application of biomechanics plays an increasing role in modern orthopaedics; for example, correct decisions about the

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mode of treatment and choice of implants are just as important as operating precisely to reach a specific anatomical landmark. This book simplifies the core principles in orthopaedic biomechanics, giving readers the solid grounding they

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need to flourish in the specialty. Each topic is covered in a discrete, double-page spread, featuring concise text accompanied by illustrations or tables to give readers a solid understanding of the concepts discussed. This is a must-

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read guide for orthopaedic trainees at every level, and will be valuable for biomechanical researchers and other professionals in the field.

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to appreciate the consequences of external forces, how the body generates internal forces to maintain position, and how forces create movement in physical activities. Rather than presenting the principles as isolated and

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easy to understand and apply.

Muscle hypertrophy—defined as an
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Written by Brad Schoenfeld, PhD, a

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leading authority on muscle hypertrophy, this text provides strength and conditioning professionals, personal trainers, sport scientists, researchers, and exercise science instructors with a definitive resource for information

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regarding muscle hypertrophy—the mechanism of its development, how the body structurally and hormonally changes when exposed to stress, ways to most effectively design training programs, and current nutrition guidelines for

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eliciting hypertrophic changes. The full-color book offers several features to make the content accessible to readers: • Research Findings sidebars highlight the aspects of muscle hypertrophy currently being examined to

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book. Although muscle hypertrophy can be attained through a range of training programs, this text allows readers to understand and apply the specific responses and mechanisms that promote optimal muscle hypertrophy in their athletes and

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clients. It explores how genetic background, age, sex, and other factors have been shown to mediate the hypertrophic response to exercise, affecting both the rate and the total gain in lean muscle mass. Sample programs in the text show

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