

Introduction To Kinesiology Hoffman

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The game of American football may be the greatest team sport that exists. It epitomizes the need of a "team" first approach to achieve the desired success. Success is often measured as the hoisting of a championship trophy, which involved a journey that required discipline, perseverance, sacrifice, and hard work. These traits are the backbone of success in football, but more importantly they are the backbone or blueprint for success in life. The Science of American Football provides an in-depth discussion on the physiology of the game of American football, including the physiological strain associated with playing in various environmental extremes. Acclimatization, preparation, and medical issues associated with each of these environmental extremes are discussed as well as medical issues occurring during the athlete's playing career (common sites of injury) and potential risks arising post-career (e.g. neurological

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dysfunction, arthritic joints, obesity). The book goes on to consider aspects of player selection and preparation, including discussion of evidence-based physical conditioning programs, appropriate nutrition, and specific dietary supplementation for the American football player. *The Science of American Football* is the first book to focus on the physiology, science, and medical issues associated with the game of American football and will be key reading for students of coaching and exercise science as well as those with a keen interest in understanding the science of American football, such as coaches and players.

This insightful collection of essays explores the ways in which open education can democratise access to education for all. It is a rich resource that offers both research and case studies to relate the application of open technologies and approaches in education settings around the world. A must-read for practitioners, policy-makers, scholars and students in the field of education.

Dietary Supplementation in Sport and Exercise removes the myths associated with many dietary supplements. It provides an evidence-based approach to the physiological mechanisms related to popular supplements and examines the ergogenic benefits in both competitive and recreational athletes. This text covers a variety of supplements, including vitamins and minerals, carbohydrates, protein and amino acids, beta-alanine, creatine and guanidinoacetic acid, caffeine and

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probiotics, as well as emerging ergogenic aids. Information on dosage, ceiling effects and washout periods is discussed, along with safety and legality for different sporting organizations. The book also offers an insight into the efficacy of certain dietary supplements in unique populations, like children and the elderly. *Dietary Supplementation in Sport and Exercise* is an important resource for advanced undergraduate and graduate students on exercise science, health and nutrition courses, as well as strength coaches, athletic trainers, nutritionists and personal trainers, and medical professionals who consult with patients on dietary supplementation.

Fundamentals of Sociology of Sport and Physical Activity presents information on sociology of sport to prepare readers for advanced study or practice in the field. This text explores the impact of sport in society and examines careers in sport and physical activity.

Careers in Sport, Fitness, and Exercise is your guide to landing your dream job in one of today's most exciting, popular, and fastest-growing industries! Produced by the American Kinesiology Association, this hands-on guide includes detailed job descriptions, information on working conditions, salary ranges, responsibilities, key skills, and required certifications for 36 careers in sport and fitness: • Aquatic therapist • Athletic trainer (college or university sport team) •

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Athletic trainer (high school sport team) • Athletic trainer (as physician extender) • Athletic trainer (clinical) • Personal trainer • Group exercise instructor • Strength and conditioning coach • Fitness center owner or manager • Fitness leader in gerontology settings • Health promotion specialist • Fitness specialist • Physical education teacher • Sport instructor • Coach • Sport official • Sport psychologist • Sport administrator • Sport marketer • Media and public relations specialist • Professional scout • Sport event manager • Sport journalist • Sport facility operations manager • Clinical exercise physiologist • Certified clinical exercise specialist • Sport dietitian • Sports medicine clinic director • Physical therapist • Occupational therapist • Medical and osteopathic physicians • Chiropractor • Physician assistant • Kinesiology professor • Kinesiology researcher • Kinesiology department administrator

If you are ready to pursue a job in the sport, fitness, or exercise industry, *Careers in Sport, Fitness, and Exercise* is one resource you can't be without.

Fully revised and updated, this Third Edition provides excellent coverage of the fundamentals of exercise physiology, integrating scientific and clinical information on nutrition, energy transfer, and exercise training. The book is lavishly illustrated with full-color graphics and photos and includes real-life cases, laboratory-type activities, and practical problem-solving questions. This edition has an Integrated

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Workbook in the margins that reinforces concepts, presents activities to test knowledge, and aids students in taking notes. An accompanying CD-ROM contains multiple-choice and true/false questions to help students prepare for exams. LiveAdvise online faculty support and student tutoring services are available free with the text.

In this book, some of the world's foremost 'experts on expertise' provide scientific knowledge on expertise and expert performance.

This book was the first handbook where the world's foremost 'experts on expertise' reviewed our scientific knowledge on expertise and expert performance and how experts may differ from non-experts in terms of their development, training, reasoning, knowledge, social support, and innate talent. Methods are described for the study of experts' knowledge and their performance of representative tasks from their domain of expertise. The development of expertise is also studied by retrospective interviews and the daily lives of experts are studied with diaries. In 15 major domains of expertise, the leading researchers summarize our knowledge on the structure and acquisition of expert skill and knowledge and discuss future prospects. General issues that cut across most domains are reviewed in chapters on various aspects of expertise such as general and practical intelligence, differences in brain activity, self-regulated learning, deliberate practice, aging, knowledge management, and creativity.

Clinical Exercise Physiology, Fourth Edition With Web Resource, is the most comprehensive guide to the clinical aspects of exercise physiology. Covering 24 chronic conditions, it is the go-to book for students preparing for ACSM Clinical Exercise Physiologist certification.

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Introduction to Kinesiology: Studying Physical Activity, Fourth Edition, offers the most cohesive introduction to the field of kinesiology available, giving students a solid background in the field and preparing them for further study and course work.

"The third edition also introduces an exciting new learning feature, the online student study guide, with 139 interactive activities. Integrated with the text, the study guide allows students to experience content through multiple dimensions. They can explore and review chapter information using matching, drag-and-drop, ranking, Web searches, and audio- and video-based scenarios. Instructor ancillaries, including an instructor guide, PowerPoint presentation package and image bank, and test package, are also available."--BOOK JACKET.

Algebraic Topology and basic homotopy theory form a fundamental building block for much of modern mathematics. These lecture notes represent a culmination of many years of leading a two-semester course in this subject at MIT. The style is engaging and student-friendly, but precise. Every lecture is accompanied by exercises. It begins slowly in order to gather up students with a variety of backgrounds, but gains pace as the course progresses, and by the end the student has a command of all the basic techniques of classical homotopy theory.

CONSTRUCTION LAW FOR DESIGN PROFESSIONALS, CONSTRUCTIONS MANAGERS AND CONTRACTORS is a condensed -- and completely revamped -- version of the bestselling authority on engineering law, LEGAL ASPECTS OF ARCHITECTURE, ENGINEERING AND THE CONSTRUCTION PROCESS (now in its 9th edition) by Justin Sweet, Marc M. Schneier and Blake Wentz. For this new book, the authors have directed the text at engineering, architecture and construction management students. Given the authors' long and deep understanding of the intersection between the law and the construction industry, professors

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and students can trust this text is unparalleled. The addition of Blake Wentz to the author team emphasizes the commitment to the field. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

"Introduction to Kinesiology: Studying Physical Activity, Second Edition, provides a comprehensive, reader friendly overview of kinesiology, laying a solid foundation for future learning and for working as a professional in any field relating to physical activity." "Introduction to Kinesiology: Studying Physical Activity, Second Edition, contains updated research, statistics, and discussion focusing on practical applications in the field and offering advice about each profession in kinesiology. These features will help students identify and work toward attaining their career goals. The text uses a visually appealing pedagogical approach, including key points and interactive items as well as opening scenarios of real-world dilemmas encountered by professionals in the field, objectives, summaries, key terms, and a glossary. The new edition reinforces readers' learning through both text and graphic features."--BOOK JACKET.

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This accessible, introductory text explores the history, philosophies, and principles of today's human performance programs including physical education,

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exercise science and sports studies, within a practical, career-oriented framework. New texts now come packaged with Health and Human Performance PowerWeb!

Developed by the American College of Sports Medicine (ACSM), ACSM's Foundations of Strength Training and Conditioning offers a comprehensive introduction to the basics of strength training and conditioning. This updated 2nd edition focuses on practical applications, empowering students and practitioners to develop, implement, and assess the results of training programs that are designed to optimize strength, power, and athletic performance. Clear, straightforward writing helps students master new concepts with ease, and engaging learning features throughout the text provide the understanding and confidence to apply lessons to clinical practice.

Process Oriented Guided Inquiry Learning (POGIL) is a pedagogy that is based on research on how people learn and has been shown to lead to better student outcomes in many contexts and in a variety of academic disciplines. Beyond facilitating students' mastery of a discipline, it promotes vital educational outcomes such as communication skills and critical thinking. Its active international community of practitioners provides accessible educational development and support for anyone developing related courses. Having started

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as a process developed by a group of chemistry professors focused on helping their students better grasp the concepts of general chemistry, The POGIL Project has grown into a dynamic organization of committed instructors who help each other transform classrooms and improve student success, develop curricular materials to assist this process, conduct research expanding what is known about learning and teaching, and provide professional development and collegiality from elementary teachers to college professors. As a pedagogy it has been shown to be effective in a variety of content areas and at different educational levels. This is an introduction to the process and the community. Every POGIL classroom is different and is a reflection of the uniqueness of the particular context – the institution, department, physical space, student body, and instructor – but follows a common structure in which students work cooperatively in self-managed small groups of three or four. The group work is focused on activities that are carefully designed and scaffolded to enable students to develop important concepts or to deepen and refine their understanding of those ideas or concepts for themselves, based entirely on data provided in class, not on prior reading of the textbook or other introduction to the topic. The learning environment is structured to support the development of process skills — such as teamwork, effective communication, information processing, problem solving, and

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critical thinking. The instructor's role is to facilitate the development of student concepts and process skills, not to simply deliver content to the students. The first part of this book introduces the theoretical and philosophical foundations of POGIL pedagogy and summarizes the literature demonstrating its efficacy. The second part of the book focusses on implementing POGIL, covering the formation and effective management of student teams, offering guidance on the selection and writing of POGIL activities, as well as on facilitation, teaching large classes, and assessment. The book concludes with examples of implementation in STEM and non-STEM disciplines as well as guidance on how to get started. Appendices provide additional resources and information about The POGIL Project.

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, 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 individual muscles to provide students with a holistic

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

Providing a balanced, evidence-based discussion of whiplash and its associated disorders, *Whiplash: A Patient Centered Approach to Management* compiles information from many sources into a single, definitive reference. It clearly delineates rationales and procedures, covering cervical spine anatomy, neurology, kinesiology, epidemiology, patient history and assessment, imaging, soft tissue injuries, articular lesions, rehabilitation, and prognosis. Using numerous full-color photos and illustrations, an expert author team led by Dr. Meridel Gatterman offers concrete guidelines for a patient-centered approach to care of whiplash and whiplash-related conditions -- one that recommends minimally invasive procedures and therapies whenever possible. A companion Evolve website includes video clips showing stretching exercises, printable patient handouts, and narrated PowerPoint slides. A patient-centered approach to care emphasizes working with patients as partners, with both preferring minimally invasive procedures and therapies where appropriate, in a way that

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promotes self-healing, a holistic approach to the patient, and a humanistic attitude with regard to the patient/practitioner relationship. An easy-to-follow organization helps you to clearly identify whiplash and plan a course of treatment, beginning with an in-depth description of whiplash and the various approaches to treatment and moving on to cover the anatomy of the cervical spine, the mechanism of injury, physical examination, and imaging, then continuing with the management of whiplash injuries and complications such as headaches and joint injuries. Full-color photos and illustrations clarify concepts and procedures. Evidence-based content is based on findings in current literature, and cited in chapter references. Coverage of both typical and less common types of whiplash injuries helps you accurately assess varied symptoms and avoid overlooking any related signs and symptoms. Detailed coverage of the relationship between the cervical spine and the cervical distribution of the autonomic nervous system helps you recognize the potential complications of whiplash and how nerve anatomy informs these complications. More than 20 tables and charts provide a quick reference to facilitate review of the material. A glossary provides definitions and pronunciations of terms related to whiplash. Expert author Meridel Gatterman, MA, DC, MEd, is one of the leading chiropractic academics in the U.S., has written several other chiropractic textbooks and many peer-reviewed

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journal articles, has served as both a Dean and Director for two different chiropractic schools, and currently acts as a Consultant to the Oregon Board of Chiropractic Examiners. A companion Evolve website includes video clips of a chiropractor performing stretching exercises, plus an image collection, narrated PowerPoint slides, and printable patient handouts.

Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

Social Issues in Sport, Fourth Edition, explores common questions and issues about sport and its relation to society through various sociological and cultural lenses. The text is grounded in practical application and provides social theories through which students may examine real-world issues

Introduction to Kinesiology Studying Physical Activity Human Kinetics

This text contains an in-depth discussion of physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes.

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Designed to teach Health, Physical Education, Exercise Science, and Recreation students how to be consumers of research in their fields, this text is ideal for upper level and graduate level research courses in Exercise Science, Kinesiology, and Physical Education. New to the Second Edition are expanded statistics problems and data sets, additional statistics and application examples, and computer applications for data analysis. Key concepts are highlighted, and unique and humorous cartoons are used to help illustrate selected points.

Motor Learning and Development, Second Edition With Web Resource, provides a foundation for understanding how humans acquire and continue to hone their movement skills throughout the life span.

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Sport science can quantify many aspects of human performance but the spiritual dimensions of sports experience cannot be fully understood through measurement. However, the spiritual experience of sport – be it described as ‘flow’, ‘transcendence’ or the discovery of meaning and value – is central both to our basic motivation to take part in sports, and to achieving success. Sport and Spirituality: An Introduction explores

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these human aspects of sports experience through the perspectives of sport psychology, philosophy, ethics, theology and religious studies. It includes discussions of: Spirituality in the postmodern era Spirituality, health and well-being Theistic and atheistic perspectives on sport and the spiritual Nature and transcendence – the mystical and sublime in outdoor sport Applied sport psychology and the existential Spiritual perspectives on pain, suffering and destiny Sport, the virtues, ethical development and the spirit of the game The Olympic Games and de Coubertin's ideas of the 'religio athletae'. This groundbreaking text will be a valuable resource for students of sport and exercise studies, sports coaching, physical education and sport and health psychology. This book should be read by all those interested in the preparation, performance and well-being of athletes.

In recent years the United States has seen an influx of Christian athletes and coaches into big-time sports, as well as a heightened importance placed on sports in church programs and enormous platforms for intercollegiate sports at Christian schools and colleges. However, as Shirl Hoffman critiques, a Christian vision of sport remains merely superficial--replete with prayers before free throws and praises after touchdowns but offering little if any alternative vision from the secular sports culture. Far from being the kind of life-affirming, faith-affirming events that they could be, games played in Christian college gymnasiums, for example, too often end up as mockeries of the faith statements given prominence in their mission statements. Here, in this

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thoughtful, narrative-driven exploration, Hoffman retells numerous fascinating stories from the world of ancient and contemporary sports and draws on the history of the Christian tradition as he seeks to answer the question What would it mean to think Christianly about sport?

Each new print copy includes Navigate Advantage Access that unlocks a comprehensive and interactive eBook, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools. Foundations of Kinesiology, Second Edition provides a guided 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 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.

"Qualitative Diagnosis of Human Movement: Improving Performance in Sport and Exercise, Third Edition," focuses on the processes behind assessment and diagnosis of movement technique, emphasizing the elements of professional intervention in diagnosis.

Introduction to Kinesiology, Second Edition, provides a comprehensive, reader-friendly overview of kinesiology, laying a solid foundation for future learning and for working as a professional in any field relating to physical activity. This new

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edition is significantly updated and revamped, featuring these additions:

- Expanded information and advice on careers relating to the field of kinesiology, including short- and long-term employment opportunities, allowing students to benefit from an inclusive and accurate job outlook early in their college careers
- New schematics and visual effects to help students better understand the content, including more relevant photos to illustrate text points and new artwork to help clarify important conceptual connections
- New profiles featuring significant scholars in the field
- New and improved sidebars, interactive items, and key points to engage students more deeply and to acquaint them with relevant issues and problems

Introduction to Kinesiology, Second Edition, contains updated research, statistics, and discussion focusing on practical applications in the field and offering advice about each profession in kinesiology. These features will help students identify and work toward attaining their career goals. The text uses a visually appealing pedagogical approach, including key points and interactive items as well as opening scenarios of real-world dilemmas encountered by professionals in the field, objectives, summaries, key terms, and a glossary. The new edition reinforces readers' learning through both text and graphic features. Part I, Experiencing Physical Activity, provides an extensively rewritten introduction to the field of kinesiology and goes into greater detail on

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exercise and skilled movement. It also delves into physical activity participation patterns, updated information on the relevance of physical activity to daily living, and how various professionals in the field incorporate physical activity into their educational, developmental, and treatment programs. Part II, Scholarly Study of Physical Activity, with chapters on subdisciplines, has been reorganized and simplified, making those topics easier to comprehend. It includes greater coverage of physical education as a career pursuit and features chapters from several new collaborators, adding to the richness of the text's perspective and insight. Part III, Practicing a Profession in Physical Activity, includes a new chapter on careers in coaching and sport instruction and an updated chapter on therapeutic exercise, with information on careers in physical and occupational therapy. This new edition improves on the already-solid foundation of learning laid in the first edition. Its superior content and reasonable price make this text an ideal choice for undergraduate kinesiology courses.

This two volume text provides a comprehensive introduction to the issues, theories and methods of psychology, including both classic approaches and recent research. The areas covered range from the intellectual, social and emotional development of the child to the ways in which adults perceive, attend, remember and communicate; from Freud's psychoanalytic framework to the work

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of present day psychologists; from debates about the scientific status of psychology to the special problems which the study of people poses for psychologists. Each chapter presents important issues in depth, highlighting controversies while showing that they rarely have neat solutions. Throughout, emphasis is given to the contrasting levels of analysis which contribute to the understanding of psychological functioning, from fundamental biological processes to complex social interactions. While prepared for the Open University course "Introduction to Psychology" these volumes will provide an excellent introduction to students of psychology at other universities and colleges. The text incorporates the best of the Open University's tried and tested teaching methods, and particular importance is placed on encouraging the reader's active participation, making the books enjoyable and stimulating as well as informative. The text is divided into eight sections comprising eighteen

The fifth edition of Introduction to Exercise Science introduces students to every core area of study in the discipline. It comprises concise chapters which introduce the history, key lines of inquiry relating to both health and performance, technology, certifications, professional associations, and career opportunities associated with each area. No other book offers such a wide-ranging, evidence-based introduction to exercise science. Written by leading and experienced

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experts, chapters include: reading and interpreting literature measurement in exercise science anatomy in exercise science exercise physiology exercise epidemiology athletic training exercise and sport nutrition biomechanics motor control exercise and sport psychology Packed with pedagogical features—from journal abstract examples to study questions and further reading suggestions—and accompanied by a website including practical lab exercises, Introduction to Exercise Science is a complete resource for a hands-on introduction to the core tenets of exercise science. It is an engaging and invaluable textbook for students beginning undergraduate degrees in Kinesiology, Sport & Exercise Science, Sports Coaching, Strength & Conditioning, Athletic Training, Sports Therapy, Sports Medicine, and Health & Fitness.

NSCA's Guide to Program Design offers the most current information, guidance, and protocols from respected scientists and practitioners with expertise in strength and conditioning program design. Developed by the National Strength and Conditioning Association (NSCA), this text offers strength and conditioning professionals a scientific basis for developing training programs for specific athletes at specific times of year. Straightforward and accessible, NSCA's Guide to Program Design presents a detailed examination of considerations and

challenges in developing a program for each key fitness component and fitness performance goal. Editor Jay Hoffman and his team of contributors have assembled an exceptional reference for practicing professionals and a valuable educational resource for new professionals and students preparing for certification. This authoritative text moves beyond the simple template presentation of program design to help readers grasp the reasons and procedures for sequencing training in a safe, sport-specific manner. The text offers 20 tables that are sample workouts or training plans for athletes in a variety of sports, technique photos and instructions for select drills, and a sample annual training plan that shows how to assemble all the pieces previously presented. Plus, extensive references offer starting points for continued study and professional enrichment. NSCA's Guide to Program Design progresses sequentially through the program design process. It begins by examining the athlete needs assessment process as well as performance testing considerations and selection. Next, performance-related information on both dynamic warm-up and static stretching is discussed and dynamic warm-up protocols and exercises are presented. Then it reveals an in-depth by-chapter look at program design for resistance, power, anaerobic, endurance, agility, speed, and balance and stability training. For each, considerations and adaptations are examined, strategies and

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methods are discussed, and evidence-based information on program development is presented. The final two chapters help you put it all together with a discussion of training integration, periodization, and implementation. In addition, a sample annual training plan illustrates how to integrate each of the key fitness components into a cohesive yearlong program. As a bonus, a sample annual training plan is provided on our website so you can create your own training plans. The fitness, safety, and performance of athletes reflect the importance of continued education in the science of strength and conditioning. NSCA's Guide to Program Design helps bridge the gap between scientist and practitioner by providing coaches and other strength and conditioning professionals with evidence-based information and applications. Sharing the latest in proven research, NSCA's Guide to Program Design helps readers remain on the cutting edge of athletic performance. NSCA's Guide to Program Design 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 as tests and assessments, program design, and nutrition.

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