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Exercise can help prevent and treat a wide variety of health problems, including obesity, heart disease and mobility disorders, and fitness professionals are increasingly working with referred patients as part of their treatment. Formerly published as Fitness Professionals: GP Referral Schemes, the new edition of this established and definitive guide includes the latest information from sources such as NICE and ACSM as well as a new chapter on session plans to provide fresh ideas for working with your clients. Written by a highly experienced exercise professional, this book covers: exercise guidelines for different medical conditions strategies for working with exercise referral clients approaches to activity and programme design health, safety and risk management. Written by an experienced computer and network skills trainer, this book delivers a learning system designed to explain key IT principles. It will not only help prepare students to pass the exam, but also to help them become good PC technicians. This book covers topics beyond the exam that are essential for students to know. Dedicated to the leagues of mainstream geeks who integrate technology into every facet of their lives, "Leo Laporte's 2005 Gadget Guide" is the definitive source for digital cameras, MP3 players, GPS units, cell phones, home theater equipment, computers, and any other gadgetry. The implementation of Enterprise Networks or e-Networking is of paramount importance for organisations. Enterprise-wide networking would warrant that the components of information architecture are organised to harness more out of the organisation's computing power on the desktop. This would also involve establishment of networks that link the various but important subsystems of the enterprise. Our firm belief is that in order to gain a competitive edge the organisations need knowledge and sound strategy. This conviction is particularly true today, considering the pressures from international competition, environmental concerns and complicated ethical issues. This book, entitled A Manager's Primer on e-Networking, negotiates the hyper dimensions of the Internet through stories from myriad of Web sites with its fluent presentation and simple but chronological organisation of topics highlighting numerous opportunities and providing a solid starting point not only for inexperienced entrepreneurs and managers but anyone interested in applying information technology in the business. I sincerely hope the book will help as well many small and medium size companies and organisations to launch corporate networking successfully in order to attain their strategic objectives. Rajiv Jayashankar, Ph. D. Provides buying advice and profiles of a variety of gadgets, including MP3 players, cell phones, home theater equipment, satellite radio, and GPS navigation systems. In this thesis, I designed and built EProf, a system that profiles the energy use of a Compaq iPAQ. Energy profilers help determine what parts of code are most energy-intensive so that programmers can concentrate on software hotspots. EProf uses statistical sampling to measure an iPAQ's energy use under a variety of working conditions. The EProf infrastructure is a foundation for further work on portable, online energy profiling. This publication is the second in the Research in Design series. Design is an effort that enjoys a growing attention in the academic world. At Delft University of Technology design is a recognized part of science. Like other technical universities, Delft is rooted in the engineering field. And in spite of questions like 'what is design', 'what is engineering' and 'what is science', which can be debated in long sessions, and differences that are hard to explain, it is possible to feel the differences. In this book the authors contribute to the development of a design language for the service domain. In general the engineering discipline is expanding into a field that embraces perspectives of more disciplines and actors, next to the engineer who is responsible for the artefact. The first volume in this Research in Design Series stresses the stakeholder oriented approach in the domain of architecture and urban planning (Binnekamp, van Gunsteren, & van Loon, 2006). The domain in this volume is services. This is a field in which the involvement of different stakeholders with different interests in the design process is particularly a critical success factor. A note on the second edition: improvements have been made to the text and illustrations. Apart from that the first and second edition are interchangeable. Get clear, easy-to-follow advice for setting up your own home network using this step-by-step guide. Learn to network your computer to your printer, connect your PC to your stereo, share Internet access, and much more with this jargon-free manual. Filled with fun, survival-themed icons, you'll easily navigate through each chapter and find helpful information on basic concepts, potential problems, troubleshooting, and future developments, for a variety of home networking topics. NSCA's Guide to Tests and Assessments offers strength and conditioning professionals a one-stop resource for the best research-supported fitness and performance measures available. Created by top experts in the National Strength and Conditioning Association (NSCA), this comprehensive text offers extensive information on which factors matter and how to evaluate them as accurately and easily as possible. Editor Todd Miller and an authoritative team of contributors have compiled an exceptional reference and valuable tool for practicing professionals and an indispensable educational resource for students. NSCA's Guide to Tests and Assessments presents the latest research from respected scientists and practitioners in exercise testing and assessment. The text begins with an introduction to testing, data analysis, and formulating conclusions. It then features a by-chapter presentation of tests and assessments for body composition, heart rate and blood pressure, metabolic rate, aerobic power, lactate threshold, muscular strength, muscular endurance, power, speed and agility, mobility, and balance and stability. Using descriptions of multiple test options for each key fitness component, readers will learn to choose from a range of alternatives to meet the needs of their athletes, reach training objectives, choose from available equipment, and work within budgets. Each chapter provides a summary detailing the key testing and assessment information for each fitness component, the equipment needed for performing the tests, step-by-step instructions, normative data for the tests, and multiple test options per conditioning component. Insights into the applications of testing for certain fitness components are also presented: • The value of body composition assessments in determining health and fitness levels for competitive athletes as well as individuals across the life span • How an understanding of 24-hour energy expenditure can be useful in structuring a complete diet and exercise plan for weight loss, gain, or maintenance • How to select a maximal or submaximal aerobic power test that is specific to the demands of a client's or athlete's sport • Discussion of the mechanical and physiological factors shown to influence the expression of muscular strength • An examination of the relevant factors influencing power production and explosive movement capacity • Differences between mobility and flexibility and a discussion of the acute versus chronic effects of static stretching • Theories and concepts of balance and stability, their effects on performance, and categories of testing for balance and stability NSCA's Guide to Tests and Assessments also includes NSCA-approved testing protocols, extensive references to current research, and applications for the testing of conditioning components. Information is presented in an accessible manner to help explain the findings of both researchers and practitioners so that readers can select the most effective and efficient approach for athlete and client assessments. Properly conducted tests and skillful assessment of data enable fitness professionals to develop individualized training programs based on their clients' or athletes' physiological and functional capacities. Credible, current, and complete, NSCA's Guide to Tests and Assessments provides a clear understanding of the test selection process, how to implement appropriate data collection, and how to analyze data to make appropriate training decisions that will help athletes and clients achieve their performance goals. NSCA's Guide to Tests and Assessments 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. "This book exposes research accounts which seek to convey an appreciation for local differences, for the empowerment of people and for the human-centred design of urban technology"--Provided by publisher. Interactive systems in the mobile, ubiquitous, and virtual environments are at a stage of development where designers and developers are keen to find out more about design, use and usability of these systems. Ubiquitous Computing: Design, Implementation and Usability highlights the emergent usability theories, techniques, tools and best practices in these environments. This book shows that usable and useful systems are able to be achieved in ways that will improve usability to enhance user experiences. Research on the usability issues for young children, teenagers, adults, and the elderly is presented, with different techniques for the mobile, ubiquitous, and virtual environments. Biometrics has moved from using fingerprints to using many methods of assessing human physical and behavioral traits. This guide introduces a new performance evaluation framework designed to offer full coverage of performance evaluation of biometric systems. Explains how to use a pocket PC to perform tasks including synching it with a desktop computer, browsing the Web, sending instant messages, and playing games. This updated guide for 2003 will help readers shop smart with ratings of desktops, laptops, PDAs, monitors, printers, scanners, camcorders, digital cameras, CD players/recorders, MP3 players, cell phones and more. "Up and running with smart device development"--Cover. Written just for lawyers, it addresses real-life problems lawyers face each and every day, and provides new tips and tricks for getting the most out of Palm applications. This book is packed with important how-to information. You will learn how to do everything with your iPAQ Pocket PC. 1. GENERAL INTRODUCTION. 2. SAMPLING PROTOCOL. 3. REGULATORY ASPECTS. 4. TRACEABILITY OF SAMPLES. 5. CASE REPORT FORM. 6. EUROPEAN SOCIO-ECONOMIC STATUS QUESTIONNAIRE (SESQ), GENERAL QUESTIONNAIRE (GQ), AND QUESTIONNAIRE FOR PARENTS (QP). 7. EW-C EATING BEHAVIOUR - WEIGHT. 8. NKT-C NUTRITION KNOWLEDGE. 9. FOOD CHOICES AND PREFERENCES. 10. DETERMINANTS OF HEALTHY EATING AND PHYSICAL ACTIVITY. 11. HELENA - DIAT. 12. PHYSICAL ACTIVITY QUESTIONNAIRE. 13. PHYSICAL ACTIVITY ASSESSMENT – ACCELEROMETRY. 14. PHYSICAL FITNESS ASSESSMENT. 15. ANTHROPOMETRY AND BIOELECTRICAL IMPEDANCE ASSESSMENT. 16. AIR DISPLACEMENT PLETHYSMOGRAPHY USING BOD POD. 17. MANUAL FOR BLOOD SAMPLING. 18. MANUAL FOR STRESS ASSESSMENT. 19. LIST OF AUTHORS This book constitutes the refereed proceedings of the 10th International Conference on Computers Helping People with Special Needs, ICCHP 2006, held in Linz, Austria, in July 2006. The 193 revised contributions presented were carefully reviewed and selected for inclusion in the book. The papers evaluate how various fields in computer science can contribute to helping people with various kinds of disabilities and impairment. This volume contains the proceedings of UIC 2009, the 6th International Conference on Ubiquitous Intelligence and Computing: Building Smart Worlds in Real and Cyber Spaces. The UIC 2009 conference was technically co-sponsored by the IEEE and the IEEE Computer Society Technical Committee on Scalable Computing. The conference was also sponsored by the Australian Centre of Excellence in Information and Communication Technologies (NICTA). UIC 2009 was accompanied by six workshops on a variety of research challenges within the area of ubiquitous intelligence and computing. The conference was held in Brisbane, Australia, July 7–9, 2009. The event was the sixth meeting of this conference series. USW 2005 (First International Workshop on Ubiquitous Smart World), held in March 2005 in Taiwan, was the first event in the series. This event was followed by UISW 2005 (Second International Symposium on Ubiquitous Intelligence and Smart Worlds) held in December 2005 in Japan. Since 2006, the conference has been held annually under the name UIC (International Conference on Ubiquitous Intelligence and Computing). UIC 2006 was held in September 2006 in Wuhan and ThreeGorges, China, followed by UIC2007 held in July 2007 in Hong Kong, and UIC 2008 held in June 2008 in Oslo, Norway. Ubiquitous sensors, computers, networks and information are paving the way toward a smart world in which computational intelligence is distributed throughout the physical environment to provide reliable and relevant services to people. With an iPAQ in your pocket, you have a whole world of technology literally at your fingertips. The iPAQ is not only a PDA, it's also a Pocket PC. You can do almost anything on your iPAQ that you can do at home on your desktop computer—if you know how to use all its really cool features. And there are so many of them! iPAQ For Dummies boils down all this complicated, amazing technology into understandable pieces. Whether you've never used a Pocket PC before or you're just new to the iPAQ, this handy guide will help you navigate the iPAQ interface. Use the address book and calendar. Schedule appointments. Sync your iPAQ with your desktop. Back up your files. Create pocket spreadsheets, and more. At the heart of iPAQ's power is the new Windows Mobile 2003 operating system, with its improved security and network support, better Web browsing, and smoother synchronization of e-mail, calendars, and contacts. iPAQ For Dummies shows you how to use that power. Use the menus, change your screen settings, and establish a password. Enter information into your iPAQ in various ways. Surf the Web, read e-mail and e-books, and download music. Create documents and spreadsheets with the pocket versions of Word, Excel, and Money. Manage your calendar, contacts, and "to do" list. Entertain yourself with games while you wait for that appointment. Edit and display photos on your iPAQ, and much more. You can even connect a GPS and all sorts of other cool add-ons to your iPAQ. iPAQ For Dummies tells you the best choices, what they do, and how to use them. With an iPAQ in one hand and this book in the other, you'll be able to do things you never thought possible. PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology. Introducing Microsoft's flagship wireless development tool. The .NET Mobile Web Developer's Guide will provide readers with a solid guide to developing mobile applications using Microsoft technologies. The focus of this book is on using ASP.NET and the .NET mobile SDK. It provides an introduction to the .NET platform and goes into moderate details on ASP.NET to allow readers to start developing ASP.NET applications. In addition, this book will give the readers the insight to use the various Microsoft technologies for developing mobile applications. This book assumes the readers have experience in developing web applications and are familiar with any one of the server-side technologies like ASP, JSP or PHP. The first book available on Microsoft's cornerstone wireless development tool. Best selling, high profile authors. Wei Meng Lee and Shelley Powers are frequent speakers at all of the major developer conferences. We have previously authored best selling books for O'Reilly and Associates, Wrox Press, SAMS and Que. Comes with wallet-sized CD containing a printable HTML version of the book, all of the source code examples and demos of popular ASP.NET and .NET mobile programming tools. Comprehensive Coverage of the .NET Mobile SDK and ASP.NET for Mobile Web developers. Maximize all the powerful capabilities of your iPAQ Pocket PC with help from this easy-to-use guide. You'll learn to use the email, Internet, phone, and camera features, and enjoy all the entertainment options like movies and music. You'll also find out how to be more productive on-the-go using the mobile office software--work on documents, spreadsheets, and presentations, all in the palm of your hand. With coverage of all models, How to Do Everything with Your iPAQ Pocket PC, Third Edition is your one-stop guide for getting the most out of this versatile handheld device. Teaches virtually everything about getting started with Macromedia Flash—including learning to animate, work with video, load external assets, draw, mask, and modularize--by focusing on one very primitive shape: the box. Original. (Beginner). Everything users need to use their new Pocket PC hardware and software in a handy compact guide. Compatible with all brands of Pocket PC, including Compaq iPAQ, Hewlett Packard Jornada, Toshiba Genio, and Casio Cassiopeia. Microsoft Exchange Server 2007 marks the biggest advancement in the history of the Exchange Product group. The completely re-engineered server system will change the face of how IT administrators approach Exchange. Tony Redmond, one of the world's most acclaimed Exchange experts, offers insider insight from the very basics of the newly transformed architecture to understanding the nuances of the new and improved Microsoft Management Console (MMC) 3.0 and the two new administrative interfaces—the Exchange Management Console (EMC) and the Exchange Management Shell (EMS). How Exchange works with Active Directory How the new management model works How to use the Exchange Management Shell to automate administrative operations How Outlook, Outlook Web Access, and Windows Mobile clients work with Exchange How Exchange 2007 message routing differs from previous versions How to help your users to use Exchange intelligently How to select hardware for Exchange 2007 Gain back hours of useful time each day by learning on the go. The next time you're on the road, stuck in an airport or waiting in line, don't allow your valuable time to be wasted by circumstances you can't control. Turn on your PDA, smart phone or wireless connection and use those stolen moments to learn. This book examines a new trend affecting cartography and geographic information science. Presenting the work of over 30 authors from 16 different countries, the book provides an overview of current research in the new area of Internet Cartography. Chapters deal with the growth of this form of map distribution, uses in education, privacy issues, and technical aspects from the point of view of the map provider - including Internet protocols such as XML and SVG. Many see the Internet as a revolution for cartography. Previously tied to the medium of paper and expensive large-format color print technology, maps had a limited distribution and use. The Internet made it possible to not only distribute maps to a much larger

audience but also to incorporate interaction and animation in the display. Maps have also become timelier with some maps of traffic and weather being updated every few minutes. In addition, it is now possible to access maps from servers throughout the world. Finally, the Internet has made historic maps available for viewing to the public that were previously only available in map libraries with limited access. The consumer electronics market has never been as awash with new consumer products as it has over the last couple of years. The devices that have emerged on the scene have led to major changes in the way consumers listen to music, access the Internet, communicate, watch videos, play games, take photos, operate their automobiles—even live. Digital electronics has led to these leaps in product development, enabling easier exchange of media, cheaper and more reliable products, and convenient services. This handbook is a much-needed, comprehensive engineering guide to the dynamic world of today's digital consumer electronics. It provides complete details on key enabling technologies, standards, delivery and reception systems, products, appliances and networking systems. Each chapter follows a logical progression from a general overview of each device, to market dynamics, to the core technologies and components that make up that particular product. The book thoroughly covers all of the key digital consumer product categories: digital TV, digital audio, mobile communications devices, gaming consoles, DVD players, PCs and peripherals, display devices, digital imaging devices, web terminals and pads, PDAs and other handhelds, screenphones/videophones, telematics devices, eBooks and readers, and many other current and future products. To receive a FREE daily newsletter on displays and consumer electronics, go to: <http://www.displaydaily.com/> ·Surveys crucial engineering information for every digital consumer product category, including cell phones, digital TVs, digital cameras, PDAs and many more—the only reference available to do so ·Has extremely broad market appeal to embedded systems professionals, including engineers, programmers, engineering managers, marketing and sales personnel—1,000,000+ potential readers ·Helps engineers and managers make the correct design decisions based on real-world data Presents a collection of reviews, ratings, and advice on a wide range of consumer products, including electronics, air conditioners, cell phones, automobiles, dryers, home theaters, and more.

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