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Comprehensive and research based, the second edition of NSCA's Essentials of Personal Training is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, NSCA's Essentials of Personal Training, Second Edition, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients: A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from prominent organizations—such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC)—keep personal trainers up to speed on the latest assessment protocols. New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training. Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training. New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions, low back pain, ankle sprains, and hip arthroscopy. New guidelines for determining resistance training loads will assist those whose clientele includes athletes. A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness. A new instructor guide and image bank aid instructors in teaching the material to students. NSCA's Essentials of Personal Training, Second Edition, focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs. Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations. Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese or have eating disorders, diabetes, heart disease, hypertension, hyperlipidemia, spinal cord injury, multiple sclerosis, and cerebral palsy. In addition, the book provides clear,

easy-to-understand guidelines for initial client consultation and health appraisal. For those preparing for the NSCA-CPT exam, this second edition features new and revised study questions at the end of each chapter. These questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam day. For efficient self-study, answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text. Chapter objectives and key points provide a framework for study and review of important information, while sidebars throughout the text present practical explanations and applications of scientific concepts and theory. The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers, exercise instructors, fitness facility and wellness center managers, and other fitness professionals. Unmatched in scope, this text remains the leading source for personal training preparation and professional development. Manual of Structural Kinesiology presents a 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 them. Floyd provides important information in an accessible format through a combination of logical presentation, illustrations, and concise writing style. The Connect course for this offering includes SmartBook, an adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. Complete system requirements to use Connect can be found here: <http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

This book provides a straightforward look at human anatomy and its relation to movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The Manual of Structural Kinesiology makes important information readily available to students through a combination of logical presentation and concise writing style. This book provides a straightforward look at human anatomy and its relation to movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The Manual of Structural Kinesiology makes important information readily available to students through a combination of logical presentation and a concise writing style. (Publisher's Description). Build the foundation of scientific knowledge and practical decision-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, 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 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 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 diverse case scenarios seen by personal trainers, strength coaches, fitness instructors, athletic trainers, and other exercise professionals. Explaining the process of human movement, Manual of Structural Kinesiology gives a 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 an accessible format through a combination of logical presentation, illustrations, and concise writing style. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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Learn how to take control of your own well-being. You'll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan. You'll also explore the roles of stress management, sleep, and nutrition in achieving your goals. Created primarily for those who will work in physical activity fields, the third edition of Kinetic Anatomy continues to building on its previous editions to assert itself as the ideal resource for learning structural anatomy and how it affects movement. The text gives students a firm concept of musculoskeletal anatomy by systematically assembling each component of the human body. Layer by layer, readers will study bones, ligaments, joints, and muscles on the bones, as well as the nerves and blood vessels that supply these muscles that are essential for movement. Kinetic Anatomy, Third Edition, includes 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 nervous, cardiovascular, and respiratory systems, these structures are essential to human movement and are highlighted throughout the text where appropriate. In addition, other fundamental features make this resource a valuable tool for learning and teaching human anatomy:

- A one-year subscription to Musculoskeletal Anatomy Review, an online anatomy program, provides an interactive forum for reviewing regional structural anatomy.
- A new chapter on the head completes the regional approach followed in the text.
- More information on muscle and motor units helps broaden information on movement potential in selected sport activities.
- Expanded discussion on joint strength and movement and the function of muscles (agonists, antagonists, stabilizers, and synergists), levers, and exercise supports understanding of how the human body is constructed.
- Full-color photos and illustrations enhance the learning experience.
- New Functional Movement Exercises provide students with the opportunity for practical application of their studies by asking them to identify the prime mover, antagonist, fixator, and synergist muscle in a particular movement.
- Hands On exercises throughout the book offer students practice in physically identifying anatomical structures on themselves or on a partner. Included with each new text is a key code allowing students one-year access to the online anatomy program Musculoskeletal Anatomy Review. This engaging supplement to the text offers a regional review of structural anatomy with exceptionally detailed, high-quality graphic images—the majority provided by Primal Pictures. Students can mouse over muscles and click for muscle identification, and each chapter features a pretest and posttest evaluation to help students pinpoint 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 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 learning, each chapter in the book concludes with a review of the key terms referred to in the chapter, suggested learning activities, and review questions in multiple-choice and fill-in-the-blank formats. The answers to the questions are provided at the end of the book. For instructors, a new image bank accompanies the updated instructor guide and test package to aid in delivering the course content. Kinetic Anatomy, Third Edition, is an outstanding introductory resource 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 should function, allowing them to identify problems and correct them to enhance physical activity. Statistics in Kinesiology, Fifth Edition With Web Resource, offers students in kinesiology and exercise science programs a unique introduction to the statistics concepts and techniques relevant to their specific field of study. Drawing from examples across kinesiology, including exercise physiology, biomechanics, physical education, and physical therapy, this essential text provides students with a statistical skill set that will enable them to analyze quantitative data and find answers to questions they will encounter in their specific disciplines. As in previous editions, emphasis is placed on methods commonly seen in kinesiology, such as correlation and bivariate regression, t tests, analysis of variance (ANOVA), and

the interpretation of interactions in factorial analyses of variance. The fifth edition also incorporates fully updated content reflecting the changing face of kinesiology: Comparisons of observational versus experimental research and nonparametric versus parametric methods of analyzing categorical and ordinal data More detailed coverage on how to calculate central tendency when data have been transformed (e.g., log transformations) as well as multiple ways to interpret the correlation coefficient Expanded coverage of statistical graphs, including dot plots and spaghetti plots A discussion of the real meaning of p values and confidence intervals An introduction to frequentist approaches versus Bayesian methods In addition, a new web resource offers abridged presentations of complex statistical concepts and an interactive platform to practice problem solving. Mini lectures, consisting of narrated slideshows, provide further explanations and may be quickly accessed through QR codes placed at the end of each chapter. Sample problems then provide an opportunity for students to put the concepts into practice. Statistical software tools commonly used in kinesiology applications—such as JASP and G*Power—are briefly introduced, encouraging students to apply their knowledge of statistical procedures to generate and interpret computer results with confidence and ease. With *Statistics in Kinesiology, Fifth Edition*, students will gain a solid understanding of the statistical techniques used in physical activity fields. The book's practical approach, based on the authors' more than 50 years of combined experience in teaching statistics, will make it easy for students to learn these important, but often intimidating, concepts. Explaining the process of human movement, *Manual of Structural Kinesiology* gives a 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 an accessible format through a combination of logical presentation, illustrations, and concise writing style. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. Complete system requirements to use Connect can be found here:

<http://www.mheducation.com/highered/platforms/connect/training-support-students.html> Written for undergraduate biomechanics courses, *Applied Biomechanics: Concepts and Connections, Second Edition* is a comprehensive resource that focuses on making connections between biomechanics and other subdisciplines of exercise science. With that in mind, each chapter contains a Concepts section and a Connections section. The Concepts are the core nuts and bolts of understanding the mechanics of movement. The Connections are designed to show how the Concepts are used in the many diverse areas within the movement sciences. 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, 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 palpation. *Introduction to Sports Biomechanics* has been developed to introduce you to the core topics covered in the 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 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 line drawings and photographs which help to reinforce explanations and examples. *Kinesiology for Manual Therapies* introduces the philosophy of Dimensional Massage Therapy as well as Clinical Flexibility. . This text connects techniques to individual joints and body areas based on the structural foundation of the muscular skeletal system. Learning intensive guides help students develop palpation skills, understand anatomy from a functional stand point, and build a toolbox of techniques for individualized treatments. This text can be used in a multitude of manual therapies, from physical therapy, occupational therapy, athletic training to yoga and massage therapy. The flagship title of the certification suite from the American College of Sports Medicine, *ACSM's Guidelines for Exercise Testing and Prescription* is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients. This book provides a straightforward look at human anatomy and its relation to movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The *Manual of Structural Kinesiology* makes important information readily available to students through a combination of logical presentation and a concise writing style. Blending historical grounding and philosophical insights regarding sport and physical activity, *History and Philosophy of Sport and 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. The author team, R. Scott Kretchmar, Mark Dyreson, Matthew P. Llewellyn, and John Gleaves, offers philosophical and ethical analyses alongside explorations of changes in 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 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 readers. Student exercise sidebars allow students to explore questions as they go, especially in relating philosophical inquiry to historical events. Historical profile sidebars throughout 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 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 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 intersection of history, culture, ideals, ethics, and professional practice from sport's leading philosophers and historians. Every year workers' low-back, hand, and arm problems lead to time away from jobs and reduce the nation's economic productivity. The connection of these problems to workplace activities—from carrying boxes to lifting patients to pounding computer keyboards—is the subject of major disagreements among workers, employers, advocacy groups, and researchers. *Musculoskeletal Disorders and the Workplace* examines the scientific basis for connecting musculoskeletal disorders with the workplace, considering people, job tasks, and work environments. A multidisciplinary panel draws conclusions about the likelihood of causal links and the effectiveness of various intervention strategies. The panel also offers recommendations for what actions can be considered on the basis of current information and for closing information gaps. This book presents the latest information on the prevalence, incidence, and costs of musculoskeletal disorders and identifies factors that influence injury reporting. It reviews the broad scope of evidence: epidemiological studies of physical and psychosocial variables, basic biology, biomechanics, and physical and behavioral responses to stress. Given the magnitude of the problem—approximately 1 million people miss some work each year—and the current trends in workplace practices, this volume will be a must for advocates for workplace health, policy makers, employers, employees, medical professionals, engineers, lawyers, and labor officials. Never HIGHLIGHT a Book Again! Virtually all of the testable terms, concepts, persons, places, and events from the textbook are included. Cram101 Just the FACTS101 studyguides give all of the outlines, highlights, notes, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780077433239 . *Manual of Structural Kinesiology, 21st edition*, provides a straightforward view of human anatomy and its relation to movement. While the manual is designed for use in undergraduate structural kinesiology courses, other clinicians and educators will also benefit from the text. The manual clearly identifies specific muscles and muscle groups and describes exercises for strengthening

and developing those muscles. This text is now in its 73rd year, and the author's goal continues to be to provide important information in an accessible format through a combination of logical presentation, illustrations, and concise writing style. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following: SmartBook® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content. Access to your instructors homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course. Progress dashboards that quickly show how you are performing on your assignments and tips for improvement. The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. In this rich resource for American actors, renowned movement teachers and directors reveal the physical skills needed for the stage and screen. Experts in a wide array of disciplines provide remarkable insight into the Alexander technique, the use of psychological gesture, period movement, the work of Rudolph Laban, postmodern choreography, and Suzuki training, to name but a few. Those who want to pursue serious training will be able to consult the appendix for listings of the best teachers and schools in the country. This inspiring collection is a must read for all actors, directors, and teachers of theater looking for stimulation and new approaches. Introduction to Exercise Physiology identifies the key scientific content that is critically important to the successful practice of exercise physiology. This text introduces students to the scientific basis for the practice of exercise physiology to prevent or control mind-body diseases, to promote health and well-being, and to enhance athlete performance. The goal of this text is to embrace a new paradigm of exercise physiology as a comprehensive healthcare profession. Introduction to Exercise Physiology emphasizes sound scientific content that will help exercise physiologists design appropriate exercise prescription that focuses on the public health challenges of sedentary living. In addition, the text enables students to understand the effects of sports nutrition and athletic performance by examining exercise metabolism, fuel utilization, and cardiovascular functions and adaptations from a non-performance enhancing supplement perspective. Specific physiologic calculations are 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. Introduction to Exercise Physiology teaches students the necessary physiologic, electrocardiographic, biomechanic, and anatomic concepts to prepare for and pass the ASEP Board Certification exam. Key Features: Chapters are organized into the following seven major areas in accordance with the emphasis on exercise as medicine: I. Scientific Aspects of Exercise Physiology II. Training the Cardiorespiratory and Muscular Systems III. Training and Performance IV. Exercise Is Medicine V. Exercise Biomechanics VI. Anatomy of Sports and Exercise VII. The Profession of Exercise Physiology Each chapter begins with an overview of the chapter objectives presented in the form of individual questions. Chapters conclude by providing students with a list of key terms, a chapter outline, glossary, study questions, suggested readings and references to further student learning. Includes a discussion around the importance of exercise physiology as a profession and covers the future challenges for exercise physiologists, the basics of the change process and the importance of a professional organization. Written especially for exercise science and physical education students, this text provides a solid foundation in theory illuminated by application and performance models to increase understanding and to help students apply what they've learned in the classroom and beyond. Ignite your students' excitement about behavioral neuroscience with *Brain & Behavior: An Introduction to Behavioral Neuroscience*, Fifth Edition by best-selling author Bob Garrett and new co-author Gerald Hough. Garrett and Hough make the field accessible by inviting students to explore key theories and scientific discoveries using detailed illustrations and immersive examples as their guide. Spotlights on case studies, current events, and research findings help students make connections between the material and their own lives. A study guide, revised artwork, new animations, and an interactive eBook stimulate deep learning and critical thinking. A Complete Teaching & Learning Package Contact your rep to request a demo, answer your questions, and find the perfect combination of tools and resources below to fit your unique course needs. SAGE Premium Video Stories of Brain & Behavior and Figures Brought to Life videos bring concepts to life through original animations and easy-to-follow narrations. Watch a sample. Interactive eBook Your students save when you bundle the print version with the Interactive eBook (Bundle ISBN: 978-1-5443-1607-9), which includes access to SAGE Premium Video and other multimedia tools. Learn more. SAGE coursepacks SAGE coursepacks makes it easy to import our quality instructor and student resource content into your school's learning management system (LMS). Intuitive and simple to use, SAGE coursepacks allows you to customize course content to meet your students' needs. Learn more. SAGE edge This companion website offers both instructors and students a robust online environment with an impressive array of teaching and learning resources. Learn more. Study Guide The completely revised Study Guide offers students even more opportunities to practice and master the material. Bundle it with the core text for only \$5 more! Learn more. Now celebrating its 50 years in print, this text has held onto the foundation of its great success, while also being re-invented for today's audience. The focus of this text remains the practical instruction of functional anatomy in order to quickly, and convincingly, guide readers to its use in professional performance. This text is filled with modern applications that will show your students the relevance of foundational material to their future careers. This trusted text provides a straightforward look at human anatomy and its relation to movement. Identifying specific muscles and muscle groups and describing exercises for strengthening and developing those muscles, it makes important information readily available through a logical presentation and a concise writing style. 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 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 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. Please note: This text was replaced with a fourth edition. This version is available only for courses using the third edition and will be discontinued at the end of the semester. Taking a unique approach to the presentation of mechanical concepts, *Biomechanics of Sport and Exercise* eBook, Third Edition With Web Resource, introduces exercise and sport biomechanics in simple terms. By providing mechanics before functional anatomy, the book helps students understand forces and their effects before studying how body structures deal with forces. Students will learn 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 abstract, the text enables students to discover the principles of biomechanics

for themselves through observation. By examining ordinary activities firsthand, students will develop meaningful explanations resulting in a deeper understanding of the underlying mechanical concepts. This practical approach combines striking visual elements with clear and concise language to encourage active learning and improved comprehension. This updated edition maintains the organization and features that made previous editions user friendly, such as a quick reference guide of frequently used equations printed on the inside cover and review questions at the end of each chapter to test students' understanding of important concepts. The third edition also incorporates new features to facilitate learning:

- Two online resources incorporate sample problems and use of video to allow practical application of the material.
- New art and diagrams enhance problem sets and help students visualize the mechanics of real-world scenarios.
- Increased number of review questions (200) and problem sets (120) provide an opportunity for practical application of concepts.
- Greater emphasis on the basics, including improved descriptions of conversions and an expanded explanation of the assumption of point mass when modeling objects, provides a stronger foundation for understanding.
- New content on deriving kinematic data from video or film and the use of accelerometers in monitoring physical activity keeps students informed of technological advances in the field.

Biomechanics of Sport and Exercise eBook, Third Edition With Web Resource, is supplemented with two companion resources that will help students better comprehend the material. Packaged with this e-book, the web resource includes all of the problems from the book, separated by chapter, plus 18 sample problems that guide students step by step through the process of solving. This e-book may also be enhanced with access to MaxTRAQ Educational 2D software for Windows. MaxTRAQ Educational 2D software enables students to analyze and quantify real-world sport movements in video clips and upload their own video content for analysis. The software supplements the final section of the text that bridges the concepts of internal and external forces with the application of biomechanics; it also provides an overview of the technology used in conducting quantitative biomechanical analyses. The MaxTRAQ Educational 2D software must be purchased separately to supplement this e-book at the MaxTRAQ website. Instructors will benefit from an updated ancillary package. An instructor guide outlines each chapter and offers step-by-step solutions to the quantitative problems presented, as well as sample lecture topics, student activities, and teaching tips. A test package makes it easy to prepare quizzes and tests, and an image bank contains most of the figures and tables from the text for use in developing course presentations. Biomechanics of Sport and Exercise, Third Edition, is ideal for those needing a deeper understanding of biomechanics from a qualitative perspective. Thoroughly updated and expanded, this text makes the biomechanics of physical activity easy to understand and apply. Previous edition entered under title main entry. From fighting for his life to pursuing a career in the NFL, ACC Player of the Year and star Pittsburgh Steelers running back James Conner has lived a story offering wisdom and advice for anyone who has faced adversity. During his first two years at the University of Pittsburgh, running back James Conner became one of the Panthers' biggest stars, breaking records and winning the adoration of fans. Then, in the first game of his junior year, disaster struck in the form of a torn MCL. During rehab, James's health continued to inexplicably deteriorate until a chest X-ray and biopsy confirmed the unthinkable: a diagnosis of Hodgkin's lymphoma. Suddenly, it wasn't just the dream of an NFL career that was in jeopardy; it was James's life. Yet when he shared the news of his diagnosis publicly, James rallied family, friends, and fans, with his message of hope and courage: "Fear is a choice. I choose not to fear cancer." In just ten words, James defined his own journey on his own terms and refused to back down from one of the most dreaded diseases known to man. Drawing strength from his faith in God and the support of his community and loved ones, James underwent treatment but continued to practice with his team despite the intense physical toll of chemotherapy. He was declared cancer-free within a year. Returning to the field in 2016, he finished his college career with a record-breaking 3,733 rushing yards and 56 touchdowns. Entering the NFL draft early, his success continued. Selected in the third round by the Pittsburgh Steelers, he quickly became one of the most beloved rookies in the league. In *Fear is a Choice*, James candidly shares his experiences during his battle with cancer and beyond, encouraging readers and illustrating the spiritual truths and personal principles that got him through his darkest days. James Conner is an inspiration for everyone who wants to learn how to tackle life's problems with dignity, faith, and determination. Examines how student protest against structural inequalities on campus pushes academic institutions to reckon with their legacy built on slavery and stolen Indigenous lands Using campus social justice movements as an entry point, Leigh Patel shows how the struggles in higher education often directly challenged the tension between narratives of education as a pathway to improvement and the structural reality of settler colonialism that creates and protects wealth for a select few. Through original research and interviews with activists and organizers from Black Lives Matter, The Black Panther party, the Student Nonviolent Coordinating Committee, the Combahee River Collective, and the Young Lords, Patel argues that the struggle on campuses reflect a starting point for higher education to confront settler strategies. She reveals how blurring the histories of slavery and Indigenous removal only traps us in history and perpetuates race, class, and gender inequalities. By acknowledging and challenging settler colonialism, Patel outlines the importance of understanding the relationship between the struggle and study and how this understanding is vital for societal improvement. Fully revised and expanded, the second edition of *Molecular Exercise Physiology* offers a student-friendly introduction. It introduces a history documenting the emergence of molecular biology techniques to investigate exercise physiology, the methodology used, exercise genetics and epigenetics, and the molecular mechanisms that lead to adaptation after different types of exercise, with explicit links to outcomes in sport performance, nutrition, physical activity and clinical exercise. Structured around key topics in sport and exercise science and featuring contributions from pioneering scientists, such as Nobel Prize winners, this edition includes new chapters based on cutting-edge research in epigenetics and muscle memory, satellite cells, exercise in cancer, at altitude, and in hot and cold climates. Chapters include learning objectives, structured guides to further reading, review questions, overviews of work by key researchers and box discussions from important pioneers in the field, making it a complete resource for any molecular exercise physiology course. The book includes cell and molecular biology laboratory methods for dissertation and research projects in molecular exercise physiology and muscle physiology. This book is essential reading for upper-level undergraduate or postgraduate courses in cellular and molecular exercise physiology and muscle physiology. It is a valuable resource for any student with an advanced interest in exercise physiology in both sport performance and clinical settings. Explaining the process of human movement, *Manual of Structural Kinesiology* gives a 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 an accessible format through a combination of logical presentation, illustrations, and concise writing style. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. Complete system requirements to use Connect can be found here: <http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

This book provides a straightforward look at human anatomy and its relation to movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The *Manual of Structural Kinesiology* makes important information readily available to students through a combination of logical presentation and concise writing style. Never HIGHLIGHT a Book Again Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives all of the outlines, highlights, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780872893795. This item is printed on demand. Never HIGHLIGHT a Book Again! Virtually all of the testable terms, concepts, persons, places, and events from the textbook are included. Cram101 Just the FACTS101 studyguides give all of the outlines, highlights, notes, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780073376431 . The Second Edition of *Kinesiology: The Mechanics and Pathomechanics of Human Movement* relates the most current understanding of anatomy and mechanics with clinical practice concerns. Featuring seven chapters devoted to biomechanics, straightforward writing, and over 900 beautiful illustrations, the text provides you with detailed coverage of the structure, function, and kinesiology of

each body region. You will gain an in-depth understanding of the relationship between the quality of movement and overall human health. Special features include: New DVD containing about 150 videos provides dynamic examples of clinical demonstrations, principle illustrations, and lab activities. This powerful resource explores patient function, dysfunction, and injury for greater comprehension. Clinical Relevance Boxes reinforce the relationship of biomechanical principles to patient care through real-life case studies. Muscle Attachment Boxes provide easily accessed anatomical information and tips on muscle palpation Examining the Forces Boxes highlight the advanced mathematical concepts used to determine forces on joint structure. Evidence-based presentations deliver the most current literature and essential classic studies for your understanding of musculoskeletal structure and function. Whether you are a student or practitioner in the field of physical therapy, occupational therapy, or exercise science, this comprehensive book serves as an excellent resource for best practice techniques.

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