

Health The Basics 11th Edition

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the psychological health of competitive athletes is of paramount importance to performance retention and well being in sport and national governing bodies are increasingly concerned with its promotion psychosocial health and well being in high level athletes offers students researchers and

practicing sport psychologists an accessible and rigorous grounding in the manifestations of psychosocial health in athletes the threats athletes face to their psychosocial health and the interventions which can be designed to enhance it seeking to guide future research and expand professional understanding of psychosocial issues in sport the book is based on a model of cognitive emotional social and spiritual health it clearly defines these dimensions in a sporting context before discussing pertinent threats such as career transitions injuries and abuse and interventions including adversarial growth life skill interventions prevention and organization policy and mindfulness based interventions providing an innovative and integrated perspective on psychosocial health and well being in competitive sport this book is essential reading for upper level students taking any clinical sport psychology modules and for sport psychologists coaches and administrators working with competitive athletes

the leading text on human physiology for more than four decades a doody s core title for 2024 for more than four decades ganong s review of medical physiology has been helping those in the medical field understand human and mammalian physiology applauded for its interesting and engagingly written style ganong s concisely covers every important topic without sacrificing depth or readability and delivers more detailed high yield information per page than any other similar text or review thoroughly updated to reflect the latest research and developments in important areas ganong s review of medical physiology incorporates examples from clinical medicine to illustrate important physiologic concepts more than 600 full color illustrations two types of review questions end of chapter and board style new increased number of clinical cases and flow charts

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