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topics include applications of engineering anthropometry postural strain and discomfort industrial injury prevention manual materials handling and ergonomics of rehabilitation and healthcare systems

recommended title for 2005 acsm certification examinations acsm s guidelines for exercise testing and prescription began as a concise summary of recommendations for exercise testing and prescription primarily for cardiac patients it has now become one of the single most internationally read and referenced texts of its kind this reference is a virtual pharmacopoeia of exercise guidelines in a broad spectrum of patients in this new edition there is heightened emphasis on preventing illness in apparently healthy persons and those at risk as well as treating patients with chronic disease there are also two new chapters on methods for changing exercise behavior and legal issues

this is a practical guide to understanding fitness and developing a successful personal fitness program it provides basic physiological information and outlines the fitness process allowing the instructor to serve as advisor while the student creates his or her own tness program

provides the reader with skills to interpret scientific articles and recognize appropriate formats for research studies the text aims to provide two types of goals knowledge goals including understanding the principles of science and skills goals including constructing library research

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a handy reference for health promotion frameworks strategies and tools this classic book focuses on national health promotion priorities identified in healthy people 2010 with special emphasis on culturally and racially diverse populations the new edition of this text will expand upon the vision of the two new co authors incorporated in the last edition it will continue to be theory based but will include more application of health promotion new information will be integrated on health promotion in the learning disabled and the use of herbal medicine as it relates to health promotion there will be new case studies and reflective practice activities to apply student s knowledge for nursing students as well as nurse practitioners community health nurses occupational health nurses and school nurses

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