

Swimming

Swimming Science The Outdoor Swimmers' Handbook The 5-Minute Clinical Consult Premium 2015 The 5-Minute Clinical Consult 2014 Drowning San Miguel's History The Youth Athlete Social Issues in Sport, Leisure, and Health Walk Your Talk: Your 4-week programme to take action now and change your life How To Learn Swimming In 30 Days The Complete Beginners Guide To Swimming Science of Swimming Faster The Complete Book of Swimming Swimming with Dolphins (Oxford Read and Imagine Level 4) Breakthrough Swimming Krause. Dietoterapia Swimming Scientifically Taught a Practical Manual for Young and Old Swimming for Health, Exercise and Pleasure The Science of Swimming John G. Mullen Kate Rew Frank J. Domino Frank J. Domino Joost J.L.M. Bierens William J. Conaway Brian J. Krabak Sine Agergaard Theresa Cheung D.J. David Mark Young Scott A. Riewald James E. Counsilman Paul Shipton Cecil Colwin L. Kathleen Mahan Amateur Swimming Association Frank Eugen Dalton C.M. Daniels James E. Counsilman

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just one hundredth of a second separates elite swimmers from the podium but what are the physical forces at work behind these tiny margins and how can an understanding of them be used to improve your own technique in the pool swimming science investigates with each chapter focussing on a different area from swimming technology physiology and psychology to hydrodynamics the key principles of swimming science are addressed with the content organised around a series of questions what creates the drag in the water how have swim suits evolved which muscles generate propulsion how much force do elite swimmers use each question is investigated using up to date science and explanatory info graphics

an important inspiring book by someone that has encouraged million of people to experience the wonders and friendships of britain s rivers lakes and seas robert macfarlane a treasured guide for anyone who wants to venture into rivers estuaries lakes and seas for a dip a moonlit swim or a great adventure i loved this book lynne cox capturing the freewheeling spirit community and wisdom that defines the outdoor swimming society movement founder kate rew reveals everything you need to know to explore rivers lakes seas and estuaries sharing tales of her own inspiring swims kate explores the rich and varied life of outdoor swimmers from the physiology of cold to planning lazy hazy downstream swims an exquisite guide for beginners and enthusiasts alike the outdoor swimmers handbook will lead you to the shore and become your trusted companion for the adventures ahead

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the 5 minute clinical consult 2014 standard edition provides rapid access in a quick reference format it delivers diagnosis treatment medications follow up and associated factors for a broad range of diseases and conditions organized alphabetically by diagnosis this best selling clinical reference continues to present brief bulleted information on disease topics in a consistent and reader friendly three column format

since the first edition of the handbook on drowning in 2005 many epidemiological data have confirmed the burden of drowning in several parts of the world studies have increased the understanding of effective drowning prevention strategies rescue techniques and treatment options much has been learned about submersion and immersion hypothermia scuba diving injuries the life saving preparations of water related disasters and how to deal with forensic investigations in this updated second edition experts from around the world provide a complete overview of current research data consensus statements and expert opinions the book drowning provides evidence based practical information and has a unique informative value for various groups with tasks duties and responsibilities in this domain in addition the book may be an inspiration for future networks and research initiatives

a twenty four page booklet of the history of san miguel de allende from the settlement through the war for independence with historic pictures

the youth athlete a practitioner s guide to providing comprehensive sports medicine care includes topics that provide the most comprehensive and holistic understanding of the youth athlete the foundation of the book focuses on the growth and development of the athlete from child to adolescence balancing their physical mental and emotional needs the middle sections expand on this foundation concentrating on common injuries and illnesses as well as unique topics e g female athlete triad sports specialization final sections emphasize specific sports e g soccer basketball esports allowing the reader to synthesize the previous information to assist with return to play decision making written from a scientific perspective and incorporating evidence based medicine into its content this book is perfect for health care practitioners of varied specialties the complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market covers diverse topics that reflect our current understanding of youth athletes and issues related to their care incorporates evidence based approach highlighting the latest state of the art information and research written by global content experts throughout the sports medicine field

this book examines how social issues shape and influence our engagement with sport leisure time physical activity and health promoting exercise connecting the personal with the public it helps the reader understand how individual exercise leisure and sport participation are both facilitated and constrained by their social contexts presenting a series of in depth descriptions of grassroots sport urban lifestyle sport physical activity across the life course sport for children with special needs and the development of creative climates in sport this book seeks to encourage what c wright mills described as the sociological imagination every chapter begins with an individual level account centred on everyday challenges with accessing sport partaking in leisure activities and meeting guidelines for daily exercise

before exploring the larger socially determined patterns in which those experiences are located establishing a vital template for the social scientific study of sport leisure and health touching on key contemporary themes including diversity inclusion health inequalities and physical inactivity as well as selection and intensification in sports this book offers new case material and theoretical tools for understanding the relationships between sport leisure health and the wider society this is an indispensable companion for any course on the sociology of sport exercise leisure or physical activity and health

if you want your life to really change it's not what you think or what you feel but what you do that sets you up for greatness transform your life in just four weeks with 22 specially designed tried and tested power moves deceptively simple habits that help you walk your talk the power moves are backed up by the latest scientific and psychological research including circadian rhythms hydration gratitude and sleep to ensure each habit gradually hones your physical and mental resilience no matter the change or difficulty happening in your life each power move is quick and simple enough to do within minutes meaning your motivation and commitment are unlikely to waver your life is your message your legacy it's time to walk your talk

as a beginner learning how to swim you face many often scary unknowns from first entering the water to lifting your feet up off the bottom submerging your face and learning to breathe from conquering your fears right through to learning what each part of your body should be doing when swimming the four basic strokes the complete beginners guide to swimming contains everything you could possibly need contents the benefits of swimming fear of swimming swimming science buoyancy aids entering the pool learning to go underwater standing up mid swim how to float how to relax in the water how to glide through the water how and when to breathe basic floating exercises front crawl backstroke breaststroke butterfly inside you will find real questions from real beginners learning how to swim questions like why do my legs sink why do i get water up my nose and why do i get so tired each one with a detailed and personal answer from the author

in a sport where victory is often determined by a fraction of a second it's obvious why one of the most sought after secrets is how to swim faster however as the world's most renowned coaches athletes trainers and researchers know there is no secret just science science of swimming faster is a remarkable achievement one that embraces explains and applies the latest science and research that has and continues to set new performance benchmarks in the sport it is a one of a kind resource an easily understood repository of swimming research insights distilled from great sport and exercise scientists coaches and swimmers a do it right reference for a host of techniques and tactics the most credible and widely used training principles and programs an analysis identifying key factors contributing to elite and world record swimming performance an insider's access to the strategies for training tapering fueling recovery and mental preparation being used with some of the world's most successful swimmers with editors scott riwald and scott rodeo and a who's who list of international experts on the sport science of swimming faster offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport

dan the scientist works with dolphins ludo the dolphin is under the water and can't breathe so rosie dives in to help him but what happens the sea can be dangerous there might be sharks read and imagine provides great stories to read and enjoy with language support activities and projects follow rosie ben and grandpa on their exciting adventures

never before has one book taken such a comprehensive look at the evolution science and coaching application of competitive swimming in breakthrough swimming legendary swimming coach and researcher cecil colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics training methods and racing techniques accompanied by richly detailed illustrations this engaging text is one of the most insightful written works on the sport it makes clear

sense out of the scientific principles and puts into context the historical changes in the sport not only will you gain a greater understanding of competitive swimming through its origins and evolution but you ll also gain these valuable skills improve your stroke technique starts and turns improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke improve your conditioning and develop a better training program by understanding the principles of training learn how to design different types of workouts to produce specific physiological effects learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim the book includes a chapter contributed by dr david pyne sport physiologist to the 2000 australian olympic swimming team pyne covers the physiology of modern swimming training and the preparation of swimming teams for top flight international competition breakthrough swimming covers every aspect of competitive swimming from its spawning ground in early 19th century england to the present day including the profound changes that occurred in the last decade of the 20th century the book also explains the societal changes of recent years such as the advent of professional swimming and the specter of performance enhancing drugs combining history with the latest innovations breakthrough swimming is the definitive work on the past present and future of competitive swimming

texto de referencia en el campo de la nutrición y dietética desde hace más de medio siglo con la colaboración de numerosos expertos de reconocido prestigio internacional en este campo en las áreas docente de investigación y de la práctica clínica la obra se organiza en cinco partes ofrece información sobre la evaluación de la nutrición y la intervención antes de profundizar en las necesidades nutricionales de las personas en sus diferentes ciclos de vida nutrición para la salud y nutrición para las personas que presentan diferentes enfermedades y condiciones cuenta con elementos pedagógicos como casos clínicos variedad de tablas y recuadros con información condensada de muy fácil consulta también apéndices que sirven como referencia en la práctica profesional la presente edición incorpora numerosas novedades como las guías alimentarias 2015 de acuerdo con la asociación americana de nutrición normas de cuidados en aquellos capítulos que corresponda se pueden calcular las necesidades parenterales y la nutrición enteral en el capítulo de alimentos y nutrientes métodos de apoyo nutricional se amplía el capítulo 41 con información relevante respecto a las enfermedades psiquiátricas especialmente de parkinson y alzheimer e incluye un nuevo capítulo sobre inflamación y la fisiopatología de las enfermedades crónicas así como un nuevo apéndice en la dieta anti inflamatorio tratado clásico apodado la biblia de la nutrición que presenta los contenidos más relevantes y novedosos en el siempre ámbito de la nutrición novedades de esta edición es el contenido más actualizado guías para calcular las necesidades en nutrición parenteral y enteral recomendación de asistencia nutricional Últimas recomendaciones de nih cuadros de casos clínicos y aplicaciones apéndice de dieta antiinflamatoria cuadros sobre la nutrición y la affordable care act los bancos de leche materna y la ley sobre etiquetado en máquinas expendedoras nuevo material gráfico y contenidos ampliados y actualizados sobre la enfermedad de parkinson y alzheimer casi 50 autores investigadores y profesionales de prestigio escriben sobre la valoración y la intervención nutricionales las necesidades nutricionales de los individuos a lo largo de su ciclo vital la nutrición para la salud y el bienestar y el tratamiento nutricional médico tanto estudiantes como profesionales valoran su contenido actualizado y completo su enfoque pedagógico y atractivo diseño y su presentación sistemática de la información

swimming scientifically taught a practical manual for young and old by frank eugen dalton the importance of swimming that all persons ought to know how to safeguard themselves when in deep water is becoming more and more recognized as time passes while swimming is probably the oldest pastime known to man and has had and still has its votaries in every country civilized or uncivilized it is curious that this most useful science should have been so much neglected for an adult person to be unable to swim points to something like criminal negligence every man woman and child should learn a person who can not swim may not only become a danger to himself but to some one and perhaps to several of his fellow beings children as early as the age of four may acquire the art none are too young none too old doctors recommend swimming as the best all around exercise it is especially beneficial to

nervous people swimming reduces corpulency improves the figure expands the lungs improves the circulation of the blood builds up general health increases vitality gives self confidence in case of danger and exercises all the muscles in the body at one time as an aid to development of the muscular system it excels other sports every muscle is brought into play in other important ways it is a useful and even a necessary accomplishment no one knows when he may be called upon for a practical test of its merits the slocum steamboat catastrophe in the east river new york several years ago gave a melancholy example of what better knowledge of swimming might have done to save the lives of passengers that awful tragedy which plunged an entire city into mourning was too appalling to have its details revived here but regardless of the fact that the life preservers on board were found unfit for use the loss of life would have been made much smaller had the unfortunate passengers known how to keep their heads above water until help arrived we are delighted to publish this classic book as part of our extensive classic library collection many of the books in our collection have been out of print for decades and therefore have not been accessible to the general public the aim of our publishing program is to facilitate rapid access to this vast reservoir of literature and our view is that this is a significant literary work which deserves to be brought back into print after many decades the contents of the vast majority of titles in the classic library have been scanned from the original works to ensure a high quality product each title has been meticulously hand curated by our staff our philosophy has been guided by a desire to provide the reader with a book that is as close as possible to ownership of the original work we hope that you will enjoy this wonderful classic work and that for you it becomes an enriching experience

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