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a revised and updated second edition of the popular complete guide to personal training expertly written and suitable for anyone

working as or training to be a personal trainer this is a complete reference guide for fitness professionals who prescribe exercise programmes to clients this guide contains practical tips for designing a range of appropriate client exercise programmes importantly it focuses on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd it includes the foundations of personal training planning and delivering exercise programmes training methods and exercise techniques nutrition health and safety setting up marketing and growing a successful business the book also includes all level 3 requirements detailed within the health and fitness national occupational standards and the qualifications framework relating to personal training and has been awarded 3 cpd points by the register of exercise professionals

a reasonable level of flexibility is essential to the healthy functioning of joints and muscles which in turn facilitates performance and reduces the risk of injury now in its 4th edition the complete guide to stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body the complete guide to stretching is the definitive practical handbook for sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness sport and exercise therapists who use stretching as an important part of a balanced rehabilitation programme full colour photographs demonstrate the stretches throughout

the american diabetes association the nation s leading health organization supporting diabetes research information and advocacy has

completely revised this comprehensive home reference to provide all the information a person needs to live an active healthy life with diabetes now in its fifth edition this extensive resource contains information on the best self care techniques and the latest medical advances for people with diabetes this extraordinary guide will answer any question topics include the latest on self care for type 1 type 2 and gestational diabetes new types of insulin and medications strategies for avoiding diabetes complications expanded sections on meal planning and nutrition and tips on working with the health care system and insurance providers

divided into two parts physiology and sports injury management this is an innovative clinical and evidence based guide which engages with the latest developments in athletic performance both long and short term it also considers lower level exercise combined with the pertinent physiological processes it focuses on the rationale behind diagnostic work up treatment bias and rehabilitation philosophy challenging convention within the literature to what really makes sense when applied to sports settings drawing upon experts in the field from across the world and various sports settings it implements critical appraisal throughout with an emphasis on providing practical solutions within sports medicine pedagogy dovetails foundational sports physiology with clinical skills and procedures to effectively manage sports injuries across a variety of settings takes an interdisciplinary approach and draws upon both clinical and evidence based practice contributed by leading international experts including academics researchers and in the field clinicians from a range of sports teams including the royal ballet and chelsea fc pedagogical features include learning objectives clinical tip boxes summaries case studies and editor s commentary to critique of concepts and techniques across chapters

now in its third edition this trusted clinical guide enables both the busy practitioner and student to review or to learn about a range of

pathologies conditions examinations diagnostic procedures and interventions that can be effectively used in the physical rehabilitation of older people it presents a broad overview of age related physiological changes as well as specific professional discipline perspectives organized into eleven distinct and interrelated units the first unit begins with key anatomical and physiological considerations seen with aging which have significant impact on the older person the second and third units go on to review important aging related conditions and disorders of the musculoskeletal and neuromuscular neurological systems respectively neoplasms commonly encountered in older people are the focus of the fourth unit while aging related conditions of the cardiovascular pulmonary integumentary and sensory systems are presented in units five through seven unit eight highlights a range of specific clinical problems and conditions commonly encountered with older patients critically all of these units emphasize important examination and diagnostic procedures needed for a thorough evaluation and stress interventions that can be of significant benefit to the older patient the ninth unit presents select physical therapeutic interventions that are especially important in managing rehabilitative care key societal issues related to aging are discussed in the tenth unit finally the concluding eleventh unit focuses on the successful rehabilitation team that includes both professional and non professional caregiver members a trusted guide to the conditions and problems faced when evaluating and treating geriatric patients extensive coverage over 84 chapters each written by an expert in the field includes imaging vision and the aging ear cross referenced providing the complexity and inter relatedness of comorbidities common to aging patients collaborative international perspective chapters on the aging spine frailty safe pilates for bone health health care for older people additional renowned editor ronald w scott revised title to reflect the comprehensive scope of content covered previously entitled geriatric rehabilitation manual

homeland security a complete guide to understanding preventing and surviving terrorism is the authoritative textbook on one of the most important topics facing our nation from complex policy issues to common terrorist tactics homeland security provides a practical foundation for professionals students and concerned citizens alike designed for readers who need to understand both the big picture and their own roles in the war against terror the book provides a clear comprehensive and fascinating overview of an increasingly complex and misunderstood topic this indispensable reference filled with fascinating real life examples and tips covers the basics of homeland security such as national strategies and principles federal state and local roles terrorist history and tactics cyber terrorism business preparedness critical infrastructure protection weapons of mass destruction and key policy issues perfect for academic and training classrooms each chapter includes an overview learning objectives source document discussion topic summary and quiz media reviews homeland security is much more than a textbook it is an indispensable reference resource for those seeking to understand how terrorists operate and the structures and mechanisms that have been developed to respond to the magnitude of the terrorist threats confronting us washington times securing america by joshua sinai august 2 2005 published

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