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Intercollegiate athletics continue to bedevil American higher education. This book explores the complexities of intercollegiate athletics while explaining the organizational structures, key players, terms, and important issues relevant to the growing fields of recreational studies, sports management, and athletic administration.

Coaching is an increasingly important area of sports science courses, and this text provides accessible and up-to-date coverage of this key topic. Modern coaches need to be applied scientists who keep abreast of research and are able to apply a multidisciplinary understanding to their practice. The book therefore examines coaching in terms of biomechanics, physiology and psychology, as well as perennial issues such as athlete motivation, nutrition, design of training programmes, talent identification, monitoring and ethics. Written by an author who combines academic expertise with high-level practical experience, the book successfully links theory with case studies.

Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to

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address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual

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instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

From athletes praising God to pastors using sport metaphors in the pulpit, the association between sport and religion in North America is often considered incidental. Yet religion and sport have been tightly intertwined for millennia and continue to inform, shape, and critique one another. Moreover, sport, rather than being a solely secular activity, is one of the most important sites for debates over gender, race, capitalism, the media, and civil religion. Traditionally, scholarly writings on religion and sport have focused on the question of whether sport is a religion, using historical, philosophical, theological, and sociological insights to argue this matter. While these efforts sought to answer an important question, contemporary issues related to sports were neglected, such as globalization, commercialization, feminism, masculinity, critical race theory, and the ethics of doping. This volume contains lively, up-to-date essays from leading figures in the field to fill this scholarly gap. It treats religion as an indispensable prism through which to view sports, and vice versa. This book is ideal for students approaching the topic of religion and sport. It will also be of

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interest to scholars studying sociology of religion, sociology of sport, religion and race, religion and gender, religion and politics, and sport in general.

Featuring expanded and updated content, *Introduction to Athletic Training, Second Edition*, presents both theoretical and practical information on the duties of an athletic trainer as part of a team approach to caring for injured and ill athletes. The book will provide students with a solid background in athletic training so that they can develop their skills and both succeed and advance in their training and courses. *Introduction to Athletic Training, Second Edition*, is the perfect guide for athletic trainers striving to keep their athletes healthy and injury free. Part of Human Kinetics' Athletic Training Education Series, the text not only provides the information on the role of an athletic trainer in caring for injured and ill athletes, but it also considers both the prevention and management of injuries and illnesses. It spans many topics, including professionalism in athletic training, risk factors in sport participation, preparticipation physical exams, fitness testing, strength and conditioning, preventive efforts including environmental concerns and protective devices, and emergency care. The second edition includes many updates and improvements: -A revised chapter on pharmacology that simplifies terminology and deepens the reader's understanding of the effects of common drugs used in athletics -A comprehensive chapter on epidemiology that discusses how to evaluate information on injury trends and use it to reduce the risk of future injuries -An expanded chapter with updated nutritional requirements and concerns for physically active people -More student-friendly elements including new critical thinking questions in each chapter, more abundant discussion topics, chapter objectives, scenarios,

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helpful Internet resources, chapter summaries, and a glossary. The second edition is packaged with a Primal Pictures software product titled Essentials of Interactive Functional Anatomy. This CD-ROM will help students thoroughly review components of structural anatomy with a complete high-resolution 3-D model of the human musculature. The model can be rotated and allows for 11 layers of anatomy to be visually removed--from muscles down to bones. The CD also includes 34 animations--each which can be viewed from four different angles--showing clinical muscle function and providing students with a strong sense of the movement and motions around joints. To reinforce the content, IFA Essentials also offers an interactive quiz. Students can select the level of difficulty and number of quiz questions, and then using a multiple-choice format are asked to identify or locate various structures on the model. Human Kinetics' Athletic Training Education Series contains five textbooks, each with its own superb supporting instructional resources. Featuring the work of respected authorities in athletic training, the series was created to parallel and expound on the content areas established by the National Athletic Trainers' Association (NATA) Educational Council. Introduction to Athletic Training, Second Edition, lays the foundation for a well-rounded curriculum addressing the following NATA content areas: Risk Management and Injury Prevention, Acute Care of Injury and Illness, Pharmacology, Professional Development and Responsibilities, and Nutritional Aspects of Athletic Injury and Illness. Also addressed are the domains of Psychosocial Intervention and Referral and General Medical Conditions and Disabilities. To learn more about the books in this series, visit the Athletic Training Education Series Web site at <http://www.HumanKinetics.com/AthleticTrainingEducationSeries> IFA Essentials Minimum

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System Requirements PC - Windows 98/2000/ME/XP - Pentium processor or higher - At least 32 MB RAM - Monitor set to 800 x 600 or greater - High-color display Mac - Power Mac - System 8.6/9/OSX - At least 64 MB RAM - Monitor set to 800 x 600 or greater - Monitor set to thousands of colors

The Complete Guide to Sports Massage, 3rd edition is a comprehensive, practical handbook. Now with additional photography and the latest techniques, this is a must-have guide for students of sports therapy and anyone wanting a performance advantage. Sports massage is the skilled manipulation of soft tissue for: the relief and treatment of muscle soreness and pain; the maintenance of muscle balance and improved flexibility; and enhanced rehabilitation from injury. Packed with jargon-free information, this fully updated guide includes step-by-step photography and detailed text explaining the principles and techniques of massage; injury management and post-massage care; as well as practical guidance on working at a sports event.

Muniowski analyzes the career narratives of eight selected NBA players who rose to prominence after Michael Jordan's second retirement in 1999. Combining a variety of approaches and perspectives, the author highlights how well-known archetypes influence

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modern-day forms of sports storytelling.

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.

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