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tennis?no matter what your
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to success and your
strongest midsection
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sustain performance at a high level to come out on top. Developing Endurance shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written

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by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills,

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workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these

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tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level.

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continues to serve that
function, but the market for
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This is a review manual for candidates wanting an ACSM credential. It combines

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This book discusses one of the hottest topics in science today, i.e., the concern over certain problematic practices within the scientific enterprise. It raises questions and, more importantly, begins to

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supply answers about one particularly widespread phenomenon that sometimes impedes scientific progress: group processes. The book looks at many problematic manifestations of "going along with the crowd" that

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are adopted at the expense of truth. Closely related is the concept of pathological altruism or altruism bias—the tendency of scientists to bias their research in order to further the ideological or financial

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interests of an "in-group"
at the expense of both the
interest of other groups as
well as the truth. The book
challenges the widespread
notion that science is
invariably a benevolent,
benign process. It defines

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the scientific enterprise,
in practice as opposed to in
theory, as a cultural system
designed to produce factual
knowledge. In effect, the
book offers a broad and
unique take on an important
and incompletely explored

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subject: research and academic discourse that sacrifices scientific objectivity, and perhaps even the scientist's own ethical standards, in order to further the goals of a particular group of

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researchers or reinforce their shared belief system or their own interests, whether economic, ideological, or bureaucratic.

Complete Guide to Foam

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