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SANCTIONED BY THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM), THIS HANDY REVIEW ADDRESSES ALL AREAS OF THE SPORTS MEDICINE SUBSPECIALTY BOARD EXAMINATION--WITH COVERAGE THAT SPANS THE FULL SPECTRUM OF SPORTS MEDICINE, FROM MEDICAL TO ... ACSM Fitness Book 2003 AMERICAN COLLEGE OF SPORTS MEDICINE THIS TEXT WILL GUIDE READERS THROUGH A SIMPLE FOUR-ITEM FITNESS TEST THAT ASSESSES CURRENT LEVEL OF FITNESS BASED ON CARDIORESPIRATORY ENDURANCE, MUSCULAR STRENGTH AND ENDURANCE, FLEXIBILITY, AND HEALTHY BODY COMPOSITION.

ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION 2013-02 AMERICAN COLLEGE OF SPORTS MEDICINE THE FLAGSHIP TITLE OF THE CERTIFICATION SUITE FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE, ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION IS A HANDBOOK THAT DELIVERS SCIENTIFICALLY BASED STANDARDS ON EXERCISE TESTING AND PRESCRIPTION TO THE CERTIFICATION CANDIDATE, THE **Acsm Fitness Book 2nd Edition Pdf Pdf upload Donald v Robertson**

PROFESSIONAL, AND THE STUDENT. THE 9TH EDITION FOCUSES ON EVIDENCE-BASED RECOMMENDATIONS THAT REFLECT THE LATEST RESEARCH AND CLINICAL INFORMATION. THIS MANUAL IS AN ESSENTIAL RESOURCE FOR ANY HEALTH/FITNESS AND CLINICAL EXERCISE PROFESSIONAL, PHYSICIAN, NURSE, PHYSICIAN ASSISTANT, PHYSICAL AND OCCUPATIONAL THERAPIST, DIETICIAN, AND HEALTH CARE ADMINISTRATOR. THIS MANUAL GIVE SUCCINCT SUMMARIES OF RECOMMENDED PROCEDURES FOR EXERCISE TESTING AND EXERCISE PRESCRIPTION IN HEALTHY AND DISEASED PATIENTS.

ACSM'S HEALTH-RELATED PHYSICAL FITNESS ASSESSMENT MANUAL 2008 GREGORY BYRON DWYER FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM), THIS TEXT PROVIDES THE READER WITH THE INFORMATION NECESSARY TO DEVELOP SKILLS FOR ASSESSING AN INDIVIDUAL'S HEALTH-RELATED PHYSICAL FITNESS. IT PROVIDES A PRACTICAL "HOW-TO-DO-IT" APPROACH FOR PERFORMING ASSESSMENT SKILLS EFFECTIVELY, AND AN UNDERSTANDING OF THE THEORY BEHIND AND THE IMPORTANCE OF EACH

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SKILL OR ASSESSMENT. THIS EDITION HAS A NEW CHAPTER ON POSTURAL ANALYSIS AND BODY ALIGNMENT ASSESSMENTS, NEW PHOTOGRAPHS OF KEY ASSESSMENTS AND TECHNIQUES, AND UPDATED REFERENCES TO ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, SEVENTH EDITION.

ACSM'S RESOURCES FOR THE HEALTH FITNESS SPECIALIST 2013-03-07 AMERICAN COLLEGE OF SPORTS MEDICINE THIS VALUABLE NEW RESOURCE IS SPECIFICALLY DESIGNED FOR CANDIDATES FOR THE ACSM'S CERTIFIED HEALTH FITNESS SPECIALIST (HFS) AND THOSE PERSONAL TRAINERS WANTING TO TAKE THEIR KNOWLEDGE TO THE NEXT LEVEL. IT CONTAINS THE LATEST MATERIAL ON HEALTH AND FITNESS WRITTEN BY THE ENTITY SETTING THE STANDARD FOR SCIENTIFICALLY BASED PRACTICE, THE AMERICAN COLLEGE OF SPORTS MEDICINE. THE AMERICAN COLLEGE OF SPORTS MEDICINE IS THE LARGEST SPORTS MEDICINE AND EXERCISE SCIENCE ORGANIZATION IN THE WORLD. MORE THAN 45,000 MEMBERS ARE DEDICATED TO ADVANCING AND INTEGRATING SCIENTIFIC RESEARCH TO PROVIDE EDUCATIONAL AND PRACTICAL APPLICATIONS OF EXERCISE SCIENCE AND SPORTS MEDICINE.

ACSM'S EXERCISE FOR OLDER ADULTS 2014 WOJTEK J. CHODZKO-ZAJKO "ACSM'S EXERCISE FOR OLDER ADULTS IS A NEW BOOK DESIGNED TO HELP HEALTH AND FITNESS
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PROFESSIONALS GUIDE THEIR OLDER CLIENTS TO APPROPRIATE EXERCISE PROGRAMS"--PROVIDED BY PUBLISHER.

ACSM'S HEALTH/FITNESS FACILITY STANDARDS AND GUIDELINES 2012-02-14 AMERICAN COLLEGE OF SPORTS MEDICINE ACSM'S HEALTH/FITNESS FACILITY STANDARDS AND GUIDELINES, FOURTH EDITION, PRESENTS THE CURRENT STANDARDS AND GUIDELINES THAT HELP HEALTH AND FITNESS ESTABLISHMENTS PROVIDE HIGH-QUALITY SERVICE AND PROGRAM OFFERINGS IN A SAFE ENVIRONMENT. THIS TEXT IS BASED IN LARGE PART ON BOTH THE WORK THAT HAS BEGUN THROUGH THE NSF INTERNATIONAL INITIATIVE TO DEVELOP INDUSTRY STANDARDS TO SERVE AS THE FOUNDATION FOR A VOLUNTARY HEALTH AND FITNESS FACILITY CERTIFICATION PROCESS AND THE THIRD EDITION OF ACSM'S HEALTH/FITNESS FACILITY STANDARDS AND GUIDELINES. THE ACSM'S TEAM OF EXPERTS IN ACADEMIC, MEDICAL, AND HEALTH AND FITNESS FIELDS HAVE PUT TOGETHER AN AUTHORITATIVE GUIDE FOR FACILITY OPERATORS AND OWNERS. BY DETAILING THESE STANDARDS AND GUIDELINES AND PROVIDING SUPPLEMENTAL MATERIALS, ACSM'S HEALTH/FITNESS FACILITY STANDARDS AND GUIDELINES PROVIDES A BLUEPRINT FOR HEALTH AND FITNESS FACILITIES TO USE IN ELEVATING THE STANDARD OF CARE THEY PROVIDE THEIR MEMBERS AND USERS AS WELL AS ENHANCE THEIR EXERCISE EXPERIENCE. THE FOURTH
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EDITION INCLUDES NEW STANDARDS AND GUIDELINES FOR PRE-ACTIVITY SCREENING, ORIENTATION, EDUCATION, AND SUPERVISION; RISK MANAGEMENT AND EMERGENCY PROCEDURES; PROFESSIONAL STAFF AND INDEPENDENT CONTRACTORS; FACILITY DESIGN AND CONSTRUCTION; FACILITY EQUIPMENT; OPERATIONAL PRACTICES; AND SIGNAGE.

THIS EDITION INCLUDES THESE UPDATES:

- STANDARDS AND GUIDELINES ALIGNED WITH THE CURRENT VERSION OF THE PENDING NSF INTERNATIONAL HEALTH AND FITNESS FACILITY STANDARDS
- NEW GUIDELINES ADDRESSING INDIVIDUALS WITH SPECIAL NEEDS
- NEW STANDARDS AND GUIDELINES REGARDING AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs) FOR BOTH STAFFED AND UNSTAFFED FACILITIES
- REVISED STANDARDS AND GUIDELINES TO REFLECT CHANGING DIRECTIONS AND BUSINESS MODELS WITHIN THE INDUSTRY, INCLUDING 24/7 FITNESS FACILITIES, MEDICALLY INTEGRATED FACILITIES, AND DEMOGRAPHIC-SPECIFIC FACILITIES
- NEW STANDARDS AND GUIDELINES TO BETTER EQUIP FACILITIES THAT ARE DEALING WITH YOUTH TO ENSURE THE PROPER CARE OF THIS SEGMENT OF THE CLIENTELE WITH IMPROVED ORGANIZATION, NEW VISUAL FEATURES, AND ADDITIONAL APPENDIXES, THE FOURTH EDITION OFFERS A COMPREHENSIVE AND EASY-TO-USE REFERENCE OF HEALTH AND FITNESS FACILITY STANDARDS AND GUIDELINES. READERS CAN READILY APPLY THE INFORMATION AND SAVE TIME AND EXPENSE USING OVER 30

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TEMPLATES FOUND WITHIN THE APPENDIXES, INCLUDING QUESTIONNAIRES, INFORMED CONSENT FORMS, AND EVALUATION FORMS. APPENDIXES ALSO CONTAIN MORE THAN 30 SUPPLEMENTS, SUCH AS SAMPLE PREVENTIVE MAINTENANCE SCHEDULES, CHECKLISTS, AND COURT AND FACILITY DIMENSIONS. INCLUDED IN APPENDIX A IS BLUEPRINT FOR EXCELLENCE, WHICH ALLOWS READERS TO SEARCH EFFICIENTLY FOR SPECIFIC INFORMATION REGARDING THE STANDARDS AND GUIDELINES WITHIN THE BOOK. HEALTH AND FITNESS FACILITIES PROVIDE OPPORTUNITIES FOR INDIVIDUALS TO BECOME AND REMAIN PHYSICALLY ACTIVE. AS THE USE OF EXERCISE FOR HEALTH CARE PREVENTION AND PRESCRIPTION CONTINUES TO GAIN MOMENTUM, HEALTH AND FITNESS FACILITIES AND CLUBS WILL EMERGE AS AN INTEGRAL PART OF THE HEALTH CARE SYSTEM. THE FOURTH EDITION OF ACSM'S HEALTH/FITNESS FACILITY STANDARDS AND GUIDELINES WILL ASSIST HEALTH AND FITNESS FACILITY MANAGERS, OWNERS, AND STAFF IN KEEPING TO A STANDARD OF OPERATION, CLIENT CARE, AND SERVICE THAT WILL ASSIST MEMBERS AND USERS IN CARING FOR THEIR HEALTH THROUGH SAFE AND APPROPRIATE EXERCISE EXPERIENCES.

ACSM'S CLINICAL EXERCISE PHYSIOLOGY 2019-02-01 AMERICAN COLLEGE OF SPORTS MEDICINE ACSM'S CLINICAL EXERCISE PHYSIOLOGY ADAPTS AND EXPANDS

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UPON THE DISEASE-RELATED CONTENT FROM ACSM'S RESOURCE MANUAL FOR GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, 7TH EDITION, TO CREATE A TRUE CLASSROOM TEXTBOOK. THIS NEW RESOURCE OFFERS RESEARCH-BASED COVERAGE OF MORE THAN 35 CONDITIONS COMMONLY SEEN IN PRACTICE—FROM A HOST OF CARDIOVASCULAR DISORDERS TO IMMUNOLOGICAL/HEMATOLOGICAL DISORDERS. CONDITION CHAPTERS ARE ORGANIZED BY DISEASE TYPES AND THEN DIVIDED INTO SECTIONS THAT COVER SPECIFIC CONDITIONS FROM A PATHOLOGICAL AND ETIOLOGICAL PERSPECTIVE. TO PROVIDE A COMPLETE VIEW OF CLINICAL EXERCISE PHYSIOLOGY, THE BOOK ALSO COVERS IMPORTANT CONSIDERATIONS AND FOUNDATIONAL ELEMENTS, SUCH AS SCREENING, PHARMACOLOGY, AND ELECTROCARDIOGRAPHY. AS AN AMERICAN COLLEGE OF SPORTS MEDICINE PUBLICATION, THE TEXT OFFERS THE UNSURPASSED QUALITY AND EXCELLENCE THAT HAS BECOME SYNONYMOUS WITH TITLES BY THE LEADING EXERCISE SCIENCE ORGANIZATION IN THE WORLD.

ACSM'S FITNESS ASSESSMENT MANUAL 2021-05-18 AMERICAN COLLEGE OF SPORTS MEDICINE PUBLISHED BY THE AMERICAN COLLEGE OF SPORTS MEDICINE, ACSM'S FITNESS ASSESSMENT MANUAL BUILDS ON THE STANDARDS ESTABLISHED IN ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, 7TH EDITION. WITH A
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FOCUS ON ASSESSMENT, THIS NEW 6TH EDITION IS ORGANIZED BY COMPONENT OF FITNESS: BODY COMPOSITION, CARDIORESPIRATORY FITNESS, MUSCULAR FITNESS, FLEXIBILITY; AND BY TYPE OF TESTING: MAXIMAL AND SUBMAXIMAL EXERCISE TESTING, ECG, AND METABOLIC CALCULATIONS. UPDATED COVERAGE THROUGHOUT IN A USER-FRIENDLY FORMAT, MAKES THIS AN ESSENTIAL RESOURCE FOR THOSE STUDYING TO ENTER THE FITNESS AND REHABILITATION FIELDS, AS WELL AS THOSE ALREADY WORKING WHO NEED TO ALIGN THEIR PRACTICE TO INDUSTRY STANDARDS.

ACSM'S COMPLETE GUIDE TO FITNESS & HEALTH 2017-02-09 AMERICAN COLLEGE OF SPORTS MEDICINE HERE IS THE ULTIMATE RESOURCE FOR MAXIMIZING YOUR EXERCISE AND NUTRITION EFFORTS. IN THIS NEW EDITION OF ACSM'S COMPLETE GUIDE TO FITNESS & HEALTH, YOU HAVE AN AUTHORITATIVE REFERENCE THAT ALLOWS YOU TO APPLY RESEARCH-BASED GUIDANCE TO YOUR UNIQUE HEALTH AND FITNESS NEEDS. WITH A FOCUS ACROSS THE LIFE SPAN, THIS RESOURCE SHOWS YOU HOW TO PURSUE OPTIMAL HEALTH AND FITNESS NOW AND THROUGHOUT THE YEARS TO COME. THE AMERICAN COLLEGE OF SPORTS MEDICINE, THE LARGEST AND MOST RESPECTED SPORT SCIENCE AND MEDICINE ORGANIZATION IN THE WORLD, HAS CREATED THIS BOOK TO BRIDGE THE GAP BETWEEN SCIENCE AND THE PRACTICE OF MAKING PERSONAL

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LIFESTYLE CHOICES THAT PROMOTE HEALTH. THIS NEW EDITION CONTAINS AGE-SPECIFIC ADVICE WITHIN THE FRAMEWORK OF THE LATEST RESEARCH, THUS HELPING YOU TO AVOID THE LURE OF FADS, UNFOUNDED MYTHS, AND MISINFORMATION. YOU WILL LEARN THESE STRATEGIES: • INCORPORATE THE LATEST GUIDELINES FOR PHYSICAL ACTIVITY AND NUTRITION INTO YOUR DAILY ROUTINE TO IMPROVE YOUR FITNESS AND OVERALL HEALTH. • OPTIMIZE YOUR WEIGHT AND INCREASE STRENGTH, FLEXIBILITY, AEROBIC FITNESS, AND FUNCTIONAL FITNESS. • IMPROVE HEALTH AND MANAGE CONDITIONS SUCH AS DIABETES, CARDIOVASCULAR DISEASE, CANCER, DEPRESSION, OSTEOPOROSIS, ARTHRITIS, PREGNANCY, AND ALZHEIMER'S DISEASE THROUGH EXERCISE AND NUTRITION. • MONITOR, EVALUATE, AND TAILOR YOUR EXERCISE PROGRAM FOR OPTIMAL RESULTS. FEATURING STEP-BY-STEP INSTRUCTIONS AND FULL-COLOR PHOTOS FOR THE MOST EFFECTIVE EXERCISES, SAMPLE WORKOUTS, PRACTICAL ADVICE, AGE-SPECIFIC PHYSICAL ACTIVITY AND DIETARY GUIDELINES, AND STRATEGIES FOR INCORPORATING EXERCISE AND HEALTHY NUTRITION CHOICES INTO EVEN THE BUSIEST OF LIFESTYLES, ACSM'S COMPLETE GUIDE TO FITNESS & HEALTH IS A RESOURCE THAT BELONGS IN EVERY FITNESS ENTHUSIAST'S LIBRARY.

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PERSONAL TRAINER 2013-03-22
AMERICAN COLLEGE OF SPORTS
MEDICINE ACSM'S RESOURCES FOR THE
PERSONAL TRAINER PROVIDES A BROAD
INTRODUCTION TO THE FIELD OF
PERSONAL TRAINING, COVERING BOTH
BASIC SCIENCE TOPICS AND PRACTICAL
APPLICATION. IT WAS ORIGINALLY
DESIGNED TO HELP PEOPLE PREPARE FOR
THE ACSM PERSONAL TRAINING
CERTIFICATION EXAM. IT CONTINUES TO
SERVE THAT FUNCTION, BUT THE
MARKET FOR IT HAS EXPANDED TO
PRACTITIONERS IN THE FIELD LOOKING
FOR AN ADDITIONAL RESOURCE, AS
WELL AS IN AN ACADEMIC SETTING
WHERE THE BOOK IS A CORE TEXT FOR
PERSONAL TRAINING PROGRAMS.

ACSM'S EXERCISE MANAGEMENT FOR
PERSONS WITH CHRONIC DISEASES AND
DISABILITIES 1997 AMERICAN
COLLEGE OF SPORTS MEDICINE A GUIDE
OFFERING PRACTICAL AND THEORETICAL
EXERCISE PROGRAMMING INFORMATION
FOR DEVELOPMENT WITH SPECIAL NEEDS
INDIVIDUALS. THE CONTRIBUTORS
OUTLINE 40 DIFFERENT CONDITIONS IN
THE AREAS OF CARDIOVASCULAR AND
PULMONARY DISEASES, METABOLIC
DISEASES,
IMMUNOLOGICAL/HEMATOLOGICAL
DISORDERS, ORTHOPEDIC DI

ACSM'S FOUNDATIONS OF STRENGTH
TRAINING AND CONDITIONING
2021-03-15 NICHOLAS RATAMESS
DEVELOPED BY THE AMERICAN COLLEGE
OF SPORTS MEDICINE (ACSM)
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TRAINING AND CONDITIONING OFFERS A COMPREHENSIVE INTRODUCTION TO THE BASICS OF STRENGTH TRAINING AND CONDITIONING. THIS UPDATED 2ND EDITION FOCUSES ON PRACTICAL APPLICATIONS, EMPOWERING STUDENTS AND PRACTITIONERS TO DEVELOP, IMPLEMENT, AND ASSESS THE RESULTS OF TRAINING PROGRAMS THAT ARE DESIGNED TO OPTIMIZE STRENGTH, POWER, AND ATHLETIC PERFORMANCE. CLEAR, STRAIGHTFORWARD WRITING HELPS STUDENTS MASTER NEW CONCEPTS WITH EASE, AND ENGAGING LEARNING FEATURES THROUGHOUT THE TEXT PROVIDE THE UNDERSTANDING AND CONFIDENCE TO APPLY LESSONS TO CLINICAL PRACTICE.

ACSM'S EXERCISE TESTING AND PRESCRIPTION 2017-12-26
AMERICAN COLLEGE OF SPORTS MEDICINE ACSM'S EXERCISE TESTING AND PRESCRIPTION ADAPTS AND EXPANDS UPON THE ASSESSMENT AND EXERCISE PRESCRIPTION-RELATED CONTENT FROM ACSM'S RESOURCE MANUAL FOR GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, 7TH EDITION, TO CREATE A TRUE CLASSROOM RESOURCE. FULLY ALIGNED WITH THE LATEST EDITION OF ACSM'S FLAGSHIP TITLE, ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION, THIS PRACTICAL RESOURCE WALKS STUDENTS THROUGH THE PROCESS OF SELECTING AND ADMINISTERING FITNESS ASSESSMENTS, USING GUIDELINES TO INTERPRET RESULTS, AND DRAFTING AN EXERCISE
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PRESCRIPTION THAT IS IN LINE WITH GUIDELINES PARAMETERS. DESIGNED FOR TODAY'S LEARNERS, THE TEXT IS WRITTEN IN A CLEAR, CONCISE STYLE, AND ENRICHED BY VISUALS THAT PROMOTE STUDENT ENGAGEMENT. AS AN AMERICAN COLLEGE OF SPORTS MEDICINE PUBLICATION, THE BOOK OFFERS THE UNSURPASSED QUALITY AND EXCELLENCE THAT HAS BECOME SYNONYMOUS WITH TITLES BY THE LEADING EXERCISE SCIENCE ORGANIZATION IN THE WORLD.

ACSM'S BEHAVIORAL ASPECTS OF PHYSICAL ACTIVITY AND EXERCISE 2013-08-20 AMERICAN COLLEGE OF SPORTS MEDICINE BASED ON THE LATEST SCIENTIFIC RESEARCH FINDINGS, ACSM'S BEHAVIORAL ASPECTS OF PHYSICAL ACTIVITY AND EXERCISE LAYS THE THEORETICAL FOUNDATION OF BEHAVIOR CHANGE AND THEN PROVIDES SPECIFIC STRATEGIES, TOOLS, AND METHODS TO MOTIVATE AND INSPIRE CLIENTS TO BE ACTIVE, EXERCISE, AND STAY HEALTHY. DEVELOPED BY THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) AND WRITTEN BY A TEAM OF LEADING EXPERTS IN EXERCISE SCIENCE AND MOTIVATION, THIS HIGHLY PRACTICAL BOOK PROVIDES STEP-BY-STEP INSTRUCTIONS TO HELP FITNESS/HEALTH PROFESSIONALS AND STUDENTS MASTER MOTIVATION TECHNIQUES THAT HAVE PROVEN SUCCESSFUL IN HELPING CLIENTS ADHERE TO AN EXERCISE PROGRAM.

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ACSM'S RESOURCE MANUAL FOR GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION 2012-12-26 DAVID P. SWAIN ACSM'S RESOURCE MANUAL FOR GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION WAS CREATED AS A COMPLEMENT TO ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION AND ELABORATES ON ALL MAJOR ASPECTS OF PREVENTATIVE REHABILITATION AND FITNESS PROGRAMS AND THE MAJOR POSITION STANDS OF THE ACSM. THE 7TH EDITION PROVIDES INFORMATION NECESSARY TO ADDRESS THE KNOWLEDGE, SKILLS, AND ABILITIES SET FORTH IN THE NEW EDITION OF GUIDELINES, AND EXPLAINS THE SCIENCE BEHIND THE EXERCISE TESTING AND PRESCRIPTION. ACSM'S RESOURCE MANUAL IS A COMPREHENSIVE RESOURCE FOR THOSE WORKING IN THE FITNESS AND CLINICAL EXERCISE FIELDS, AS WELL AS THOSE IN ACADEMIC TRAINING.

ACSM'S GUIDE TO EXERCISE AND CANCER SURVIVORSHIP 2012-02-14 AMERICAN COLLEGE OF SPORTS MEDICINE ACSM'S GUIDE TO EXERCISE AND CANCER SURVIVORSHIP PRESENTS THE SCIENCE BEHIND THE BENEFITS OF EXERCISE FOR CANCER SURVIVAL AND SURVIVORSHIP AS WELL AS THE APPLICATION OF THAT SCIENCE TO THE DESIGN OR ADAPTATION OF EXERCISE PROGRAMS FOR CANCER PATIENTS AND SURVIVORS. DEVELOPED BY THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM), THIS AUTHORITY REFERENCE OFFERS THE

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MOST CURRENT INFORMATION FOR HEALTH AND FITNESS PROFESSIONALS WORKING WITH SURVIVORS OF MANY TYPES OF CANCERS. DR. MELINDA L. IRWIN HAS ASSEMBLED A TEAM OF THE MOST RESPECTED EXPERTS IN THE FIELD OF EXERCISE AND CANCER SURVIVORSHIP. WITH AN EMPHASIS ON PRACTICAL APPLICATION, THE TEXT DISCUSSES THE FOLLOWING: • INCIDENCE AND PREVALENCE OF THE MOST COMMON CANCERS • COMMON CANCER TREATMENTS AND SIDE EFFECTS • BENEFITS OF EXERCISE AFTER A DIAGNOSIS OF CANCER • EXERCISE TESTING, PRESCRIPTION, AND PROGRAMMING • NUTRITION AND WEIGHT MANAGEMENT • COUNSELING FOR HEALTH BEHAVIOR CHANGE • INJURY PREVENTION • PROGRAM ADMINISTRATION THIS GUIDE PRESENTS EVIDENCE-BASED INFORMATION TO ASSIST HEALTH, FITNESS, AND MEDICAL PROFESSIONALS IN USING EXERCISE TO HELP CANCER SURVIVORS WITH RECOVERY, REHABILITATION, AND REDUCING THE RISK OF RECURRENCE. THROUGHOUT THE TEXT, READERS WILL FIND QUICK-REFERENCE TAKE-HOME MESSAGES THAT HIGHLIGHT KEY INFORMATION AND HOW IT CAN BE APPLIED IN PRACTICE. CHAPTERS ALSO INCLUDE REPRODUCIBLE FORMS AND QUESTIONNAIRES TO FACILITATE THE IMPLEMENTATION OF AN EXERCISE PROGRAM WITH A NEW CLIENT OR PATIENT, SUCH AS PHYSICIAN'S PERMISSION FORMS, MEDICAL AND CANCER TREATMENT HISTORY FORMS, WEEKLY LOGS OF EXERCISE AND ENERGY

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LEVELS, MEDICATION LISTINGS, AND NUTRITION AND GOAL-SETTING QUESTIONNAIRES. IN ADDITION, ACSM'S GUIDE TO EXERCISE AND CANCER SURVIVORSHIP DISCUSSES ALL OF THE JOB TASK ANALYSIS POINTS TESTED IN THE ACSM/ACS CERTIFIED CANCER EXERCISE TRAINER (CET) EXAM, MAKING THIS THE MOST COMPLETE RESOURCE AVAILABLE FOR HEALTH AND FITNESS PROFESSIONALS STUDYING TO ATTAIN CET CERTIFICATION. EACH CHAPTER BEGINS WITH A LIST OF THE CET EXAM POINTS DISCUSSED IN THAT CHAPTER. A COMPLETE LISTING IS ALSO INCLUDED IN THE APPENDIX. AS BOTH AN ESSENTIAL PREPARATION TEXT FOR CERTIFICATION AND A PRACTICAL REFERENCE, ACSM'S GUIDE TO EXERCISE AND CANCER SURVIVORSHIP WILL INCREASE HEALTH AND FITNESS PROFESSIONALS' KNOWLEDGE OF THE BENEFITS OF EXERCISE AFTER A CANCER DIAGNOSIS AS WELL AS THE SPECIFICS OF DEVELOPING AND ADAPTING EXERCISE PROGRAMS TO MEET THE UNIQUE NEEDS OF CANCER SURVIVORS. EVIDENCE HAS SHOWN THAT PHYSICAL ACTIVITY HAS NUMEROUS HEALTH BENEFITS FOR CANCER PATIENTS AND SURVIVORS. MORE CLINICIANS AND ONCOLOGISTS ARE RECOMMENDING EXERCISE AS A STRATEGY FOR REDUCING THE SIDE EFFECTS OF TREATMENT, SPEEDING RECOVERY, AND IMPROVING OVERALL QUALITY OF LIFE. IN TURN, CANCER SURVIVORS ARE SEEKING HEALTH AND FITNESS PROFESSIONALS WITH KNOWLEDGE AND EXPERIENCE TO HELP

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THEM LEARN HOW TO EXERCISE SAFELY WITHIN THEIR CAPABILITIES. WITH ACSM'S GUIDE TO EXERCISE AND CANCER SURVIVORSHIP, HEALTH AND FITNESS PROFESSIONALS CAN PROVIDE SAFE EXERCISE PROGRAMS TO HELP CANCER SURVIVORS IMPROVE THEIR HEALTH, TAKE PROACTIVE STEPS TOWARD PREVENTING RECURRENCES, AND ENHANCE THEIR QUALITY OF LIFE.

ACSM'S EXERCISE IS MEDICINE 2009 STEVEN JONAS EXERCISE IS MEDICINE(TM) IS AN AMERICAN COLLEGE OF SPORTS MEDICINE INITIATIVE TO "MAKE PHYSICAL ACTIVITY AND EXERCISE A STANDARD PART OF A DISEASE PREVENTION AND TREATMENT MEDICAL PARADIGM." THIS BOOK WILL TEACH PRACTITIONERS HOW TO MOTIVATE AND INSTRUCT PATIENTS ON THE IMPORTANCE OF EXERCISE AND HOW TO DESIGN PRACTICAL EXERCISE PROGRAMS FOR PATIENTS OF ALL AGES AND FITNESS LEVELS, AS WELL AS THOSE WITH SPECIAL CONDITIONS SUCH AS PREGNANCY, OBESITY, AND CANCER. COVERAGE INCLUDES IN-DEPTH DISCUSSIONS OF BOTH THE LIFESTYLE EXERCISE APPROACH TO EXERCISING REGULARLY AND THE STRUCTURED EXERCISE APPROACH.

ACSM'S ADVANCED EXERCISE PHYSIOLOGY 2006 CHARLES M. TIPTON WRITTEN BY INTERNATIONAL EXPERTS IN PHYSIOLOGY, EXERCISE PHYSIOLOGY, AND RESEARCH, ACSM'S ADVANCED EXERCISE PHYSIOLOGY

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OF UNDERSTANDING OF EXERCISE PHYSIOLOGY. IT EMPHASIZES THE ACUTE AND CHRONIC EFFECTS OF EXERCISE ON VARIOUS PHYSIOLOGICAL SYSTEMS IN ADULTS AND THE INTEGRATIVE NATURE OF THESE PHYSIOLOGICAL RESPONSES. CHAPTERS DETAIL HOW DIFFERENT BODY SYSTEMS RESPOND TO EXERCISE.

SYSTEMS INCLUDE NERVOUS, SKELETAL, MUSCULAR, RESPIRATORY, CARDIOVASCULAR, GASTROINTESTINAL, METABOLIC, ENDOCRINE, IMMUNE, RENAL, AND HEMATOPOIETIC SYSTEMS.

ADDITIONAL CHAPTERS EXPLAIN HOW THESE RESPONSES ARE ALTERED BY HEAT, COLD, HYPOXIA, MICROGRAVITY, BED REST, AND HYPERBARIA.

MILESTONES OF DISCOVERY PAGES

DESCRIBE CLASSIC OR MEMORABLE EXPERIMENTS IN EXERCISE PHYSIOLOGY.

ACSM'S RESOURCES FOR THE EXERCISE PHYSIOLOGIST 2021-07-12

BENJAMIN GORDON AN ESSENTIAL PREPARATION BOOK FOR THE ACSM CERTIFIED EXERCISE PHYSIOLOGIST EXAMINATION, ACSM'S RESOURCES FOR THE EXERCISE PHYSIOLOGIST, 3RD EDITION, IS AN ESSENTIAL VOLUME FOR CERTIFICATION CANDIDATES AND PRACTICING EXERCISE PHYSIOLOGISTS LOOKING TO BOOST THEIR EXAM CONFIDENCE AND ACHIEVE SUCCESS IN PRACTICE. THIS UPDATED EDITION IS FULLY ALIGNED WITH THE ELEVENTH EDITION OF ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION AND REFLECTS THE MOST CURRENT STANDARDS AND PRACTICES IN EXERCISE PHYSIOLOGY. PUBLISHED BY THE

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AMERICAN COLLEGE OF SPORTS MEDICINE, THIS PRACTICAL RESOURCE IS ORGANIZED AROUND THE SCOPE OF ACSM-EP PRACTICE DOMAINS. A CLEAR INTRODUCTION TO UNDERSTANDING EXERCISE, PHYSICAL ACTIVITY, AND PRE-EXERCISE SCREENING OPENS THE BOOK, FOLLOWED BY THOROUGH COVERAGE OF ASSESSMENT AND PROGRAMMING FOR HEALTHY POPULATIONS, ASSESSMENT AND PROGRAMMING FOR SPECIAL POPULATIONS, COUNSELING AND BEHAVIORAL STRATEGIES FOR ENCOURAGING EXERCISES, AND LEGAL, MANAGEMENT AND PROFESSIONAL ISSUES RELEVANT TO PRACTICE.

ACSM'S COMPLETE GUIDE TO FITNESS & HEALTH 2017 AMERICAN COLLEGE OF SPORTS MEDICINE AMERICAN COLLEGE OF SPORTS MEDICINE "ACSM'S COMPLETE GUIDE TO FITNESS & HEALTH, SECOND EDITION, MERGES RESEARCH-BASED, SCIENTIFIC INFORMATION WITH PRACTICAL AND ADAPTABLE PLANS THAT YOU CAN USE. THE BOOK PROVIDES THE READER WITH SIMPLE WAYS TO ASSESS THEMSELVES, AND THEN, USING INSIGHTS GAINED, ENHANCE THEIR EXERCISE PROGRAMS AND MAKE OPTIMAL NUTRITION DECISIONS THAT FIT WITH THEIR PERSONAL GOALS"--

ACSM'S CAREER AND BUSINESS GUIDE FOR THE FITNESS PROFESSIONAL 2013 NEAL PIRE ACSM'S CAREER AND BUSINESS GUIDE FOR THE FITNESS PROFESSIONAL COVERS THE PRACTICAL

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ASPECTS OF RUNNING A SUCCESSFUL FITNESS BUSINESS AND HAVING A SUCCESSFUL FITNESS CAREER. FITNESS PROFESSIONALS WILL HAVE THE INFORMATION THEY NEED TO START PLANNING THEIR OWN BUSINESS AND MAKE WISE CAREER CHOICES. THE BOOK IS DESIGNED TO BE VERY PRACTICAL AND PROVIDES FORMS AND SUCCINCT HOW-TO INSTRUCTIONS FOR SUCCESSFUL BUSINESS PLANNING.

FITNESS PROFESSIONAL'S HANDBOOK 2022-06-02 EDWARD T. HOWLEY
FITNESS PROFESSIONAL'S HANDBOOK, SEVENTH EDITION WITH HKPROPEL ACCESS, PROVIDES CURRENT AND FUTURE FITNESS PROFESSIONALS WITH THE KNOWLEDGE TO SCREEN PARTICIPANTS, CONDUCT STANDARDIZED FITNESS TESTS, EVALUATE THE MAJOR COMPONENTS OF FITNESS, AND PRESCRIBE APPROPRIATE EXERCISE. THE TEXT USES THE LATEST STANDARDS, GUIDELINES, AND RESEARCH FROM AUTHORITIES IN THE FIELD TO PREPARE READERS FOR CERTIFICATION AND ARM THEM WITH THE KNOWLEDGE TO WORK WITH A VARIETY OF CLIENTS AND POPULATIONS. THIS FULL-COLOR TEXT INCORPORATES INFORMATION FROM THE 10TH EDITION OF ACSM'S GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION AND THE PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS EXERCISE AND PHYSICAL ACTIVITY RECOMMENDATIONS FOR ADULTS, OLDER ADULTS, CHILDREN, AND THOSE WITH SPECIAL NEEDS. THE TEXT EMBRACES THE IMPORTANCE OF COMMUNICATION

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BETWEEN ALLIED HEALTH AND MEDICAL PROFESSIONALS WITH THOSE IN THE FITNESS ARENA TO PROVIDE READERS WITH A FOUNDATION FOR PRESCRIBING EXERCISE AND DELIVERING NEED- AND GOAL-SPECIFIC PHYSICAL ACTIVITY AND FITNESS PROGRAMS. EVERY CHAPTER HAS BEEN UPDATED, ALLOWING READERS TO EXPLORE THE NEWEST THEORIES AND RESEARCH FINDINGS AND APPLY THEM TO REAL-WORLD SITUATIONS. THE FOLLOWING ARE AMONG THE MOST SIGNIFICANT CHANGES TO THE SEVENTH EDITION: RELATED ONLINE CONTENT DELIVERED VIA HKPROPEL THAT INCLUDES AN ONLINE VIDEO LIBRARY CONTAINING 24 VIDEO CLIPS TO HELP READERS BETTER APPLY KEY TECHNIQUES COVERED IN THE BOOK, AS WELL AS FILLABLE FORMS THAT STUDENTS CAN USE BEYOND THE CLASSROOM A NEW CHAPTER, "TRAINING FOR PERFORMANCE," HELPS PROFESSIONALS EXPAND THEIR PRACTICE TO WORK WITH RECREATIONAL ATHLETES WHO HAVE PERFORMANCE-RELATED GOALS NEW INFORMATION, INCLUDING THE CONSEQUENCES OF EXERCISE-INDUCED MUSCLE DAMAGE (RHABDOMYOLYSIS), DEVICES USED TO TRACK PHYSICAL ACTIVITY AND ESTIMATE ENERGY EXPENDITURE (E.G., ACCELEROMETERS), RELATIVE FLEXIBILITY AND THE ROLE OF LUMBOPELVIC RHYTHM IN BACK FUNCTION, THE IMPORTANCE OF PROGRESSION IN AN EXERCISE PRESCRIPTION, AND THE PROFESSIONAL STANDARD OF CARE ASSOCIATED WITH HIIT PROGRAMS REFLECTS RECENT

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TOPICS OF INTEREST AND RESEARCH
UPDATED STATISTICS ON CVD AND
CHD FROM THE AMERICAN HEART
ASSOCIATION, ADULT AND CHILDHOOD
OBESITY, AND THE PREVALENCE OF
COPD, ASTHMA, BRONCHITIS, AND
EMPHYSEMA ENSURE ACCURATE
REPRESENTATION OF DATA WITH A
COMPREHENSIVE AND PRACTICAL
APPROACH, THIS TEXT ENABLES
READERS TO HELP INDIVIDUALS,
COMMUNITIES, AND GROUPS GAIN THE
BENEFITS OF REGULAR PHYSICAL
ACTIVITY IN A POSITIVE AND SAFE
ENVIRONMENT. IT PROVIDES
BACKGROUND TO THE FIELD, SCIENTIFIC
FUNDAMENTALS, AND UP-TO-DATE
RECOMMENDATIONS TO HELP READERS
BETTER UNDERSTAND THE ROLE OF
PHYSICAL ACTIVITY IN THE QUALITY OF
LIFE AND GUIDELINES FOR SCREENING,
TESTING, SUPERVISING, AND MODIFYING
ACTIVITY FOR VARIOUS POPULATIONS.
NOTE: A CODE FOR ACCESSING
HKPROPEL IS NOT INCLUDED WITH THIS
EBOOK BUT MAY BE PURCHASED
SEPARATELY.

FOUNDATIONS OF PHYSICAL ACTIVITY
AND PUBLIC HEALTH 2012-03-05
HAROLD W. KOHL FOUNDATIONS OF
PHYSICAL ACTIVITY AND PUBLIC
HEALTH IS THE FIRST TEXTBOOK TO
CLEARLY DEFINE THE INTERSECTION OF
KINESIOLOGY AND PUBLIC HEALTH.
AUTHORS KOHL AND MURRAY, BOTH
LEADERS IN THE FIELD, OFFER A SOLID
INTRODUCTION TO THE CONCEPTS OF
PUBLIC HEALTH AND KINESIOLOGY, THE
TECHNIQUES USED TO MEASURE

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PHYSICAL ACTIVITY, AND THE HEALTH
EFFECTS OF EXERCISE AND PHYSICAL
ACTIVITY. THE SCIENTIFIC FINDINGS AND
APPLICATIONS THAT LED TO THE
EMERGENCE OF THE FIELD OF PHYSICAL
ACTIVITY AND PUBLIC HEALTH ARE
ALSO EXAMINED. STUDENTS WILL COME
AWAY WITH A GREATER
UNDERSTANDING OF HOW EXPERTS FROM
BOTH FIELDS CAN WORK TOGETHER TO
ADVANCE THE USE OF PHYSICAL
ACTIVITY FOR THE PREVENTION AND
TREATMENT OF CHRONIC DISEASE AND
OTHER HEALTH ISSUES. FOUNDATIONS
OF PHYSICAL ACTIVITY AND PUBLIC
HEALTH DESCRIBES HOW PHYSICAL
ACTIVITY IMPROVES HEALTH, INCLUDING
CARDIORESPIRATORY AND METABOLIC
DISEASES, OVERWEIGHT AND OBESITY,
MUSCULOSKELETAL DISORDERS,
CANCERS, AND MENTAL HEALTH. DATA
ON THE PREVALENCE AND ECONOMIC
COSTS ARE PRESENTED TO
DEMONSTRATE THE SCOPE OF THE
HEALTH ISSUES AND THE IMPORTANCE
OF ADDRESSING THEM. INFORMATION ON
COMMON TESTING METHODS, EVIDENCE
ON THE BENEFITS OF PHYSICAL
ACTIVITY, AND RECOMMENDATIONS FOR
PHYSICAL ACTIVITY WILL GIVE READERS
THE BACKGROUND KNOWLEDGE FOR
PROMOTING PHYSICAL ACTIVITY AS A
MEANS OF IMPROVING HEALTH. THE
HEALTH RISKS ASSOCIATED WITH
PHYSICAL ACTIVITY ARE ALSO
DISCUSSED. INFORMATION ON THE
PREVALENCE OF PROBLEMS, THE
ADAPTIVE PROCESSES THAT CAN HELP
PREVENT INJURY, AND MINIMIZING RISKS
WILL PREPARE STUDENTS TO CONSIDER

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AND ADDRESS SAFETY CONCERNS. THE TEXT EXAMINES EVIDENCE-BASED STRATEGIES FOR INCREASING PHYSICAL ACTIVITY IN INDIVIDUALS AND POPULATIONS USING THREE GENERAL APPROACHES: INFORMATIONAL, BEHAVIORAL AND SOCIAL, AND ENVIRONMENTAL AND POLICY. EXAMPLES OF SUCCESSFUL PROGRAMS FROM VARIOUS SETTINGS, INCLUDING COMMUNITY-WIDE AND SCHOOL-BASED INTERVENTIONS, HELP STUDENTS UNDERSTAND HOW TO APPLY THE THEORY TO PRACTICE. STUDENTS ALSO LEARN THE CONCEPTS OF EVALUATION OF PHYSICAL ACTIVITY PROGRAMS AS WELL AS LOGIC MODELS, EVALUATION DESIGNS, DATA COLLECTION, AND ANALYSIS. IN ADDITION, BUILDING EFFECTIVE PARTNERSHIPS FOR PHYSICAL ACTIVITY PROGRAMS IS DISCUSSED ALONGSIDE REAL-WORLD INITIATIVES SUCH AS THE STATE PLAN ACTIVE TEXAS 2020, THE U.S. NATIONAL PHYSICAL ACTIVITY PLAN, AND THE TORONTO CHARTER FOR PHYSICAL ACTIVITY. STRATEGIES AND MODELS FOR PHYSICAL ACTIVITY ADVOCACY ARE ALSO ADDRESSED. THE TEXT FEATURES A WEALTH OF PEDAGOGICAL AIDS THAT WILL ENHANCE STUDENTS' LEARNING EXPERIENCE. CHAPTER-OPENING SUMMARIES AND QUESTION LISTS DETAIL KEY CONCEPTS TO FOCUS ON, CASE STUDIES AND CALLOUT BOXES PROVIDE REAL-WORLD EXAMPLES THAT TIE THEORY TO PRACTICE, AND KEY LEADER PROFILE SIDEBARS ALLOW STUDENTS TO EXPLORE CAREER OPTIONS WHILE LEARNING MORE ABOUT

INDIVIDUALS WHO HAVE HAD A MAJOR IMPACT ON THIS EMERGING FIELD. EACH CHAPTER ENDS WITH A REVIEW OF THE MOST IMPORTANT IDEAS COVERED, KEY TERMS, AND STUDY QUESTIONS THAT WILL HELP STUDENTS TEST THEIR RECALL AND DEVELOP THEIR UNDERSTANDING OF THE MATERIAL. FULL BIBLIOGRAPHIES ARE PROVIDED AS WELL AS VALUABLE ONLINE RESOURCE LISTS IN THE E-MEDIA SECTIONS. FOR INSTRUCTORS, ANCILLARIES ARE AVAILABLE TO ASSIST IN TEACHING THEIR COURSES. FOUNDATIONS OF PHYSICAL ACTIVITY AND PUBLIC HEALTH IS ALSO AN ASSET TO NEW PROFESSIONALS AS WELL AS THOSE PREPARING FOR THE ACSM/NPAS PHYSICAL ACTIVITY IN PUBLIC HEALTH SPECIALIST CERTIFICATION EXAM. THE TEXT ADDRESSES THE CORE COMPETENCIES PUT FORTH BY NPAS—INCLUDING PARTNERSHIP DEVELOPMENT, PLANNING AND EVALUATION, DEVELOPMENT OF EFFECTIVE INTERVENTIONS, AND EVALUATION OF SCIENTIFIC DATA—AND IS CROSS-REFERENCED AT THE END OF EACH CHAPTER FOR EASY REVIEW. AS THE EMPHASIS ON PHYSICAL ACTIVITY AS A TOOL FOR IMPROVING PUBLIC HEALTH GROWS, THE EXPERTISE OF PROFESSIONALS WITH THE COMBINED KNOWLEDGE AND SKILLS FROM BOTH THE PUBLIC HEALTH SCIENCE AND EXERCISE SCIENCE FIELDS WILL BE HIGHLY SOUGHT. FOUNDATIONS OF PHYSICAL ACTIVITY AND PUBLIC HEALTH WILL HELP STUDENTS OBTAIN AN OVERVIEW OF THE KINESIOLOGY AND PUBLIC

HEALTH AREAS, UNDERSTAND PHYSICAL ACTIVITY APPLICATIONS FOR PUBLIC HEALTH, LEARN ABOUT CAREER OPTIONS, AND INSPIRE THEM TO CHOOSE A CAREER IN THE EMERGING FIELD OF PHYSICAL ACTIVITY AND PUBLIC HEALTH.

ACSM'S FOUNDATIONS OF STRENGTH TRAINING AND CONDITIONING 2021-04 DAN BENARDOT DEVELOPED BY THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM), ACSM'S FOUNDATIONS OF STRENGTH TRAINING AND CONDITIONING, SECOND EDITION OFFERS A COMPREHENSIVE INTRODUCTION TO THE BASICS OF STRENGTH TRAINING AND CONDITIONING ESSENTIAL TO DEVELOP, IMPLEMENT, AND ASSESS TRAINING PROGRAMS. THIS TEXT FOCUSES ON PRACTICAL APPLICATIONS, EMPOWERING STUDENTS AND PRACTITIONERS TO DEVELOP, IMPLEMENT, AND ASSESS THE RESULTS OF TRAINING PROGRAMS THAT ARE DESIGNED TO OPTIMIZE STRENGTH, POWER, AND ATHLETIC PERFORMANCE. CLEAR, STRAIGHTFORWARD WRITING HELPS STUDENTS MASTER NEW CONCEPTS WITH EASE, AND ENGAGING LEARNING FEATURES THROUGHOUT THE TEXT PROVIDE THE UNDERSTANDING AND CONFIDENCE TO APPLY LESSONS TO CLINICAL PRACTICE. MYTHS AND MISCONCEPTIONS BOXES DEBUNK POPULAR MYTHS AND CLARIFY WIDESPREAD MISCONCEPTIONS ABOUT STRENGTH AND CONDITIONING. INTERPRETING RESEARCH BOXES DRAW ATTENTION TO IMPORTANT RESEARCH

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FINDINGS AND EXPLAIN THEIR APPLICATION TO STRENGTH AND CONDITIONING PRACTICE. CASE STUDIES THROUGHOUT THE CHAPTERS CHALLENGE YOU TO EVALUATE REAL-WORLD SCENARIOS AND DEVISE EFFECTIVE SOLUTIONS. EXERCISE BOXES PROVIDE STEP-BY-STEP INSTRUCTIONS FOR VARIOUS EXERCISES, AS WELL AS CAUTION! ALERTS THAT HIGHLIGHT IMPORTANT SAFETY CONSIDERATIONS. SIDEBARS HIGHLIGHT TOPICAL POINTS AT A GLANCE. REVIEW QUESTIONS AT THE END OF EACH CHAPTER TEST YOUR KNOWLEDGE AND CHALLENGE YOU TO APPLY WHAT YOU'VE LEARNED. eBook AVAILABLE FOR PURCHASE. FAST, SMART, AND CONVENIENT, TODAY'S eBooks CAN TRANSFORM LEARNING. THESE INTERACTIVE, FULLY SEARCHABLE TOOLS OFFER 24/7 ACCESS ON MULTIPLE DEVICES, THE ABILITY TO HIGHLIGHT AND SHARE NOTES, AND MORE.

ACSM/NCHPAD RESOURCES FOR THE INCLUSIVE FITNESS TRAINER 2013-05-01 CARY WING YOU CAN EMPOWER THOSE WHO ARE CHALLENGED BY PHYSICAL, SENSORY OR COGNITIVE DISABILITIES. THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) IN COLLABORATION WITH THE NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY (NCHPAD) HAS DEVELOPED A SPECIALTY CERTIFICATION FOR FITNESS PROFESSIONALS. BECOME AN ACSM/NCHPAD CERTIFIED INCLUSIVE FITNESS TRAINER AND GIVE CLIENTS

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THE KNOWLEDGE AND SUPPORT TO LEAD A HEALTHY AND COMFORTABLE LIFESTYLE. THIS BOOK PROVIDES THE ESSENTIAL TECHNIQUES AND GUIDELINES TO PREPARE FOR THE ACSM/NCHPAD CERTIFIED INCLUSIVE FITNESS TRAINER CERTIFICATION INCLUDING: EFFECTIVE AND ADAPTED METHODS OF EXERCISE TRAINING. EXERCISE PRECAUTIONS FOR PEOPLE WITH DISABILITIES. AN UNDERSTANDING OF CURRENT ADA POLICY SPECIFIC TO RECREATION FACILITIES AND STANDARDS FOR ACCESSIBLE FACILITY DESIGN. INSTRUCTION TO INDIVIDUALS WITH DISABILITIES TO BEGIN AND CONTINUE HEALTHY LIFESTYLES.

ESSENTIALS OF YOUTH FITNESS
2019-11-12 AVERY D. FAIGENBAUM
ACSM'S ESSENTIALS OF YOUTH FITNESS IS THE AUTHORITATIVE GUIDE ON MOTOR SKILL DEVELOPMENT, AEROBIC AND ANAEROBIC CONDITIONING, AND STRENGTH, POWER, SPEED AND AGILITY TRAINING FOR YOUNG ATHLETES.

ACSM'S NUTRITION FOR EXERCISE SCIENCE 2018-09-26 AMERICAN COLLEGE OF SPORTS MEDICINE
PUBLISHER'S NOTE: PRODUCTS PURCHASED FROM 3RD PARTY SELLERS ARE NOT GUARANTEED BY THE PUBLISHER FOR QUALITY, AUTHENTICITY, OR ACCESS TO ANY ONLINE ENTITLEMENTS INCLUDED WITH THE PRODUCT. NEW FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE! THIS CLEAR AND HIGHLY
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APPLIED OVERVIEW OF EXERCISE NUTRITION ILLUSTRATES DIFFICULT CONCEPTS USING REAL-WORLD EXAMPLES AND CASE STUDIES THAT ALLOW STUDENTS TO PUT LEARNING INTO PRACTICE. WELL-KNOWN AUTHOR DAN BENARDOT DRAWS ON HIS VAST EXPERIENCE AS AN INSTRUCTOR, SCIENTIST, AND PRACTITIONER TO CRAFT AN ENGAGING AND FACTUAL RESOURCE THAT MAKES THE NUTRITION OF EXERCISE SCIENCE ACCESSIBLE. WRITTEN AT A LEVEL APPROPRIATE FOR BOTH EXERCISE SCIENCE MAJORS AND NON-MAJORS, THIS PRACTICAL BOOK IS PACKED WITH HELPFUL IN-TEXT LEARNING AIDS AND STUNNING VISUALS THAT BRING CONCEPTS TO LIFE. AS AN ACSM PUBLICATION, THIS TEXT OFFERS THE UNSURPASSED QUALITY AND EXCELLENCE THAT HAS BECOME SYNONYMOUS WITH TITLES BY THE LEADING EXERCISE SCIENCE ORGANIZATION IN THE WORLD.

ACSM'S BODY COMPOSITION ASSESSMENT 2019-02-04 TIMOTHY G. LOHMAN
ACSM'S BODY COMPOSITION ASSESSMENT PROVIDES PRACTICING FITNESS, HEALTH, AND MEDICAL PROFESSIONALS WITH INFORMATION ABOUT VARIOUS BODY COMPOSITION MEASUREMENT METHODS IN CLINICAL AND FIELD SETTINGS-- EVIDENCE-BASED PROTOCOLS, ADVANTAGES, SOURCES OF MEASUREMENT ERROR, AND MORE.

ACSM'S CERTIFICATION REVIEW
2010 AMERICAN COLLEGE OF SPORTS
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MEDICINE THIS IS A REVIEW MANUAL FOR CANDIDATES WANTING AN ACSM CREDENTIAL. IT COMBINES CONTENT FROM 'ACSM'S HEALTH AND FITNESS CERTIFICATION REVIEW' AND 'ACSM'S CLINICAL CERTIFICATION REVIEW' INTO ONE RESOURCE.

NUTRITION FOR SPORT, EXERCISE AND PERFORMANCE 2020-07-17 REGINA BELSKI NUTRITION BEFORE, DURING AND AFTER TRAINING OR A SPORTING EVENT CAN IMPROVE THE COMFORT, ENERGY AND PERFORMANCE OF ATHLETES OF ALL LEVELS, FROM ELITE TO RECREATIONAL, AS WELL AS PROVIDING LONG-TERM HEALTH BENEFITS. NUTRITION FOR SPORT, EXERCISE AND PERFORMANCE OFFERS A CLEAR, PRACTICAL AND ACCESSIBLE GUIDE TO THE FUNDAMENTALS OF SPORT AND EXERCISE NUTRITION. THE EXPERT AUTHORS BEGIN BY EXPLAINING KEY PRINCIPLES, INCLUDING UNDERSTANDING ENERGY SYSTEMS, EXERCISE PHYSIOLOGY AND METABOLISM. THEY COVER THE BASICS OF DIGESTION, ABSORPTION AND NUTRITION; EXAMINE THE KEY MACRONUTRIENTS AND MICRONUTRIENTS ESSENTIAL FOR PERFORMANCE; AND DISCUSS THE PROCESS OF DIETARY ASSESSMENT. PART 2 GOES ON TO EXPLORE IN DETAIL NUTRITION FOR PRE- AND POST-TRAINING, HYDRATION, THE USE OF SUPPLEMENTS AND BODY COMPOSITION, AND PROVIDES GUIDANCE ON DEVELOPING PLANS FOR BOTH INDIVIDUAL ATHLETES AND TEAMS. THE FINAL COMPONENT EXAMINES SPECIFIC NUTRITION ISSUES AND SPECIAL NEEDS,

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INCLUDING WORKING WITH ELITE ATHLETES, STRENGTH-AND-POWER ATHLETES, YOUNG, OLDER AND DISABLED ATHLETES, ENDURANCE SPORTS, GI DISTURBANCES AND REHABILITATION ISSUES. CULTURAL ISSUES ARE ALSO EXPLORED, INCLUDING DIETS FOR VEGAN AND VEGETARIAN ATHLETES, AND RELIGIOUS PERSPECTIVES AND REQUIREMENTS. FEATURING CONTRIBUTIONS FROM A RANGE OF SPORT AND EXERCISE NUTRITION PROFESSIONALS AND INCLUDING PRACTICAL DIET PLANS, DIAGRAMS AND THE LATEST RESEARCH AND EVIDENCE THROUGHOUT, THIS IS A CORE REFERENCE FOR UNDERGRADUATES, NUTRITIONISTS AND TRAINERS.

ACSM'S INTRODUCTION TO EXERCISE SCIENCE 2017-11-10 JEFFREY POTTEIGER "ACSM'S INTRODUCTION TO EXERCISE SCIENCE IS AN INTRODUCTION TO THE FIELD OF EXERCISE SCIENCE"--

FITNESS FOR LIFE 2007 CHARLES B. CORBIN GRADE LEVEL: 6, 7, 8, 9, E, I, S, T.

FITNESS FOR LIFE 2010 CHARLES B. CORBIN A PROGRAM THAT FOCUSES ATTENTION ON SCHOOLWIDE WELLNESS DURING FOUR WEEKS OF THE SCHOOL YEAR. HELPS SCHOOLS INCORPORATE COORDINATED ACTIVITIES THAT WILL ENABLE THEM TO MEET NATIONAL STANDARDS AND GUIDELINES FOR PHYSICAL ACTIVITY AND NUTRITION.

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FITNESS AND WELLNESS IN CANADA
2021 SARAH J. WOODRUFF ATKINSON
"DEVELOPED SPECIFICALLY FOR THE
CANADIAN AUDIENCE AND WRITTEN FOR
FIRST-YEAR UNDERGRADUATE STUDENTS
TAKING A GENERAL EDUCATION FITNESS
AND WELLNESS COURSE, FITNESS AND
WELLNESS IN CANADA: A WAY OF LIFE
USES AN ENGAGING LEARNING
ENVIRONMENT TO PROVIDE STUDENTS
WITH THE TOOLS THEY NEED TO BECOME
FIT AND WELL FOR LIFE. IN ADDITION TO
PROVIDING STUDENTS WITH AN
OVERVIEW OF THE HEALTH-RELATED
COMPONENTS OF FITNESS, FITNESS AND
WELLNESS IN CANADA: A WAY OF LIFE
TEACHES STUDENTS HOW TO EMBRACE
HEALTHY EATING AND ENJOY BEING
PHYSICALLY ACTIVE. STUDENTS LEARN
HOW TO ESTABLISH FITNESS AND
WELLNESS GOALS FOR NOW AND
THROUGHOUT THEIR LIVES. THEY LEARN
HOW TO MANAGE STRESS, REDUCE THE
RISK OF METABOLIC SYNDROME AND
CANCER, REMAIN FREE FROM ADDICTION,
AND DEVELOP A HEALTHY SEXUALITY"-
-

ACSM'S COMPLETE GUIDE TO FITNESS
& HEALTH, 2E 2017-01-23
AMERICAN COLLEGE OF SPORTS
MEDICINE ACSM'S COMPLETE GUIDE TO
FITNESS & HEALTH, SECOND EDITION,
OFFERS THE MOST CURRENT EXERCISE
AND NUTRITION GUIDELINES ALONG WITH
ASSESSMENTS, EXERCISES, ACTIVITIES,
AND PROGRAMS FOR VARYING AGES,
SPECIAL CONDITIONS, AND FITNESS
GOALS. AUTHORITATIVE AND
COMPREHENSIVE, IT MAKES ADDING,
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ENHANCING, OR CUSTOMIZING A FITNESS
AND HEALTH ROUTINE SAFE AND
EFFECTIVE.

EXERCISE PHYSIOLOGY IN SPECIAL
POPULATIONS E-BOOK 2008-08-14
JOHN P. BUCKLEY EXERCISE
PHYSIOLOGY IN SPECIAL POPULATIONS
COVERS THE PREVALENT HEALTH
CONDITIONS THAT ARE EITHER LINKED
TO AN INACTIVE LIFESTYLE OR WHOSE
EFFECTS CAN BE AMELIORATED BY
INCREASING PHYSICAL ACTIVITY AND
PHYSICAL FITNESS. THE BOOK EXPLORES
PHYSIOLOGICAL ASPECTS OF OBESITY
AND DIABETES BEFORE MOVING ON TO
CARDIAC DISEASE, LUNG DISEASE,
ARTHRITIS AND BACK PAIN, AGEING AND
OLDER PEOPLE, BONE HEALTH, THE
FEMALE PARTICIPANT, NEUROLOGICAL
AND NEUROMUSCULAR DISORDERS, AND
SPINAL CHORD INJURY. THE AUTHOR
TEAM INCLUDES MANY OF THE UK'S
LEADING RESEARCHERS AND EXERCISE
SCIENCE AND REHABILITATION
PRACTITIONERS THAT SPECIALISE IN
EACH OF THE TOPIC AREAS.

ACSM'S EXERCISE MANAGEMENT FOR
PERSONS WITH CHRONIC DISEASES AND
DISABILITIES 2016-05-03 AMERICAN
COLLEGE OF SPORTS MEDICINE THE
FOURTH EDITION OF ACSM'S EXERCISE
MANAGEMENT FOR PERSONS WITH
CHRONIC DISEASES AND DISABILITIES
REVEALS COMMON GROUND BETWEEN
MEDICAL AND EXERCISE PROFESSIONALS,
CREATING A MORE COLLABORATIVE
APPROACH TO PATIENT CARE.
DEVELOPED BY THE AMERICAN COLLEGE
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OF SPORTS MEDICINE (ACSM) WITH CONTRIBUTIONS FROM A SPECIALIZED TEAM OF EXPERTS, THIS TEXT PRESENTS A FRAMEWORK FOR OPTIMIZING PATIENTS' AND CLIENTS' FUNCTIONALITY BY KEEPING THEM PHYSICALLY ACTIVE. FEATURING NEW CONTENT ON COMMON COMORBID CONDITIONS, THIS EDITION IS STREAMLINED AND UPDATED TO BETTER SUIT CHRONIC POPULATIONS. THIS FOURTH EDITION OF ACSM'S EXERCISE MANAGEMENT FOR PERSONS WITH CHRONIC DISEASES AND DISABILITIES OUTLINES WHY EXERCISE IS SIGNIFICANT IN THE TREATMENT AND PREVENTION OF DISEASE, ADVISES MEDICAL AND EXERCISE PROFESSIONALS IN CONSIDERING PROPER EXERCISE PRESCRIPTION PROTOCOLS, AND PROVIDES EVIDENCE-INFORMED GUIDANCE ON DEVISING INDIVIDUALIZED EXERCISE PROGRAMS. MAJOR ADVANCEMENTS AND FEATURES OF THE FOURTH EDITION INCLUDE THE FOLLOWING: • CURRENT EVIDENCE ON EXERCISE MANAGEMENT FOR PERSONS WITH MULTIPLE CONDITIONS, PROVIDING GUIDANCE ON WORKING WITH THESE COMMON YET COMPLEX POPULATIONS • A REFOCUSED GOAL OF USING PHYSICAL ACTIVITY TO OPTIMIZE PATIENTS' AND CLIENTS' FUNCTIONALITY AND PARTICIPATION IN LIFE ACTIVITIES RATHER THAN ONLY TO TREAT AND PREVENT DISEASE • SPECIFIC CONTENT TO HELP PHYSICIANS PRESCRIBE PHYSICAL ACTIVITY AND EXERCISE TO PATIENTS FOR PROMOTION OF HEALTH, WELL-BEING, AND LONGEVITY • REORGANIZATION OF CASE

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STUDIES INTO ONE STREAMLINED CHAPTER ALONG WITH COMMENTARY FROM THE SENIOR EDITOR TO ENCOURAGE CRITICAL THINKING AND RECOGNIZE THE UNIQUE NEEDS OF EACH PATIENT THE CASE STUDIES IN THE TEXT ARE REAL-LIFE SCENARIOS THAT HELP PROFESSIONALS AND CLINICIANS COMBINE SCIENTIFIC KNOWLEDGE WITH EXPERIENCE TO FIND APPROPRIATE SOLUTIONS FOR EACH INDIVIDUAL. COMMENTARY ON THE CASE STUDIES FROM THE SENIOR EDITOR ILLUSTRATES WHEN IMPROVISATION MAY BE APPROPRIATE AND WHERE FURTHER RESEARCH IS NEEDED. TABLES ARE HIGHLIGHTED THROUGHOUT THE TEXT TO HELP READERS QUICKLY REFERENCE IMPORTANT CLINICAL INFORMATION. EVIDENCE-INFORMED GUIDELINES, SUGGESTED WEBSITES, AND ADDITIONAL READINGS FURTHER ENCOURAGE PRACTICAL USE OF INFORMATION AND IDENTIFY FURTHER LEARNING OPPORTUNITIES. FOR INSTRUCTORS, AN ANCILLARY POWERPOINT PRESENTATION PACKAGE AIDS IN CLASSROOM DISCUSSION. THE CRITICAL ELEMENT THAT DISTINGUISHES THE FOURTH EDITION OF ACSM'S EXERCISE MANAGEMENT FOR PERSONS WITH CHRONIC DISEASES AND DISABILITIES IS ITS UNIFYING MISSION TO INCORPORATE PHYSICAL ACTIVITY AND EXERCISE IN BOTH DISEASE TREATMENT AND PREVENTION. ITS EMPHASIS ON ASSISTING PEOPLE WITH MULTIPLE CONDITIONS, WHICH IS EVER PRESENT IN HEALTH CARE TODAY, MOVES BEYOND PRIMARY AND SECONDARY PREVENTION.

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TO FOCUS ON HOW PATIENTS AND CLIENTS CAN BE KEPT PHYSICALLY ACTIVE AND FUNCTIONALLY FIT.

ACSM'S EXERCISE IS MEDICINE™
2012-03-29 STEVEN JONAS
EXERCISE IS MEDICINE™ IS AN AMERICAN COLLEGE OF SPORTS MEDICINE INITIATIVE TO "MAKE PHYSICAL ACTIVITY AND EXERCISE A STANDARD PART OF A DISEASE PREVENTION AND TREATMENT MEDICAL PARADIGM." THIS BOOK WILL TEACH PRACTITIONERS HOW TO MOTIVATE AND INSTRUCT PATIENTS ON THE IMPORTANCE OF EXERCISE AND HOW TO DESIGN PRACTICAL EXERCISE PROGRAMS FOR PATIENTS OF ALL AGES AND FITNESS LEVELS, AS WELL AS THOSE WITH SPECIAL CONDITIONS SUCH AS PREGNANCY, OBESITY, AND CANCER. COVERAGE INCLUDES IN-DEPTH DISCUSSIONS OF BOTH THE LIFESTYLE EXERCISE APPROACH TO EXERCISING REGULARLY AND THE STRUCTURED EXERCISE APPROACH.

ADVANCED FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION 2006 VIVIAN H. HEYWARD A PRACTICAL GUIDE TO IMPORTANT PRINCIPLES AND THEORIES IN EXERCISE PHYSIOLOGY, KINESIOLOGY, NUTRITION, PSYCHOLOGY AND MEASUREMENT AND THEIR APPLICATION TO PHYSICAL FITNESS TESTING AND EXERCISE PROGRAMME DESIGN.

ACSM'S SPORTS MEDICINE
2012-09-10 FRANCIS G. O'CONNOR
THE FIELD OF SPORTS MEDICINE IS
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EVOLVING, ACCELERATED BY EMERGING TECHNOLOGIES AND CHANGING HEALTH CARE POLICIES. TO STAY UP TO SPEED AND ACE THE BOARDS, YOU NEED A RESOURCE THAT MOVES AT YOUR PACE. SANCTIONED BY THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM), THIS HANDY REVIEW ADDRESSES ALL AREAS OF THE SPORTS MEDICINE SUBSPECIALTY BOARD EXAMINATION--WITH COVERAGE THAT SPANS THE FULL SPECTRUM OF SPORTS MEDICINE, FROM MEDICAL TO SKELETAL CONDITIONS RELATED TO THE ATHLETE. THE EDITORS AND AUTHORS INCLUDE ORTHOPEDIC SURGEONS, FAMILY PHYSICIANS, PEDIATRICIANS, INTERNAL MEDICINE SPECIALISTS, PHYSIATRISTS, CERTIFIED ATHLETIC TRAINERS, PHYSICAL THERAPISTS, PSYCHOLOGISTS, NUTRITIONISTS, EXERCISE PHYSIOLOGISTS AND MORE, ENSURING THAT YOU'LL BENEFIT FROM THE BROAD SPECTRUM OF EXPERTISE EMBRACED BY THE SPECIALTY. LOOK INSIDE AND EXPLORE... * SEVEN CONVENIENT SECTIONS ADDRESS GENERAL CONSIDERATIONS, EVALUATION OF THE INJURED ATHLETE, MEDICAL PROBLEMS, MUSCULOSKELETAL PROBLEMS, PRINCIPLES OF REHABILITATION, SPORTS-SPECIFIC POPULATIONS, AND SPECIAL POPULATIONS. * COMPREHENSIVE COVERAGE INCLUDES ALL TOPIC AREAS FEATURED ON SPORTS MEDICINE SUBSPECIALTY BOARD EXAMS. * EASY-ACCESS BULLETED FORMAT MAKES ESSENTIAL FACTS SIMPLE TO LOCATE AND RECALL. * TABLES, FIGURES, AND

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ALGORITHMS MAKE COMPLEX IDEAS EASY TO GRASP AND RETAIN. PLUS...* AN ONLINE COMPANION RESOURCE INCLUDES NEARLY 1,000 BOARD-STYLE PRACTICE QUESTIONS WITH RATIONALE FOR CORRECT AND INCORRECT RESPONSES--A GREAT WAY TO TEST YOUR KNOWLEDGE AND IMPROVE YOUR EXAM PERFORMANCE!

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WE ALL KNOW EVERY ONES JUDGMENT; WILL BE DIFFERENT FROM EACH OTHER. SIMILARLY TO THIS PICTURE, WITHIN OUR OPINIONS, THIS IS ONE OF THE GREATEST PICTURE, AND NOW WHAT DO YOU THINK?

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SAM WOKE UP SCREAMING, COVERED IN SWEAT. HE HAD THE SAME NIGHTMARE AGAIN, THE ONE WHERE HE WAS CHASED BY A DARK FIGURE WITH A KNIFE. HE LOOKED AT THE CLOCK, IT WAS 3:15 AM. HE TRIED TO CALM HIMSELF DOWN, TELLING HIMSELF IT WAS JUST A DREAM. BUT HE KNEW IT WAS MORE THAN THAT. HE KNEW THE FIGURE WAS REAL, AND IT WAS COMING FOR HIM. HE HAD SEEN IT BEFORE, IN THE NEWS, IN THE POLICE SKETCHES, IN THE FACES OF THE VICTIMS. IT WAS THE SERIAL KILLER THAT HAD BEEN TERRORIZING THE CITY FOR MONTHS. AND SAM WAS HIS NEXT TARGET.

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WAS HOWLING. IN THE MIDDLE OF THE CITY, THERE WAS A MUSEUM, WHERE A PRICELESS DIAMOND WAS ON DISPLAY. THE DIAMOND WAS CALLED THE STAR OF AFRICA, AND IT WAS THE LARGEST AND MOST BEAUTIFUL DIAMOND IN THE WORLD. IT WAS GUARDED BY A HIGH-TECH SECURITY SYSTEM, AND A TEAM OF ARMED GUARDS. NO ONE COULD STEAL IT, OR SO THEY THOUGHT. BUT SOMEONE DID. SOMEONE MANAGED TO BYPASS THE SECURITY, TO EVADE THE GUARDS, TO BREAK THE GLASS, AND TO TAKE THE DIAMOND. AND NO ONE SAW THEM, NO ONE HEARD THEM, NO ONE KNEW WHO THEY WERE. THEY LEFT NO TRACE, NO CLUE, NO EVIDENCE. THEY VANISHED INTO THE NIGHT, WITH THE STAR OF AFRICA. AND THE MYSTERY OF THE MISSING DIAMOND BEGAN.

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