

Athletic Training Prentice 15th Edition

Learn how to train for maximum gains with **Periodization: Theory and Methodology of Training**. Guided by the expertise of Tudor O. Bompa, the pioneer of periodization training, and leading periodization researcher G. Gregory Haff, you'll learn how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild—resulting in better performance and less risk of injury. Translated into nine languages, **Periodization: Theory and Methodology of Training** has become one of the major resources on periodization for sport scientists, coaches, and athletes throughout the world. Since the introduction of this groundbreaking training theory by Tudor O. Bompa in 1963, periodization has become the basis of every serious athlete's training. Now in its fifth edition, **Bompa's** classic text combines the concepts central to periodization and training theory with contemporary advances in sport science, physiology, and coaching. No other text discusses planning and periodization in such detail or with so many specific, practical examples from a variety of sports. With the fifth edition of **Periodization**, you can learn the principles, objectives, and components of a successful long-term training program and how to plan the right program to achieve your performance goals. **Periodization** also contains proven strategies for optimal peaking and specifics on training for better motor ability, working capacity, skill effectiveness, and psychological adaptability. Better organized and easier to read, the fifth edition of this definitive text presents the latest refinements to periodization theory:

- New research on rest and restoration, specifically countermeasures used in facilitating recovery plus practical suggestions for implementation
- How the use of sequential training and delayed training effects can produce optimal performance at major competitions
- A comprehensive discussion, grounded in scientific data, on applying various methods of peaking to ensure optimal performance for competition
- New information on how concepts such as conjugated sequencing and summated microcycle structures can maximize strength gains and direct training
- Expanded information on the development of sport performance characteristics, including speed training and sport-specific endurance

Chapter summaries will help you review and reference major concepts throughout the text. Plan and document each training program with ease using the duplication-ready annual and four-year training plan charts included in the appendix. When it comes to designing programs for optimal training, Tudor Bompa's expertise is unmatched. The fifth edition of **Periodization: Theory and Methodology of Training** presents the latest refinements to Bompa's periodization theory to help you create training programs that enhance sport skills and ensure peak performance.

Sports Law looks at major court cases, statutes, and regulations that explore a variety of legal issues in the sports industry. The early chapters provide an overview of sports law in general terms and explore its impact on race, politics, religion, and everyday affairs. Later chapters address hot button issues such as gender equity, drug testing, and discrimination. Written from a sport management perspective, rather than from a lawyer s, this text covers all the major areas presented in sports law today including: cases relating to torts, contracts, intellectual property, and agents. Factual scenarios throughout the text allow students to critically examine and apply sport management principles to legal issues facing the sports executive. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition."

A Doody's Core Title for 2015! Principles of Athletic Training: A Competency-Based Approach is designed to be used by athletic trainers in courses concerned with the scientific, evidence-based and clinical foundations of athletic training and sports medicine. The text leads the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. As the student progresses from beginning to end, he or she will understand the complexities of the profession of athletic training. An over-arching goal of the text is to make certain that each and every one of the educational competencies identified by the Education Council is specifically covered. After using this text the student should be able to apply the appropriate techniques and concepts in the day-to-day performance of his or her job as an athletic trainer. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

- SmartBook® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.
- Access to your instructor's homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.
- Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.
- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. Complete system requirements to use Connect can be found here: <http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

Evidence-based practice requires clinicians to be knowledgeable of the current standards of care and be willing to consider the effectiveness of new methods. Athletic Trainers especially must understand how epidemiology shapes healthcare practices for physically active patients. To meet this need, **Epidemiology for Athletic Trainers: Integrating Evidence-Based Practice** is a succinct and comprehensive reference meant to develop and refine student and clinician evidence-based practice skills. This text addresses the prevalence, risk factors, and surveillance of sports-related injury and illness at youth, college, and professional levels. Inside **Epidemiology for Athletic Trainers: Integrating Evidence-Based Practice**, Drs. Wanda Swiger and Melanie M. Adams guide the reader through the steps of evidence-based practice by presenting basic research and statistical methods needed to read medical literature. Key sport epidemiology studies are reviewed for both historical and clinical significance. This foundation is built on with a deeper discussion of injury and illness prevention and future research. Chapters cover a wide range of topics including the health benefits of physical activity, concussion return to play guidelines, ACL prevention, and mental health concerns. This text provides an exceptional approach to integrating evidence-based practice skills with clinical practice. Features: Meets the Commission on Accreditation of Athletic Training Education (CAATE) outcomes Includes classroom activities to make the text interactive and expand the student's or clinician's research skills Fosters the use of prevention practices and health promotion within athletic training Instructors in educational settings can visit www.efacultyounge.com for additional materials to be used for teaching in the classroom. **Epidemiology for Athletic Trainers: Integrating Evidence-Based Practice** is a must-have for any athletic training student or clinician looking to improve his or her decision-making skills within an evidence-based context.

Sports Law

A Complete Guide

Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation

Theory and Methodology of Training

A Competency-based Approach

Rehabilitation of Sports Injuries

Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

What are the needs of my patient? Which technique should I apply based on the injury/condition? How effective is this technique? Master the art and science of taping, wrapping, bracing, and padding techniques for the prevention, treatment, and rehabilitation of common injuries and conditions. Step by step, the author details multiple methods for each injury/condition—not just the most popular approach. You'll learn which technique to use and how to analyze the effectiveness of the technique. Full-color photographs give you a clear understanding of each step. Insightful discussions based on the best available evidence develop the knowledge, skills, and clinical abilities you need to meet the needs of the patient.

Fitness Professionals' 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 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 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.

"This text integrates basic medical concepts and related scientific information to provide a strong foundation of general athletic training practices. Using a problem-solving approach to prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases, this text provides athletic trainers and athletic training students with the most extensive, challenging content in a user-friendly format. New Content - This edition features a new chapter on Psychological Intervention Strategies"--Provided by publisher.

Principles of Athletic Training

Athletic Training and Therapy

Concepts of Athletic Training

For Sports Medicine and Athletic Training

Biostatistics

Introduction to Exercise Science

Print+CourseSmart

The ability to analyze and interpret enormous amounts of data has become a prerequisite for success in allied healthcare and the health sciences. Now in its 11th edition, Biostatistics: A Foundation for Analysis in the Health Sciences continues to offer in-depth guidance toward biostatistical concepts, techniques, and practical applications in the modern healthcare setting. Comprehensive in scope yet detailed in coverage, this text helps students understand—and appropriately use—probability distributions, sampling distributions, estimation, hypothesis testing, variance analysis, regression, correlation analysis, and other statistical tools fundamental to the science and practice of medicine. Clearly-defined pedagogical tools help students stay up-to-date on new material, and an emphasis on statistical software allows faster, more accurate calculation while putting the focus on the underlying concepts rather than the math. Students develop highly relevant skills in inferential and differential statistical techniques, equipping them with the ability to organize, summarize, and interpret large bodies of data. Suitable for both graduate and advanced undergraduate coursework, this text retains the rigor required for use as a professional reference.

The definitive research paper guide, Writing Research Papers combines a traditional and practical approach to the research process with the latest information on electronic research and presentation. This market-leading text provides students with step-by-step guidance through the research writing process, from selecting and narrowing a topic to formatting the finished document. **Writing Research Papers** backs up its instruction with the most complete array of samples of any writing guide of this nature. The text continues its extremely thorough and accurate coverage of citation styles for a wide variety of disciplines. The fourteenth edition maintains Lester's successful approach while bringing new writing and documentation updates to assist the student researcher in keeping pace with electronic sources.

Rehabilitation is, by definition, the restoration of optimal formand function for an athlete. In this edition in theEncyclopedia series, the editor and contributors advocatethat rehabilitation should begin as soon as possible after theirinjury occurs, alongside therapeutic measures such asanti-inflammatories and other pain killing agents. This might alsobegin before, or immediately after, surgery. The rehabilitative process is therefore managed by amulti-disciplinary team, including physicians, physiotherapists,psychologists, nutritionists, and athletic trainers, amongstothers. This book considers the three phases of rehabilitation: painrelief, protection of the affected area and limitation of tissuedamage; limitation of impairment and recovery of flexibility,strength, endurance, balance and co-ordination; and finally thestart of conditioning to return to training and competition.

Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice

Arnheim's Principles of Athletic Training

Complementary & Alternative Therapies in Nursing

Foundations of Athletic Training

A Competency-Based Approach

Integrating Evidence-Based Practice

Prepare athletic trainers to provide emergency treatment for acute sports-related injuries and illnesses in children, adolescents, and adults—on and off the field. Noted practitioners and educators address all aspects of the evaluation and management of the full-range of medical problems that may be encountered. From emergency evaluation and airway management through the major categories of injury, this timely text meets a critical need in the classroom and in practice.

The work of a sports therapist is highly technical and requires a confident, responsible and professional approach. The **Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation** is a comprehensive and authoritative reference for those studying or working in this field and is the first book to comprehensively cover all of the following areas: Sports Injury Aetiology Soft Tissue Injury Healing Clinical Assessment in Sports Therapy Clinical Interventions in Sports Therapy Spinal and Peripheral Anatomy, Injury Assessment and Management Pitch-side Trauma Care Professionalism and Ethics in Sports Therapy The Handbook presents principles which form the foundation of the profession and incorporates a set of spinal and peripheral regional chapters which detail functional anatomy, the injuries common to those regions, and evidence-based assessment and management approaches. Its design incorporates numerous photographs, figures, tables, practitioner tips and detailed sample Patient Record Forms. This book is comprehensively referenced and multi-authored, and is essential to anyone involved in sports therapy, from their first year as an undergraduate, to those currently in professional practice.

A Doody's Core Title for 2015! Principles of Athletic Training: A Competency-Based Approach is designed to be used by athletic trainers in courses concerned with the scientific, evidence-based and clinical foundations of athletic training and sports medicine. The text leads the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. As the student progresses from beginning to end, he or she will understand the complexities of the profession of athletic training. An over-arching goal of the text is to make certain that each and every one of the educational competencies identified by the Education Council is specifically covered. After using this text the student should be able to apply the appropriate techniques and concepts in the day-to-day performance of his or her job as an athletic trainer. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

- SmartBook® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.
- Access to your instructor's homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.
- Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.
- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. Complete system requirements to use Connect can be found here: <http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

Acute and Emergency Care in Athletic Training is an invaluable text for students in athletic training programs. It provides them with the necessary information to examine, treat, and manage common acute injuries and illnesses.

Basic English Grammar

Essentials of Athletic Injury Management

Therapeutic Modalities

Emergency Response Management for Athletic Trainers

Sports-Related Concussions in Youth

Epidemiology for Athletic Trainers

This market-leading introduction to probability features exceptionally clear explanations of the mathematics of probability theory and explores its many diverse applications through numerous interesting and motivational examples. The outstanding problem sets are a hallmark feature of this book. Provides clear, complete explanations to fully explain mathematical concepts. Features subsections on the probabilistic method and the maximum-minimums identity. Includes many new examples relating to DNA matching, utility, finance, and applications of the probabilistic method. Features an intuitive treatment of probability—intuitive explanations follow many examples. The Probability Models Disk included with each copy of the book, contains six probability models that are referenced in the book and allow readers to quickly and easily perform calculations and simulations.

Meant for students in athletic training, sports medicine, physical education, exercise science, physical therapy, and coaching. This text is useful as a introductory undergraduate text in athletic training. It emphasizes the prevention and management of athletic injuries, and provides information on the profession of athletic training. Essentials of Athletic Training continues its focus on the basic principles in the care and prevention of athletic injury. It gives coaches, teachers, and students the essential information they need to work with individuals participating in sport. The seventh edition comes with additional helpful resources available on the Online Learning Center. Comprehensive and evidence-based, **Foundations of Athletic Training, 7th Edition**, integrates basic medical concepts and related scientific information to help readers develop a strong foundation in athletic training best practices. The text's practical, problem-solving approach to the prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases helps students learn to think like practitioners. Fully aligned with the BOC competencies, the 7th Edition has been extensively updated, expanded, and reorganized to reflect the changing role of today's athletic trainer and includes a powerful suite of engaging learning tools to help students succeed.

Seventh Edition
 Muscle Injuries in Sport Medicine
 Athletic Training Student Primer
 Writing Research Papers
 Scientific Basis
 Clinical Skills Documentation Guide for Athletic Training

Arnheim's Principles of Athletic Training: A Competency-Based Approach is the leading text in the athletic training field. The text is designed to lead the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. Now in its 14th edition, *Arnheim's Principles of Athletic Training* continues to innovate, with several new features available with the new edition: **Connect Athletic Training: the first online learning management system for the athletic training course, featuring assignable labs, videos, Internet exercises, an optional integrated ebook, and more Full color photographs and illustrations throughout the entire text Expanded coverage of athletic trainers working in a variety of employment settings Herb K. Amato's name appears first in the previous edition.**

Athletic Training Student Primer: A Foundation for Success, Second Edition is a dynamic text designed to create a foundation for future study in the field of athletic training and prepares students for what they will learn, study, encounter, and achieve during their educational and professional career. An ideal first text for any program, it is the perfect choice for an introductory athletic training course. Breaking the mold of other introductory athletic training texts, this Second Edition includes answers to many "real-life" athletic training situations. The text supplements core content with information derived from a diverse group of professionals. These athletic trainers provide insight and advice on preparing for a variety of topics including work environments, ethics in the workplace, professional preparation, maximizing clinical education opportunities, and a successful career. **Athletic Training Student Primer, Second Edition** by Dr. Andrew P. Winterstein also includes three new chapters on taping and bracing skills, first aid and initial care, and components of rehabilitation. Informative boxes and sidebars emphasizing specific concepts and tables utilized to outline muscle actions and innervations for specific regions of the body are included for easy reference throughout. Some additional topics include: • Diversity • Employment settings • Emerging trends • Educational resources Further expanding the learning process, included with each new textbook purchase is access to a companion website with a variety of exciting multimedia features such as taping and bracing techniques, interactive anatomy animations, a glossary, flash cards, and quizzes. What else is new in the Second Edition? • Career information from current athletic training professionals in a variety of settings • Increased depth of discussion on specific injury and conditions • Expanded resources and up-to-date information on educational requirements • New case studies and points of historic interest to facilitate student learning • Additional "injury spotlights" focusing on common injuries • Anatomical drawings • Includes additional on-line material available with new textbook purchase **Athletic Training Student Primer: A Foundation for Success, Second Edition** effectively combines the core concepts in athletic training with guidance on the human elements of the profession, providing athletic training students with the core information needed for the first step into a future career in athletic training.

We want to give you the practice you need on the ACT McGraw-Hill's 10 ACT Practice Tests helps you gauge what the test measures, how it's structured, and how to budget your time in each section. Written by the founder and faculty of Advantage Education, one of America's most respected providers of school-based test-prep classes, this book provides you with the intensive ACT practice that will help your scores improve from each test to the next. You'll be able to sharpen your skills, boost your confidence, reduce your stress-and to do your very best on test day. 10 complete sample ACT exams, with full explanations for every answer 10 sample writing prompts for the optional ACT essay portion Scoring Worksheets to help you calculate your total score for every test Expert guidance in prepping students for the ACT More practice and extra help online ACT is a registered trademark of ACT, Inc., which was not involved in the production of, and does not endorse, this product.

A Foundation for Analysis in the Health Sciences
Foundations of Behavior and Practice
A First Course in Probability
Educating the Student Body
Orthopedic Taping, Wrapping, Bracing, and Padding

This new International Olympic Committee (IOC) handbook covers the science, medicine and psycho-social aspects of females in sports at all levels of competition. Each chapter focuses on the specific issues that female athletes confront both on and off the field, such as bone health, nutritional recommendations, exercise/competition during menstruation and pregnancy, and much more. Fully endorsed by the IOC and drawing upon the experience of an international team of expert contributors, no other publication deals with the topic in such a concise and complete manner. The Female Athlete is recommended for all health care providers for women and girl athletes internationally for all sports and all levels of competition. It is a valuable resource for medical doctors, physical and occupational therapists, nutritionists, and sports scientists as well as coaches, personal trainers and athletes.

This graduate-level textbook instills evidence-based knowledge of contemporary practices in athletic training and health care. Integrating essential competencies outlined by the NATA, BOC, and CAATE, future athletic trainers will build a foundation for clinical expertise to improve patient outcomes.

This pack consists of the Basic English Grammar B Student Book and the Workbook B. Blending communicative and interactive approaches with tried-and-true grammar teaching, Basic English Grammar, Third Edition, by Betty Schrampf Azar and Stacy A. Hagen, offers concise, accurate, level-appropriate grammar information with an abundance of exercises, contexts, and classroom activities. Features of Basic English Grammar, Third Edition: Increased speaking practice through interactive pair and group work. New structure-focused listening exercises. More activities that provide real communication opportunities. Added illustrations to help students learn vocabulary, understand contexts, and engage in communicative language tasks. New Workbook solely devoted to self-study exercises. New Audio CDs and listening script in the back of the Student Book.

In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. **Sports-Related Concussions in Youth: Improving the Science, Changing the Culture** reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. **Sports-Related Concussions in Youth** finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to **Sports-Related Concussions in Youth**, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

Handbook of Sports Medicine and Science, The Female Athlete
 Periodization

Principles of Athletic Training: A Competency-Based Approach
 Acute and Emergency Care in Athletic Training
 Rehabilitation Techniques in Sports Medicine

A Foundation for Success

Muscle tears are one of the most common pathologies in sport and one of the most frequent causes of sport activity suspension. The purpose of this book is to review the state of the art of the actual knowledge on muscle tears in athletes, in particular for what concern the biology of muscle healing, the conservative and surgical treatments and the preventive aspects. Therefore, this textbook can be a valid tool for all Sport Medicine practitioners such as physicians, physiotherapists and fitness coaches.

Evidence-Based Practice in Athletic Training provides essential information on the fundamentals of evidence-based practice (EBP) for students who are working toward certification in athletic training and for athletic trainers who wish to stay up to date on best practices in the field.

Regarded as one of the most influential management books of all time, this fourth edition of Leadership and Organizational Culture transforms the abstract concept of culture into a tool that can be used to better shape the dynamics of organization and change. This updated edition focuses on today's business realities. Edgar Schein draws on a wide range of contemporary research to redefine culture and demonstrate the crucial role leaders play in successfully applying the principles of culture to achieve their organizational goals.

The fifth edition of Introduction to Exercise Science introduces students to every core area of study in the discipline. It comprises concise chapters which introduce the history, key lines of inquiry relating to both health and performance, technology, certifications, professional associations, and career opportunities associated with each area. No other book offers such a wide-ranging, evidence-based introduction to exercise science. Written by leading and experienced experts, chapters include: reading and interpreting literature measurement in exercise science anatomy in exercise science exercise physiology exercise epidemiology athletic training exercise and sport nutrition biomechanics motor control exercise and sport psychology Packed with pedagogical features—from journal abstract examples to study questions and further reading suggestions—and accompanied by a website including practical lab exercises, Introduction to Exercise Science is a complete resource for a hands-on introduction to the core tenets of exercise science. It is an engaging and invaluable textbook for students beginning undergraduate degrees in Kinesiology, Sport & Exercise Science, Sports Coaching, Strength & Conditioning, Athletic Training, Sports Therapy, Sports Medicine, and Health & Fitness.

Management Information Systems

Introduction to Sports Medicine and Athletic Training (Book Only)

Taking Physical Activity and Physical Education to School

Managing the Digital Firm

Improving the Science, Changing the Culture
Prevention, Assessment, and Management

Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

Designed for the athletic trainer and sports therapist, *Rehabilitation Techniques in Sports Medicine* is the definitive guide to the management of sports injuries. Experts from the field of sports medicine have contributed to this comprehensive, updated edition, which addresses all aspects of rehabilitation, including protocols for rehabilitating the wide variety of injuries athletes are prone to receive. Pros and cons of various rehabilitative modalities are discussed, as well as currently accepted techniques. This text is recognized as a handbook for any practitioners who manage rehabilitation programs for injured athletes.

Management Information Systems provides comprehensive and integrative coverage of essential new technologies, information system applications, and their impact on business models and managerial decision-making in an exciting and interactive manner. The twelfth edition focuses on the major changes that have been made in information technology over the past two years, and includes new opening, closing, and Interactive Session cases.

This text is a contributed work by well-known trainers and educators, written under the direction of Dr. Prentice. The 6/e continues to be the only text developed specifically for athletic trainers. This text is also appropriate for those physical therapists that are involved in a sports medicine curriculum.

Organizational Culture and Leadership
 Evidence-Based Practice in Athletic Training
 McGraw-Hill's 10 ACT Practice Tests, Second Edition
 Emergency Care in Athletic Training
 Fitness Professional's Handbook

Principles of Athletic Training: A Competency-Based ApproachMcGraw-Hill Education