

## **Fitness Theory Exam Study Guide Spra**

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model.

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Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

Social behavior has long puzzled evolutionary biologists, since the classical theory of natural selection maintains that individuals should not sacrifice their own fitness to affect that of others. Social Evolution and Inclusive Fitness Theory argues that a theory first presented in 1963 by William D. Hamilton—inclusive fitness theory—provides the most fundamental and general explanation for the evolution and maintenance of social behavior in the natural world. James Marshall

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guides readers through the vast and confusing literature on the evolution of social behavior, introducing and explaining the competing theories that claim to provide answers to questions such as why animals evolve to behave altruistically. Using simple statistical language and techniques that practicing biologists will be familiar with, he provides a comprehensive yet easily understandable treatment of key concepts and their repeated misinterpretations. Particular attention is paid to how more realistic features of behavior, such as nonadditivity and conditionality, can complicate analysis. Marshall highlights the general problem of identifying the underlying causes of

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evolutionary change, and proposes fruitful approaches to doing so in the study of social evolution. Social Evolution and Inclusive Fitness Theory describes how inclusive fitness theory addresses both simple and complex social scenarios, the controversies surrounding the theory, and how experimental work supports the theory as the most powerful explanation for social behavior and its evolution.

Everything today's CPA candidates need to pass the CPA Exam  
Published annually, this Regulation volume of the comprehensive four-volume paperback reviews all current AICPA content requirements in business environment and concepts. Many of the questions are

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taken directly from previous CPA exams. With 2,800 multiple-choice questions in all four volumes, these study guides provide all the information candidates need to master in order to pass the computerized Uniform CPA Examination. Its unique modular format helps you zero in on those areas that need more attention and organize your study program. Complete sample exam The most effective system available to prepare for the CPA exam—proven for over thirty years Timely—up-to-the-minute coverage for the computerized exam Contains all current AICPA content requirements in business environment and concepts Unique modular

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format—helps candidates zero in on areas that need work, organize their study program, and concentrate their efforts Comprehensive questions—over 2,800 multiple-choice questions and their solutions in the four volumes Guidelines, pointers, and tips—show how to build knowledge in a logical and reinforcing way Other titles by Whittington: Audit Sampling: An Introduction, Fifth Edition Wiley CPA Exam Review 2014 arms test-takers with detailed outlines, study guidelines, and skill-building problems to help candidates identify, focus on, and master the specific topics that need the most work. Adapted Physical Education National Standards

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ACE Personal Trainer Exam Prep  
PRAXIS II History/Social Studies  
Test Prep Review--Exambusters  
World History Flash Cards  
Mosby's Prep Guide for the  
Canadian PN Exam E-Book  
Exploring Psychology Study Guide  
Exam Preparation & Study Guide  
The world's most effective  
CPA exam prep system –  
Regulation module Wiley  
CPAexcel Exam Review is  
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updated to align with the  
latest exam content. With  
2,800 practice questions and

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solutions across four volumes, the unique modular format helps you organize your study program, zeroing in on areas that need work. This volume, Regulation, contains all current AICPA content requirements, providing total coverage of this section of the exam. You get the detailed outlines and study tips, simulation and multiple choice questions, and skill-building problems that have made this guide the most effective CPA prep system for over thirty years. The uniform CPA exam is updated annually to include



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new laws, regulations, and guidelines, so it's important that your study guide be up to date as well. Wiley CPAexcel Exam Review is updated annually to reflect the latest version of the exam, and is the number-one bestselling CPA study guide in the world because it provides full, comprehensive coverage of all exam content, and more practice questions than any other guide – many of which are taken directly from past exams. The unique format allows you to: Identify, target, and master problem areas section by section

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Learn how to logically build your knowledge stores for better recall Practice with thousands of sample questions taken from past exams Review all exam content, including the newest guidelines and regulations No one wants surprises on exam day, and thorough preparation is the key to successful performance. Whether you're embarking on a new study program, or just need a quick refresher before the exam, Wiley CPAexcel Exam Review is proven to be the most current, complete, comprehensive prep you can

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get.

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

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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 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

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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

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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

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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

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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 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



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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. Handbook to aid candidates in preparation for the Certified Associate in Project Management (CAPM) exam. A Guide to Living an All Out

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Life--The Story of  
Orangetheory Fitness  
A Roadmap to Cracking the  
Pmp® Exam  
ACSM's Resources for the  
Group Exercise Instructor  
ACE Personal Trainer  
Practice Test  
Essentials of Strength  
Training and Conditioning  
An Introduction

This is the eBook of the  
printed book and may not  
include any media, website  
access codes, or print  
supplements that may come  
packaged with the bound  
book. Advance your everyday  
proficiency with Excel 2016.  
And earn the credential that

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proves it! Demonstrate your expertise with Microsoft Excel! Designed to help you practice and prepare for Microsoft Office Specialist (MOS): Excel 2016 Core certification, this official Study Guide delivers: In-depth preparation for each MOS objective Detailed procedures to help build the skills measured by the exam Hands-on tasks to practice what you've learned Practice files and sample solutions Sharpen the skills measured by these objectives: Create and manage worksheets and workbooks Manage data cells and ranges Create tables Perform operations with formulas and functions

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Create charts and objects  
About MOS A Microsoft Office  
Specialist (MOS)  
certification validates your  
proficiency with Microsoft  
Office programs,  
demonstrating that you can  
meet globally recognized  
performance standards. Hands-  
on experience with the  
technology is required to  
successfully pass Microsoft  
Certification exams.  
Completely revised and  
enhanced for the new 2007  
exams, this book enables you  
to validate your experience  
and skills as an HR  
professional with the  
industry-standard PHR  
(Professional in Human  
Resources) or SPHR (Senior

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Professional in Human Resources) certifications from the Human Resource Certification Institute (HRCI). This comprehensive new edition of the top-selling PHR/SPHR Study Guide provides you expert preparation and review for these challenging exams as well as comprehensive coverage on labor relations, workforce planning, compensation, OSHA regulations.

NASM Study Guide: NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM-

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CPT Exam, this comprehensive study guide includes: -Quick Overview -Test-Taking Strategies -Introduction -Basic and Applied Sciences and Nutritional Concepts -Assessment -Program Design -Exercise Technique and Training Instruction -Client Relations and Behavioral Coaching -Professional Development and Responsibility -Practice Questions -Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM-CPT Exam. The practice test questions are each followed by detailed answer

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explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them.

Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided

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and get through the test without making any avoidable errors. Anyone planning to take the NASM-CPT Exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

Study guide

AFLCA Fitness Theory Exam

Updated for the 2015 Exam

The Ultimate Resource for

Fitness Professionals

A Pmp Exam Preparation Study

Guide

NASM Essentials of Personal

Fitness Training

**The ACE Personal Trainer Manual  
is an essential study tool for the ACE  
Personal Trainer Certification Exam**



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**and an excellent fitness and exercise resource students will use throughout their health and fitness careers. This Third Edition reflects the latest research findings and industry guidelines in the field of health and fitness. Revised and updated by the original authors and enhanced by the addition of a new chapter on health behavior and psychology, this text covers every aspect of personal training, from anatomy and physiology to injury prevention and legal issues. Exercise Physiology: Theory and Application to Fitness and Performance is designed for students interested in exercise physiology, clinical exercise physiology, human performance, kinesiology/exercise**

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**science, physical therapy, and physical education. The tenth edition provides students with an up-to-date understanding of the physiology of exercise through the use of numerous clinical applications, including exercise tests to evaluate cardiorespiratory fitness and information on exercise training for improvements in health-related physical fitness and sports performance .The Connect course for this offering includes SmartBook, an adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. McGraw-Hill Connect® is a subscription-based learning service**

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[=====]

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historical events. Topics: Discovery,  
Colonial, Revolutionary, Early  
National, Age of Expansion, Civil  
War Era, Reconstruction, Industrial  
Era, Progressive Era, World War I,  
The Twenties, The Depression,**

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**World War II, Cold War Era, Cold  
War - 1950s, Cold War -**

**[=====]**

**"EXAMBUSTERS PRAXIS Prep  
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PRAXIS review--one fact at a  
time--to prepare students to take  
practice PRAXIS tests. Each  
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definitions--a basic overview to begin  
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Reviewing PRAXIS flash cards is the  
first step toward more confident  
PRAXIS preparation and ultimately,  
higher PRAXIS exam scores!  
Exam Prep with 450 Practice**

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**Questions for the American Council  
on Exercise CPT Examination  
Theory & Practice : the  
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Study Guide  
CSET Physical Education  
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Professional Exam Deluxe Study  
Guide  
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Therapeutic Massage - E-Book  
PMBOK® Guide is the go-to  
resource for project management  
practitioners. The project  
management profession has  
significantly evolved due to  
emerging technology, new  
approaches and rapid market  
changes. Reflecting this evolution,**

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**The Standard for Project Management enumerates 12 principles of project management and the PMBOK® Guide – Seventh Edition is structured around eight project performance domains. This edition is designed to address practitioners' current and future needs and to help them be more proactive, innovative and nimble in enabling desired project outcomes. This edition of the PMBOK® Guide:**

- Reflects the full range of development approaches (predictive, adaptive, hybrid, etc.);
- Provides an entire section devoted to tailoring the development approach and processes;
- Includes an expanded list of models, methods, and artifacts;
- Focuses on not just delivering project outputs but also



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**enabling outcomes; and• Integrates with PMIstandards+™ for information and standards application content based on project type, development approach, and industry sector. Each chapter of this content-rich study guide includes a review of key objectives, a guided chapter review, key terms, two practice tests, short answer questions, and Internet activities. Following the text's content, Richard Straub offers a Chapter Overview and Chapter Review, which is divided by major section. Each group of fill-in-the-blank and short-answer questions is preceded by the relevant objective from the text. The Study Guide also includes three self-tests (one of which encourages students to think**

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**critically about the chapter's concepts), answers (with page references for the self-tests and explanations of why a choice is correct or incorrect), and a Focus on Language and Vocabulary section, which explains idioms and other phrases used by David Myers in the text that may not be clear to some readers.**

**NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine CPT Test**

**Study Guide with Practice Test Questions for the American Council on Exercise CPT Examination Certification and Accreditation Programs Directory  
Fitness  
Part of the PM Instructors Self-Study Series**

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**750 Questions & Answers about  
Acupuncture**

**The Regulation Volume of the  
Wiley CPA Examination Study  
Guides arms readers with  
detailed outlines and study  
guidelines, plus skill-building  
problems and solutions, that  
help the CPA candidates  
identify, focus on, and master  
the specific topics that need  
the most work. Many of the  
practice questions are taken  
from previous exams, and care  
was taken to ensure that they  
cover all the information  
candidates need to master in  
order to pass the new  
computerized Uniform CPA  
Examination**

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**This study guide for David Myers' best-selling text for introductory psychology courses is compelling and concise with a global perspective on psychology. This edition has been thoroughly updated, and includes new features and a media supplements package. This PMP Study Guide employs multilearning techniques to maximize your knowledge retention for the many project management terms and concepts. Based on the PMBOK Guide Fifth Edition, the contents deliver the information, knowledge, and confidence needed to pass the**

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**PMP exam. This book provides comprehensive coverage of the information required to prepare for the PMP exam in an easy-to-understand format and also includes many practice questions and quizzes. An emphasis on areas of exam difficulty with examples and exercises is also provided based on feedback analysis.**

**The Professional's Guide to  
Strength and Conditioning  
Aerobics Theory and Practice  
Study Guide**

**Wiley CPAexcel Exam Review  
2015 Study Guide July  
MFT Test Prep and Practice  
Questions for the Marriage**

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**and Family Therapy Exam  
Wiley CPAexcel Exam Review  
Spring 2014 Study Guide  
Psychology at Work Study  
Guide**

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Examination. This  
popular study guide  
delivers everything  
students need to sit for  
the exam with confidence.  
A handy, on-the-job  
reference filled with real-  
life scenarios to help you  
achieve the Certified  
Business Analysis**

**Professional (CBAP®)  
and Certification of  
Capability in Business  
Analysis (CCBA®)  
certifications Key  
FeaturesGain expert  
guidance from Esta  
Lessing, a CBAP® trainer  
with over 18 years of  
business analysis  
experienceUnderstand  
BABOK® knowledge  
areas and tasks through  
examples and real-world  
scenariosLearn business  
analyst skills such as  
stakeholder engagement,  
strategy analysis, and  
requirement**

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certification from the  
International Institute of  
Business Analysis  
(IIBA®) for professionals  
with extensive experience  
in business analysis. The  
CCBA® and CBAP®  
validates your proficiency  
in various aspects of  
business analysis and  
your ability to tackle  
challenging projects,  
work effectively with  
stakeholders, and identify  
and deliver business**



**value. You'll start by learning about the benefits of CCBA® and CBAP® certifications for your career progression before focussing on the six core knowledge areas explained thoroughly in each chapter. These include topics such as business analysis planning and monitoring, elicitation and collaboration, requirements life cycle management, strategy analysis, requirements analysis, and design definition as well as**

**solution evaluation. The book includes the essential underlying competencies and techniques to ensure a complete understanding of the BABOK® v3 guide content. Each chapter delves into the essential concepts and business analysis task considerations utilizing practical examples. Finally, you'll assess your knowledge through mock exam questions based on real-world case studies. By the end of this book, you'll have gained the**

**business analysis skills  
needed to prepare for the  
certification exams and to  
advance in your career.  
What you will learn**  
**Assess  
the IIBA® requirements  
for applying for the  
CCBA® and CBAP®  
exams**  
**Navigate through  
the sections of the  
BABOK® v3  
Guide**  
**Understand  
business analysis  
concepts, practices and  
analysis techniques**  
**Be  
able to relate concepts,  
tasks, and techniques to  
real-world practical  
situations**  
**Understand the**

**application of 50  
practical techniques  
concerning the BABOK®  
v3 Guide knowledge area  
tasks Identify the  
challenges that could  
hinder a business analyst  
from delivering value and  
effective business  
solutions Who this book is  
for This book is for  
business analysts,  
business consultants,  
trainers, project  
managers, and business  
professionals who are  
interested in preparing  
for the IIBA CBAP or  
CCBA exams. The book**

**assumes business analysis experience. Prepare for success on the REx-PNTM and CPNRE® exams! Mosby's Prep Guide for the Canadian PN Exam: Practice Questions for Exam Success is the only concise examination study tool to focus specifically on Canada's Practical Nurse licensure examination. Between the book and its accompanying website, this resource includes 1,000 practice questions along with a detailed**

**rationale for each answer; it also provides valuable test-taking tips and strategies. From Canadian nursing experts Marianne Langille and Karen Katsademas, this self-study guide has everything you need to be completely ready for your PN exam. Strategic overview of the REx-PNTM and CPNRE® exams helps you prepare effectively for the Practical Nurse licensure examination. 600 practice questions in the book reflect the latest CCPNR**

**national competencies (including Ontario and British Columbia) and provide three comprehensive practice exams of 200 questions each. Additional 400 practice questions on the companion Evolve website (for a total of 1,000) allow you the flexibility to test yourself in exam mode and self-study mode, with instant feedback to assess your progress. Rationales for answers explain why your answer is correct or incorrect. Test-taking tips and techniques help you**

**answer the "tricky" questions, select the best answer from a choice of possible solutions, and tackle short-answer questions. Classification legends indicate the competency and taxonomy being tested for each question. Practical appendix includes the Entry-Level/Entry-to-Practice Canadian Council for Practical Nurse Regulators (CCPNR) Competencies for both the CPNRE© and the REx-PNTM licensure examinations. Study tools**



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**make it easier to  
determine the correct  
answer options. REx-  
PNTM format practice  
questions on Evolve  
provide an introduction  
and exam preparation for  
exam writers in Ontario  
and British Columbia.  
ACE Personal Trainer  
Manual  
Psychology: First  
Canadian Edition Study  
Guide  
PMP: Project  
Management Professional  
Exam Study Guide  
Regulation  
Safe and Effective**

**Principles for Maximizing  
Athletic Performance  
Practice Questions for  
Exam Success**

**Study guide to prepare for the examination for the AFLCA Fitness Theory course. Each chapter has a set of questions and an opportunity to evaluate the results. There is a solutions guide to the questions in the appendix.**

**"Adapted Physical Education National Standards, Second Edition, is the essential resource for everyone in the adapted physical education field. Preservice teachers**

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**will use the text to prepare for the APENS exam, practicing teachers will use it to improve their understanding and application of the standards, college faculty will use it to prepare students for the APENS exam and evaluate their programs, and school administrators will use it to hire and review adapted PE teachers."--BOOK JACKET. Success in massage therapy begins with a solid foundation in the fundamentals! Mosby's Fundamentals of Therapeutic Massage, 7th**

**Edition helps you build the skills you need, from assessing problems and planning treatment to mastering massage techniques and protocols. Hundreds of photographs demonstrate massage techniques step by step, and case studies bring concepts to life. 'How-to' videos on the Evolve companion website show manipulation techniques, body mechanics, positioning and draping, and more. If you want to prepare for licensing and certification exams and succeed in practice, this**

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**resource from massage therapy expert Sandy Fritz is your text of choice.**

**Comprehensive coverage includes all of the fundamentals of therapeutic massage, including massage techniques, equipment and supplies, wellness, working with special populations, and business considerations; it also prepares you for success on licensing and certification exams. Step-by-step, full-color photographs demonstrate massage techniques and protocols by body area. Three hours of video on the Evolve website**

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**demonstrate techniques and body mechanics – each clip is narrated and performed by author Sandy Fritz – as well as review activities for licensing exams. Proficiency exercises provide opportunities to practice and apply what you are learning. Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice. Coverage of body mechanics helps you to create an ergonomically effective massage environment and to**

**determine appropriate pressure, drag, and duration application while applying massage methods. Coverage of multiple charting methods helps you develop record-keeping and documentation skills, including SOAP and computer charting with simulation on Evolve. Learning features include chapter outlines, objectives, summaries, key terms, practical applications, activities and exercises, and workbook-type practice. Review tools include matching exercises, short**

**answer questions, fill-in-the-blank questions, drawing exercises, and critical thinking questions, all available on Evolve.**

**Research Literacy and Evidence-Based Practice chapter includes new research findings and explains how research is done, and how to read and understand it. Adaptive Massage chapter explains how to address the needs of specific populations, from pregnant women and infants to hospice patients and people with physical impairments. Massage**



**Career Tracks and Practice Settings chapter covers massage therapy services offered at spas, and looks at the spa as a possible massage career. In-depth coverage of HIPAA shows how to store records in a HIPAA-compliant manner and explains HIPAA requirements and training. Foot in the Door boxes outline the professional skills expected by prospective employers. Updated Basic Pharmacology for the Massage Therapist appendix provides up-to-date information on common**

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**medications.**

**Social Evolution and  
Inclusive Fitness Theory  
PRAXIS II Exam Study Guide  
Expert tips and practices in  
business analysis to pass the  
certification exams on the  
first attempt**

**Exercise Physiology: Theory  
and Application to Fitness  
and Performance**

**Study Guide for the Board of  
Certification, Inc., Athletic  
Trainer Certification  
Examination**

**PMI Risk Management  
Professional (PMI-RMP)  
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studios, recreational facilities, and clubs. An essential resource for undergraduate exercise science programs, students in pre-professional programs, and those independently prepping for the ACSM-GEI certification, this engaging, accessible text reflects the authoritative expertise of the American College of Sports Medicine (ACSM) and delivers complete preparation for becoming an ACSM Certified Group Exercise Instructor. The extensively revised and reorganized 2nd

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Edition streamlines learning and aligns content to the domains of the ACSM Certified Group Exercise Instructor Exam, boosting exam confidence and delivering step-by-step guidance to ensure success in professional practice. New enhanced organization strengthens certification exam preparation and presents content in context with related foundational sciences and professional practices. Theory into Practice videos demonstrate group exercise in action; detailing

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safety and exercise selection, cueing, exercise modifications, and exercise progressions/regressions. Take Caution! boxes alert to important safety or legal considerations. Ask the Pro boxes provide expert tips for effective practice. Objectives help students make the most of study time. Chapter Summaries reinforce key concepts at a glance. Lippincott® Connect features: Full access to the digital version of the book with the ability to highlight and take notes

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on key passages for a more personal, efficient study experience. Carefully curated resources, such as interactive diagrams, audio and video tutorials, and self-assessment, all designed to facilitate further comprehension. Lippincott® Connect also allows users to create Study Collections to further personalize the study experience. With Study Collections you can:

- Pool content from books across your entire library into self-created Study Collections based on discipline, procedure,

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organ, concept or other topics. Display related text passages, video clips and self-assessment questions from each book (if available) for efficient absorption of material. Annotate and highlight key content for easy access later.

Navigate seamlessly between book chapters, sections, self-assessments, notes and highlights in a single view/page.

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