



A Cultural Studies Approach to the Study of Religion in Secondary Education

New Contexts, Themes and Challenges

African Farming and Food Processing

Stronger, Leaner, Fitter in 14 days...

High Intensity Interval Training

**Measure twice, cut once.** Although applicable to all areas of human factors research, the old adage is especially relevant to simulation and training. As a tool, simulation is an aid to the imagination, however, if incorrectly or inadequately used, it can lead to inaccurate outcomes that not only limit the possibilities but potentially cause harm. A comprehensive overview of the topic from a human factor perspective, Human Factors in Simulation and Training not only reflects the state-of-the art but also integrates the literature on simulation into a cohesive resource. The editors have collected chapters on a wide variety of topics, beginning with theory and application in areas ranging from traditional training to augmented reality to virtual reality. This coverage includes surface ships, submarines, naval aviation, commercial aviation, space, and medicine. The theory based section focuses on human factors aspects of simulation and training ranging from the history of simulators and training devices, to future trends in simulation from both a civilian and military perspective. The chapters expand on concepts regarding simulator usage particularly with respect to the validity and functionality of simulators as training devices. They contain in depth discussions of specific issues including fidelity, interfaces and control devices, transfer of training, simulator sickness, effects of motion in simulated systems, and virtual reality. As more, and more sophisticated, simulation tools and training technologies become available, a complete understanding of how to use them appropriately will be even more crucial. Elucidating theory and application, the book addresses numerous issues and concepts pertaining to human factors in simulation and training, making this volume an important addition to the bookshelf of any human factors professional.

The definitive book on workplace accountability by the New York Times bestselling authors of How Did That Happen? Since it was originally published in 1994, The Oz Principle has sold nearly 600,000 copies and become the worldwide bible on accountability. Through its practical and invaluable advice, thousands of companies have learned just how vital personal and organizational accountability is for a company to achieve and maintain its best results. At the core of the authors' message is the idea that when people take personal ownership of their organization's goals and accept responsibility for their own performance, they become more invested and work at a higher level to ensure not only their own success, but everyone's. Now more than ever, The Oz Principle is vital to anyone charged with obtaining results. It is a must have, must read, and must apply classic business book.

The challenges and opportunities facing the American people in the 21st Century are complex, interconnected and critical to the future of our nation and our democracy. Today the Federal Government provides unparalleled levels of support for a diverse range of missions, yet public trust in government institutions has hit historic lows. Against this backdrop, we face an urgent call to action to improve and modernize our Federal government. The President's Management Agenda (PMA), released by the Trump Administration in March of 2018, represents the starting point for aligning Federal government resources with the leading practices of the private sector, academia and the "good government community." On the one-year anniversary of the PMA, this volume published by the National Academy of Public Administration, Perspectives on the President's Management Agenda, is a promising contribution to the bipartisan spirit of support that will be central to translating government reform and modernization ideas into action. Contributors offer praise, mixed with suggested improvements and initiatives that may need more attention.

Are you looking to burn fat and get lean and strong, and do it all in less time? HIIT, or High-Intensity Interval Training, involves workouts with short bursts of high-intensity, heart-pumping exercise followed by short periods of rest. This dynamic, fat-burning training strategy has been proven to strengthen the whole body and improve cardiovascular health, and the workouts take less time compared to traditional training methods. From the official trainer to the Indianapolis Colts cheerleaders comes *Idiot's Guides: High-Intensity Interval Training*, a comprehensive guide to HIIT, featuring beautiful, full-color photos and detailed step-by-step instructions. Here's what you'll find inside: Over 60 step-by-step exercises and beautiful photography to help you train smarter and faster 90 structured workout routines to target every area of your body and ensure that you never grow bored with your workouts 10 comprehensive training programs that can be done anywhere and anytime to help you transform your health and train your entire body Detailed, visual instruction from a professional that's organized by level of fitness, so it's suitable for the beginner or the pro Get ready to break a serious sweat as you train your way to a leaner, stronger, calorie-burning body!

Achieving Global Excellence

100 Quick and Easy Recipes with Workouts

IFIP TC 5, WG 5.5 Seventh International Conference on Information Technology for Balanced Automation Systems in Manufacturing and Services, Niagra Falls, Ontario, Canada, September 4-6, 2006

A Novel

Burn More Fat in Less Time with HIIT Workouts You Can Do Anywhere

Impact of Polycystic Ovary, Metabolic Syndrome and Obesity on Women Health

Perspectives on the President's Management Agenda

*In Overcoming Religious Illiteracy, Harvard professor and Phillips Academy teacher Diane L. Moore argues that though the United States is one of the most religiously diverse nations in the world, the vast majority of citizens are woefully ignorant about religion itself and the basic tenets of the world's major religious traditions. The consequences of this religious illiteracy are profound and include fueling the culture wars, curtailing historical understanding and promoting religious and racial bigotry. In this volume, Moore combines theory with practice to articulate how to incorporate the study of religion into the schools in ways that will invigorate classrooms and enhance democratic discourse in the public sphere.*

*This third edition of Straight and Level thoroughly updates the previous edition with extensive comments on recent industry developments and emerging business models. The discussion is illustrated by current examples drawn from all sectors of the industry and every region of the world. The fundamental structure of earlier editions, now widely used as a framework for air transport management courses, nonetheless remains unchanged. Part 1 of the book provides a strategic context within which to consider the industry's economics. Part 2 is built around a simple yet powerful model that relates operating revenue to operating cost; it examines the most important elements in demand and traffic, price and yield, output and unit cost. Part 3 probes more deeply into three critical aspects of capacity management: network management; fleet management; and revenue management. Part 4 concludes the book by exploring relationships between unit revenue, unit cost, yield, and load factor. Straight and Level has been written primarily for masters-level students on aviation management courses. The book should also be useful to final year undergraduates wanting to prepare for more advanced study. Amongst practitioners, it will appeal to established managers moving from functional posts into general management. More broadly, anyone with knowledge of the airline industry who wants to gain a deeper understanding of its economics at a practical level and an insight into the reasons for its financial volatility should find the book of interest.*

*Dr. Richard Polin's Neonatology Questions and Controversies series highlights the most challenging aspects of neonatal care, offering trustworthy guidance on up-to-date diagnostic and treatment options in the field. In each volume, renowned experts address the clinical problems of greatest concern to today's practitioners, helping you handle difficult practice issues and provide optimal, evidence-based care to every patient. Stay fully up to date in this fast-changing field with Gastroenterology and Nutrition, 3rd Edition. Emerging knowledge about the basic developmental physiology of upper intestinal motility as it relates to reflux and feeding tolerance, and immaturities in motility by altering composition of feedings and pharmacologic means. New content on genetics and pharmacology, the role of inflammation in systemic diseases in other organs as well as necrotizing enterocolitis, optimizing administration of lipids to preterm infants, and administering lipids to infants who are at high risk for complications secondary to suboptimal lipid therapies. Current coverage of the composition of human milk and clinical trials that address the efficacy of donor milk in comparison to formula and own mother's milk. Consistent chapter organization to help you find information quickly and easily. The most authoritative advice available from world-class neonatologists who share their knowledge of new trends and developments in neonatal care. Purchase each volume individually, or get the entire 7-volume set! Gastroenterology and Nutrition Hematology, Immunology and Genetics Hemodynamics and Cardiology Infectious Disease and Pharmacology New Volume! Nephrology and Fluid/Electrolyte Physiology Neurology The Newborn Lung*

*The dramatic growth of government over the course of the twentieth century since the New Deal prompts concern among libertarians and conservatives and also among those who worry about government's costs, efficiency, and quality of service. These concerns, combined with rising confidence in private markets, motivate the widespread shift of federal and state government work to private organizations. This shift typically alters only who performs the work, not who pays or is ultimately responsible for it. "Government by contract" now includes military intelligence, environmental monitoring, prison management, and interrogation of terrorism suspects. Outsourcing government work raises questions of accountability. What role should costs, quality, and democratic oversight play in contracting out government work? What tools do citizens and consumers need to evaluate the effectiveness of government contracts? How can the work be structured for optimal performance as well as compliance with public values? Government by Contract explains the phenomenon and scope of government outsourcing and sets an agenda for future research attentive to workforce capacities as well as legal, economic, and political concerns.*

Government by Contract

Theory and Practice

Public Administration in America

Gastroenterology and Nutrition

Downsizing the Federal Government

Financial Planning & Analysis and Performance Management

Handbook of Production Management Methods

Critical insights for savvy financial analysts Financial Planning & Analysis and Performance Management is the essential desk reference for CFOs, FP&A professionals, investment banking professionals, and equity research analysts. With thought-provoking discussion and refreshing perspective, this book provides insightful reference for critical areas that directly impact an organization 's effectiveness. From budgeting and forecasting, analysis, and performance management, to financial communication, metrics, and benchmarking, these insights delve into the cornerstones of business and value drivers. Dashboards, graphs, and other visual aids illustrate complex concepts and provide reference at a glance, while the author 's experience as a CFO, educator, and general manager leads to comprehensive and practical analytical techniques for real world application. Financial analysts are under constant pressure to perform at higher and higher levels within the realm of this consistently challenging function. Though areas ripe for improvement abound, true resources are scarce—until now. This book provides real-world guidance for analysts ready to: Assess performance of FP&A function and develop improvement program Improve planning and forecasting with new and provocative thinking Step up your game with leading edge analytical tools and practical solutions Plan, analyze and improve critical business and value drivers Build analytical capability and effective presentation of financial information Effectively evaluate capital investments in uncertain times The most effective analysts are those who are constantly striving for improvement, always seeking new solutions, and forever in pursuit of enlightening resources with real, useful information. Packed with examples, practical solutions, models, and novel approaches, Financial Planning & Analysis and Performance Management is an invaluable addition to the analyst 's professional library. Access to a website with many of the tools introduced are included with the purchase of the book.

John Joseph wants men to know, in no uncertain terms, that they don ' t need to eat steak, burgers, wings, ribs, or any other animal product, for that matter, to be strong—in fact, he would argue, eating animals is for the weak. Because when your protein sources come from animals, you ' re missing out on all of the nutritional benefits of a plant-based diet—a diet that can make you more fit, more sexy, and more manly. In Meat is for Pussies, Joseph presents a throw-down of information, offering both personal and scientific evidence that a plant-based diet offers the best path to athleticism, endurance, strength, and overall health. In addition to handily dispelling the myths surrounding meat, Joseph offers workout advice, a meal plan, and recipes that make going plant-based easy. Flavor and vitamin-packed options like the Working Man Stew and Veggie Chili with Cornbread will keep men ' s (and women ' s) bodies healthy and energized, while workouts that emphasize cardio and strength training build endurance and stamina and prove that you don ' t need meat to build muscle. Joseph also offers living proof that living a plant-based lifestyle is badass, from super-athlete Brendan Brazier to MMA champion Jake Shields to Joseph himself, who is an Ironman Triathlete and still rocking out (at the age of fifty-two) on world tours as the frontman for his legendary band the Cro-Mags. Joseph ' s passion for educating the world about the benefits of a plant-based diet comes through on each page, in a voice and a vocabulary that is uniquely his own. At the end of the day, he wants readers to live a long, healthy, happy life . . . and he won ' t take no for an answer.

This publication offers a framework for the empowerment of people living in poverty throughout the world that concentrates on increasing people's freedom of choice and action to shape their own lives. Based on analysis of practical experiences, the book identifies four key elements to support empowerment: information, inclusion and participation, improved accountability and local organisational capacity. This framework is then applied to five areas of action to improve development effectiveness: provision of basic services, improved local governance, improved national governance, pro-poor market development, and access to justice and legal aid. It also offers twenty 'tools and practices' which concentrate on a wide-range of topics to support the empowerment of the poor.

Empowerment and Poverty Reduction

14 Days to a Stronger, Leaner, Body Positive You

The FDA 510(k) Clearance Process at 35 Years

Design, Modelling, Control and Simulation

Intelligent and Efficient Transport Systems

Current Research in Sports Sciences

The PMA Method