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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 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.

Packed with innovative resources readers can use now and throughout their careers, best-selling YOUR CAREER: HOW TO MAKE IT HAPPEN, 8e delivers a comprehensive, step-by-step guide to finding and keeping a job. Both empowering and encouraging, the book effectively breaks the daunting prospect of marketing oneself to prospective employers into a manageable process. Each chapter provides practical advice and actions that readers can apply to their own situation and goals. Guided activities for each part of the process help students build a strong foundation for current and future job searches, teaching them how to stand out from the crowd and be a strong candidate for jobs in a career field for which they are well suited and will enjoy. Ideal for a course on Professional/Career Development, Job Search, Resume Writing, and Interviewing, YOUR CAREER, 8e offers thorough coverage of career self-assessment, employer research, job search/interviewing, self-marketing, and career building strategies. The text also contains extensive instructions and examples of market-driven electronic, traditional, and Web resumes and cover letters. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition challenges students to meet their personal fitness and wellness goals, and perhaps teach others to do the same. Fully updated by fitness experts Hoeger and Hoeger, this text emphasizes behavior modification through sensible approaches and provides a strong focus on the practical ways students can incorporate changes into in their daily lives. Chapters are written in a student-friendly tone with supporting features such as My Profile, Behavior Modification Planning, and “ FAQs, ” all designed to highlight important practices. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition also offers interactive learning tools such as exercise videos, online labs, and self-assessments that bring topics to life and help students maintain

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

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.

Fascinating, engaging, and extremely visual, STARS AND GALAXIES emphasizes the scientific method throughout as it guides students to answer two fundamental questions: What are we? And how do we know? Updated with the newest developments and latest discoveries in the field of astronomy, authors Michael Seeds and Dana Backman discuss the interplay between evidence and hypothesis, while providing not only facts but also a conceptual framework for understanding the logic of science. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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