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Synopsis. Written by experts in exercise physiology, exercise science, and biomechanics, this volume focuses specifically on exercise science in relation to athletic performance and to the diagnosis, management, and prevention of athletic injuries. The text is logically

organized into sections on energy metabolism, exercise physiology, organ system responses to exercise, general concerns in applied exercise science, sports biomechanics, and applied sports physiology.

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ever-increasing focus within the sporting world on ach

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careers such as for sport psychologists, sport therapists or physiotherapists, sport scientists, strength and conditioning coaches and sports performance analysists.

Written by experts in exercise physiology, exercise science, and biomechanics, this volume focuses specifically on exercise science in relation to athletic performance and to the diagnosis, management, and prevention of athletic injuries. The text is logically organized into sections on Page 41/86

energy metabolism, exercise physiology, organ system responses to exercise, general concerns in applied exercise science, sports biomechanics, and applied sports physiology. The biomechanics and sports physiology sections focus on particular sports, to determine specific Page 42/86

diagnosis and treatment aspects. The book also includes chapters on exercise in children and the elderly, environmental influences on physical performance, overtraining, chronobiology, and microgravity.

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foundation course, the Eighth Edition of Physical Education, Exercise and Sport Science in a Changing Society provides a modern, comprehensive, and balanced introduction to the fields of physical education, exercise science and sport science. The eighth edition details the latest data and

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state, as well as the expected future issues and trends in physical education. The text is organized in an easy-to-follow format, first defining the profession of exercise sciences and sports, followed by an overview of the disciplines that study the cultural, social, and scientific foundations of Page 46/86

this field. In later chapters, it builds upon that foundation and examines career development and job opportunities, looking at the traditional fields of teaching and coaching, the expanding career options of sport management, and the new world of the technological workplace. Chapter Page 47/86

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Existing In The Field, Along With Discussions Related To What The Degree Should Be Called, As Well As The Names Of The Departments. The Text Also Examines The History, The Current State, As Well As The Expected Future Issues And Trends In Physical Education. The Text Is Page 53/86

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Fully revised and updated, this Third Edition provides excellent coverage of the fundamentals of exercise physiology, integrating scientific and clinical information on nutrition, energy transfer, and exercise training. The Page 59/86

book is lavishly illustrated with fullcolor graphics and photos and includes real-life cases, laboratorytype activities, and practical problemsolving questions. This edition has an Integrated Workbook in the margins that reinforces concepts, presents activities to test knowledge, and aids Page 60/86

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Exercise science practitioners have access to mountains of research findings, expert opinions, novel techniques, and program plans via blogs, fitness magazines, conference presentations, and peer-reviewed journals. To facilitate effective practice, practitioners must sift through this Page 62/86

information and retain only the best evidence to form a sound base of knowledge. Evidence-Based Practice in Exercise Science: The Six-Step Approach equips readers with the basic skills and competencies for discerning the value of scientific research. Using a methodical

approach, students and professionals will learn to identify appropriate evidence to support novel interventions and avoid counterproductive or dangerous information to eliminate ineffective exercise options. The authors, wellknown advocates in the study and Page 64/86

application of evidence-based practice in the field of exercise science, take the five-step method of evidencebased practice that has been established in medicine, adapt it specifically for exercise science, and expand it to embrace individuality in exercise training. The content is Page 65/86

accessible for students in a variety of courses in exercise science curricula: those seeking certification through professional organizations; and practitioners in the fields of exercise, nutrition, sports medicine, and sport science. This text is an instruction manual in understanding and applying Page 66/86

evidence-based practice. The process is divided into six steps that begin with asking a question and then finding, evaluating, implementing, confirming, and re-evaluating the evidence. Readers of Evidence-Based Practice in Exercise Science will explore these aspects: 1 The philosophy of science Page 67/86

and design of scientific studies I The use of search tools like PubMed and Google Scholar and how to rank or define the strength of the evidence [] Practical suggestions for implementing evidence-based practice in the field to better advise and serve athletes. clients, and patients [] Case studies Page 68/86

that demonstrate realistic scenarios of how the evidence-based process may be used in a variety of sport and exercise settings Each chapter opens with chapter objectives that provide a road map for learning, and a chapter conclusion summarizes main points and ensures understanding. The case Page 69/86

studies cover topics including exercise prescription; exercise for special populations; nutrition and supplementation; and exercise devices, equipment, and apparel. Each case presents a realistic scenario that an exercise practitioner may experience, presents background Page 70/86

information, formulates a question for investigation, describes a search of the literature, discusses the findings, and provides a recommendation for practice based on the best current evidence. Evidence-Based Practice in Exercise Science is grouped into four sections that assist readers in gaining Page 71/86

a better understanding of the evidencebased practice paradigm, learning the step-by-step method, and acquiring experience in the evidence-based approach by working through practical examples using real-world scenarios. Part I offers foundational knowledge of evidence-based practice in exercise Page 72/86

sciences. Part II introduces the sixstep method of evidence-based practice with chapters that explore each step of the process in depth. Part III presents 16 case studies grouped into chapters by general topics. Part IV concludes the text with chapters on disseminating and sharing knowledge Page 73/86

and the future of evidence-based practice in exercise science. By understanding the concepts and process of evidence-based practice, current and future sport, exercise, and health professionals will prescribe individualized programs and treatments that improve athletic Page 74/86

performance and lead individuals toward better health. Embracing evidence-based practice will ultimately advance the field and produce optimal outcomes for clients, patients, and athletes.

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provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist. It is a primary preparation resource for the Certified Performance and Sport Scientist (CPSS) certification exam.

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the principles work in the real world of physical activity and sports medicine. New content, new research citations, and new case studies throughout help prepare students for a successful career in exercise science.

Build the foundation of scientific Page 79/86

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of the endocrine system, applying research, nutritional support, and environmental effects make this the perfect resource to support the diverse case scenarios seen by personal trainers, strength coaches, fitness instructors, athletic trainers, and other exercise professionals.

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