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Visual Studio Team Foundation Server 2012 *Vanishing Boundaries* **GPS Declassified** *Agile Contracts* Essential Scrum *Agile Innovation* **Agile Project Management For Dummies** **The Professional ScrumMaster's Handbook** **The Strengthspath Principle Handbook of the London 2012 Olympic and Paralympic Games** **Strength and Conditioning** Running Science **Mad for Speed** **SafeScrum® – Agile Development of Safety-Critical Software** *Maximum Interval Training* Advanced Strength and Conditioning *Pro Team Foundation Service* **The Human Brand** **System Engineering Analysis, Design, and Development** Essential Scrum *FCC Record* *Future Crimes* **Sourcing to Support the Green Initiative** Training for Speed, Agility, and Quickness, 3E *Physiological Aspects of Sport Training and Performance-2nd Edition* *Sprint* **The Early Laps of Stock Car Racing** *Professional*

Application Lifecycle Management with Visual Studio 2013 Matt Roberts' Younger, Fitter, Stronger **Lifetime Physical Fitness and Wellness: A Personalized Program** Europe Active's Foundations for Exercise Professionals **Mustang Special Editions A Guide to Women's Health** *Field-based Tests for Soccer Players* **The International after 150 Years** Performance Assessment in Strength and Conditioning **Racing with Roger Penske** **The Complete Book of Classic and Modern Triumph Motorcycles 1937-Today** High-Performance Training for Sports **Duels in the Pool**

Duels in the Pool Jun 24 2019 An individual sport at its core, swimming is defined by iconic rivalries such as those between Ian Thorpe and Grant Hackett, Michael Phelps and Ryan Lochte, and Jenny Thompson and Dara Torres. Spanning nearly 100 years, this book highlights the best of these contests, including individual showdowns, team battles, friendly competitions, and heated political rivalries. From their early beginnings through the highlights of their careers, this book follows the top athletes in the sport and the rivals who pushed them to the pinnacle of swimming. Exhaustively researched, *Duels in the Pool* includes original interviews and rich details, shining a light on some of the sport's finest athletes and the rivalries that propelled them to greatness. This book will appeal not only to sports historians and researchers but also to fans of swimming at every level.

Handbook of the London 2012 Olympic and Paralympic Games Jan 24 2022 The Handbook of the London 2012 Olympic and Paralympic Games is the first authoritative and comprehensive account of the world's greatest sporting and cultural event. It tells the complete story of the 2012 Games from inception, through the successful bidding process and the planning and preparation phase, to delivery, the post-Games period and legacy. Written by a world-class team of international Olympic scholars, the book offers critical analysis of the social, cultural, political, historical, economic and sporting context of the Games. From the political, commercial and structural complexities of organising an event on such a scale, to the sporting action that holds the attention of the world, this book illuminates the key aspects of the 2012 Games, helping us to better understand the vital role that sport and culture play in contemporary global society. The book is divided into two volumes: Volume Two - Celebrating the Games, examines the period of competition and immediately afterwards, covering key topics such as: London welcomes the world - hospitality and the look of the games Experiencing the games -spectators, tourists, volunteers, shoppers, viewers Media and communications Running the games Creating Olympic celebrities Protesting the games Commerce, retail and consumption Documenting London 2012 in films and books The legacy of the 2012 Games for London, the UK and the Olympic Movement Richly illustrated with the personal accounts of key stakeholders, from sports administrators and politicians to athletes and spectators, and including essential data

and evocative visual material, this book is essential reading for anybody with a personal or professional interest in the Olympic and Paralympic Games, global culture or the development of sport.

Agile Innovation May 28 2022 Find your company's unique innovation style, and nurture it into a powerful competitive advantage Praised by business leaders worldwide, *Agile Innovation* is the authoritative guide to survival and success in today's "innovate-or-die" business world. This revolutionary approach combines the best of Agile with the world's leading methods of Innovation to present a crisp, articulate, and proven system for developing the breakthrough capabilities every organization must master to thrive today and tomorrow. You already know that effective innovation doesn't happen by accident—it is achieved by careful design. *Agile Innovation* addresses the three critical drivers of innovation success: accelerating the innovation process; reducing the risks inherent in innovation; and engaging your entire organization and your broader ecosystem in the innovation effort. The key frameworks described here build on the proven success of Agile to provide a comprehensive and customizable Innovation Master Plan approach to sustained innovation improvement in the five critical performance areas: strategy, portfolio, process, culture and infrastructure. Major topics include: the power of Agile in the innovation process, how to overcome innovation risk, the best tools to evoke engagement and collaboration, branding as an integral element of innovation, and the best leadership skills

and practices that create the special environment that enables transformative growth. Readers will learn specifically how to create better ideas, develop them more efficiently, and work together more profitably and effectively to achieve breakthroughs. The insights offered in this book are highlighted in 11 detailed case studies illustrating the world's best innovation practices at Wells Fargo, Nike, Volvo, Netflix, Southwest Airlines, NASA, The New York Times, and others, in dozens of specific business examples, in two dozen powerful and unique techniques and methods, and a full set of implementation guidelines to put these insights into practice. Key Insights: Understand how to implement the many ways that innovation efforts can be accelerated to achieve even greater competitive advantage Learn to create a culture of innovation, greater engagement, and rich collaboration throughout your organization Discover how to reduce risk and accelerate learning Implement your own unique plan to enhance collaborative innovation, from leadership through operations Integrate key agility principles into your strategic planning decisions for sustained improvement Explore dramatic new approaches to open innovation that optimize large scale innovation Apply the latest and best technology tools to enhance innovation, reduce risk, and promote broad participation. This is a must read book, a practical guide for fostering a culture of innovation, nurturing creativity, and efficiently developing the ideas that drive strategic growth. And since innovation is not imitation, you know that copying the ideas and strategies of other successful organizations will not produce the desired

outcomes. Hence, all leaders must develop their own way of innovating and nurture the right style of collaborating for their own organization. This book will guide you to find your own unique pathways to success. Blaze your own trail to the high levels of innovativeness and organizational agility by learning from the expert guidance and practical, actionable advice offered throughout this important book.

The Complete Book of Classic and Modern Triumph Motorcycles 1937-Today Aug 26 2019 The ultimate reference for Triumph lovers and fans of British motorcycles, *The Complete Book of Classic and Modern Triumph Motorcycles 1937-Today* collects all of the motorcycles from this iconic brand in a single illustrated volume. In this revised and updated edition, you'll find the all-new Bonneville lineup introduced for the 2016 model year as well as other Triumphs through 2019. Originally formed as a bicycle company in 1885, Triumph produced its first motorcycle in 1902, which was simply a bicycle fitted with a Belgian Minerva engine. From there, the company, in various iterations, went on to build some of the most iconic motorcycles of all time. Written by respected Triumph expert Ian Falloon, this luxurious reference covers all of the major and minor models, with an emphasis on the most exemplary, era-defining motorcycles such as the Thunderbird, Tiger, Trophy, Bonneville, and new machines such as the Speed Triple, Thruxton, and Daytona 675. Detailed technical specifications are offered alongside compelling photography, much of it sourced from Triumph's archives. *The Complete Book of Classic and Modern Triumph*

Motorcycles 1937-Today also features important non-production models and factory racing and speed-record-setting motorcycles that have become integral parts of Triumph's stellar reputation. This is a book no Triumph fan should be without!

Running Science Nov 21 2021 More than 50 years ago, New Zealand's Arthur Lydiard started using terms like base training, periodization, and peaking. His U.S. counterpart, Bill Bowerman, brought Lydiard's term for what until then had been called roadwork, or jogging, to the States. Soon after, the 1970s running boom started, spurred by exercise-advocating research from the growing fields of exercise science and sports medicine and from enthusiasts such as Jim Fixx, author of *The Complete Book of Running*. One of Bowerman's former runners at the University of Oregon, Phil Knight, saw to it that those millions of new runners had swoosh-adorning footwear designed specifically for their sport. The pace of knowledge enhancement and innovation has, in fact, been so brisk through the years that even highly informed runners could be excused for not keeping up, but no longer. *Running Science* is a one-of-a-kind resource:

- An easily comprehended repository of running research
- A wealth of insights distilled from great sport and exercise scientists, coaches, and runners
- A do-it-right reference for a host of techniques and tactics
- An array of the most credible and widely used training principles and programs
- Perhaps most of all, a celebration of the latest science-based know-how of running, now truly the world's most popular sport

Running Research News and Training Update editor Owen Anderson presents

this comprehensive work in a compelling way for runners. A PhD and coach himself, Anderson has both a great enthusiasm for sharing what scientific studies offer the running community and a keen sense of what's really important for today's informed runners to know.

Sourcing to Support the Green Initiative Dec 11 2020 The “green” or environmental sustainability movement has taken hold throughout the world. Its staying power is confirmed by that fact that environmental emphasis in organizations did not decrease during the recent global recession, but rather increased. However, since most organizations rely heavily on their supply base for providing components, materials, and services that become part of their final products, organizations must revisit their sourcing processes and choices to have a real impact on the environment. This book begins with an introduction to the idea of sustainability and to the concept of what it means to source to support an organization's green initiatives, and why this is important from a holistic, lifecycle perspective. The initial chapters will also provide a point of view of how green sourcing fits into the organization's entire portfolio of sustainability initiatives. Examples of industries and associations that lead the way in green sourcing will be presented. In addition, best practices in green sourcing will be discussed. The book also provides a perspective on how organizations can encourage and support their suppliers in pursuing green initiatives, and what types of initiatives provide a good starting point.

Training for Speed, Agility, and Quickness, 3E Nov 09 2020 The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.

Professional Application Lifecycle Management with Visual Studio 2013 Jul 06 2020 Ramp up your software development with this comprehensive resource Microsoft's Application Lifecycle Management (ALM) makes software development easier and now features support for iOS, MacOS, Android, and Java development. If you are an application developer, some of the important factors you undoubtedly consider in selecting development frameworks and tools include agility, seamless collaboration capabilities, flexibility, and ease of use. Microsoft's ALM suite of productivity tools includes new functionality and extensibility that are sure to grab your attention. Professional Application Lifecycle Management with Visual Studio 2013 provides in-depth coverage of these new capabilities. Authors Mickey Gousset, Martin Hinshelwood, Brian A. Randell, Brian Keller, and Martin Woodward are Visual Studio and ALM experts, and their hands-on approach makes adopting new ALM functionality easy. Streamline software design and deployment with Microsoft tools and methodologies Gain a practical overview of ALM with step-by-step guides and reference material Case studies illustrate specific functionality and provide in-depth instruction Use new capabilities to support iOS, MacOS, Android and Java

development Discover this comprehensive solution for modeling, designing, and coordinating enterprise software deployments Over 100 pages of new content, forward-compatible with new product releases Professional Application Lifecycle Management with Visual Studio 2013 provides a complete framework for using ALM to streamline software design and deployment processes using well-developed Microsoft tools and methodologies. Professional Application Lifecycle Management with Visual Studio 2013 is your guide to make use of newly-available ALM features to take your enterprise software development to the next level.

Field-based Tests for Soccer Players Dec 31 2019 This book systematically summarizes the accuracy, precision, and repeatability levels of field-based tests applied in soccer. It considers such details as the effectiveness of tests for different age categories and sexes. In this book, the readers will be able to check all the field-based tests conceived for fitness assessment in soccer through a large systematic review made to the literature. In addition a brief characterization of each test and presentation of the concurrent validity and repeatability levels for each test will be provided. Finally, the book contains a general discussion of the implications of the tests for different methodological approaches to training. It will be use to sports scientists and practitioners.

Agile Project Management For Dummies Apr 26 2022 Be flexible and faster with Agile project management As mobile and web technologies continue to evolve rapidly, there is

added pressure to develop and implement software projects in weeks instead of months. Agile Project Management For Dummies can make that happen. This is the first book to provide a simple, step-by-step guide to Agile Project Management approaches, tools, and techniques. With the fast pace of mobile and web technology development, software project development must keep pace; Agile Project Management enables developers to complete and implement projects more quickly and this book shows you how. Offers a practical context for understanding and applying Agile techniques, moving from theory into actual practice Explains when to use Agile and how to avoid common pitfalls Written by experts who know how to apply the principles in real-world situations Agile Project Management For Dummies enables you to understand and apply Agile principles for faster, more accurate development.

Essential Scrum Mar 14 2021 This is a comprehensive guide to Scrum for all (team members, managers, and executives). If you want to use Scrum to develop innovative products and services that delight your customers, this is the complete, single-source reference you've been searching for. This book provides a common understanding of Scrum, a shared vocabulary that can be used in applying it, and practical knowledge for deriving maximum value from it.

A Guide to Women's Health Jan 30 2020 Preceded by Mosby's guide to women's health / Tolu Oyelowo. St. Louis, Mo.: Mosby Elsevier, c2007.

Lifetime Physical Fitness and Wellness: A Personalized Program May 04 2020

LIFETIME PHYSICAL FITNESS AND WELLNESS can help you take control of your personal fitness and wellness by providing current, practical information and tools to make positive choices for your health. The authors encourage you to assess your current behaviors in order to apply the practical steps you learn in the text to start positive behavior changes. The book integrates activities throughout each chapter to relate the content to your own life and provides dynamic visuals and descriptive examples to help you visualize important concepts. Feel empowered to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS AND WELLNESS. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Matt Roberts' Younger, Fitter, Stronger Jun 04 2020 Matt Roberts' *Younger, Fitter, Stronger* is a ground-breaking fitness manual designed to guide the mid-life man towards a lifestyle that will ensure youthfulness is retained, strength is maintained or increased, and physical and mental performance are maximised. Drawing on more than 20 years of personal training experience with thousands of clients, Matt Roberts brings you a powerful combination of cutting-edge science and transformative workouts. The benefits and results speak for themselves: boosted energy, improved muscle mass, a revitalised sex drive, more restful sleep – even better-looking skin and hair. You'll look and feel as good – or better –

than you did in your 20s. The day-by-day 8-week plan is based on ground-breaking recent studies that have discovered the anti-ageing benefits of boosting testosterone and human growth hormone (HGH) levels through the targeted use of exercise and diet. Raising levels of these hormones is key to maintaining health and fitness in mid-life, and it can be achieved.

Mad for Speed Oct 21 2021 This book covers Joan Newton Cuneo's life, and her roles (from 1905 to 1915) as the premier female racer in the United States and spokeswoman for women drivers and good roads. Beginning with her family history and marriage to Andrew Cuneo, it traces her life in New York society, the birth of her children, and Joan's growing interest in automobile touring and racing and partnership with Louis Disbrow, her racing mechanic. The book covers Joan's experiences in three Glidden Tours, including her notes on the 1907 tour, her first races, and her rivals. It also looks at the growth and change of automobile culture and the battles for control of racing among the American Automobile Association, the Automobile Club of America, and the American Automobile Manufacturers Association--which ended in banishing women racers shortly after Joan's greatest racing victories at New Orleans (in 1909). The book then follows Joan's attempts to continue racing, the end of her marriage, her move to the Upper Peninsula, and her remarriage and death. The book also includes a chapter on her female rivals in racing and touring.

The International after 150 Years Nov 29 2019 The International Workingmen's Association was the prototype of all organizations of the Labour movement and the 150th anniversary of its birth (1864-2014) offers an important opportunity to rediscover its history and learn from its legacy. The International helped workers to grasp that the emancipation of labour could not be won in a single country but was a global objective. It also spread an awareness in their ranks that they had to achieve the goal themselves, through their own capacity for organization, rather than by delegating it to some other force; and that it was essential to overcome the capitalist system itself, since improvements within it, though necessary to pursue, would not eliminate exploitation and social injustice. This book reconsiders the main issues broached or advanced by the International – such as labor rights, critiques of capitalism and the search for international solidarity – in light of present-day concerns. With the recent crisis of capitalism, that has sharpened more than before the division between capital and labour, the political legacy of the organization founded in London in 1864 has regained profound relevance, and its lessons are today more timely than ever. This book was published as a special issue of *Socialism and Democracy*.

Visual Studio Team Foundation Server 2012 Nov 02 2022 Use Visual Studio® Team Foundation Server 2012 and Agile Methods to Deliver Higher Value Software Faster This is the definitive guide to applying agile development and modern software engineering practices with Visual Studio Team Foundation Server 2012—Microsoft's complementary

Application Lifecycle Management (ALM) platform. Written by the Microsoft Visual Studio product owner and a long-time Team Foundation Server implementation specialist, it focuses on solving real development challenges, systematically eliminating waste, improving transparency, and delivering better software more quickly and painlessly. Coverage includes

- Accelerating the “flow of value” to customers, with a transparent backlog, PowerPoint Storyboarding, VS 2012 feedback requests, and a “usability lab” right into your customers’ hands
- Driving quality upstream to uncover hidden architectural patterns, ensure cleaner code, fix multiple recurring “cloned” bugs at once, ensure the definition of done with continuous integration and deployment in a reliable build process
- Eliminating “no repro” bugs with VS 2012’s six powerful mechanisms for more accurate fault identification and use of virtualized test environments
- Using Scrum or other Agile methods with Process Templates effectively across distributed teams in large organization by automating burndowns and dashboards to identify “early warning signals” of emerging problems with quality or maintainability
- Staying in the groove by storing the state of your work and environment with shelvesets, to let you handle interruptions smoothly
- Leveraging VS 2012’s new support for multiple Microsoft and open source unit testing frameworks in your IDE and continuous integration pipeline
- Performing exploratory testing to uncover bugs in surprising places and testing immersive Windows 8 apps
- Rapidly improving team development and collaboration with the hosted Team Foundation

Service Whatever your development role, this book will help you apply modern software development practices using Visual Studio Team Foundation Server 2012 to focus on what really matters: building software that begins delivering exceptional value sooner and keeps delighting customers far into the future.

Mustang Special Editions Mar 02 2020 When Ford rolled out the Mustang in April 1964 it was an instant hit. Even with its immense popularity it didn't stop Ford Corporate, zone managers, and dealerships from taking it an extra step further. Just two short months later, the first special-edition Mustang debuted at the Indianapolis 500 tasked with pacing the race, and it's been full throttle ever since. This book examines more than 300 special-edition Mustangs from 1964 through today. Coverage includes factory offerings such as the 2001 Bullitt and SVT Cobras, regional promotions including the Twister Special, third-party tuners such as Roush and Saleen, and factory race cars including the 1968-1/2 Cobra Jets and the 2000 Cobra-R. You may find Mustangs in this book that you had no idea even existed! Never has a volume this detailed and with this many model Mustangs been offered published. The authors have taken their decades of research and logged them into a single compilation. Each Mustang is accompanied by production numbers, key features, and photos of surviving cars whenever possible. This book is sure to be a valued resource in your Mustang memorabilia collection! p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Arial}

Maximum Interval Training Aug 19 2021 Are you ready to challenge yourself, and turn up the intensity of your workouts? Are you ready for a proven program that burns fat, increases muscle, and sculpts the physique you've always wanted? If so, then Maximum Interval Training is for you! Maximum Interval Training combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results.

Physiological Aspects of Sport Training and Performance-2nd Edition Oct 09 2020 This text contains an in-depth discussion of physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes.

SafeScrum® – Agile Development of Safety-Critical Software Sep 19 2021 This book addresses the development of safety-critical software and to this end proposes the SafeScrum® methodology. SafeScrum® was inspired by the agile method Scrum, which is extensively used in many areas of the software industry. Scrum is, however, not intended or designed for use with safety-critical systems; hence the authors propose guidelines and additions to make it both practically useful and compliant with the additional requirements found in safety standards. The book provides an overview of agile software development and how it can be linked to safety and relevant safety standards. SafeScrum® is described in detail as a useful approach for reaping the benefits of agile methods, and is intended as a set of ideas and a basis for adaptation in industry projects. The book covers roles, processes and

practices, and documentation. It also includes tips on how standard software process tools can be employed. Lastly, some insights into relevant research in this new and emerging field are provided, and selected real-world examples are presented. The ideas and descriptions in this book are based on collaboration with the industry, in the form of discussions with assessment organizations, general discussions within the research fields of safety and software, and last but not least, the authors' own experiences and ideas. It was mainly written for practitioners in industry who know a great deal about how to produce safety-critical software but less about agile development in general and Scrum in particular.

Strength and Conditioning Dec 23 2021 Written for both the undergraduate/graduate level student as well as practitioners in the field, this text incorporates all programming aspects of strength and conditioning including training methods to develop muscular strength and power, flexibility, and the development of effective warm-up regimens. Performance analysis techniques in sport are introduced while the constraints-led approach to motor skills acquisition is presented as a framework that can guide the development of practices for the strength and conditioning practitioner. The biomechanical and motor skill acquisition concepts introduced in the text are then applied to fundamental movements including jumping, landing, and sprint running. Key Features: - Provides a solid introduction to biomechanics pertinent to the study of human movements - Discusses the performance analysis techniques in sport that can be used by the strength and conditioning

practitioner to determine the physiological, mechanical, and technical demands of specific sports, and also the assessment of the techniques used in the execution of sport-specific skills - Includes a critical review of the different approaches to motor skill acquisition - Incorporates clear learning objectives and worked examples in each chapter that allow readers to apply the concepts to real-life situations - Discusses the application of the most recent research pertinent to concepts in each chapter - Includes appendices to expand on some of the more complex mathematical techniques required to perform biomechanical analyses and useful resources to aid the student in locating and evaluating scientific evidence.

GPS Declassified Aug 31 2022 GPS Declassified examines the development of GPS from its secret, Cold War military roots to its emergence as a worldwide consumer industry. Drawing on previously unexplored documents, the authors examine how military rivalries influenced the creation of GPS and shaped public perceptions about its origin. Since the United States' first program to launch a satellite in the late 1950s, the nation has pursued dual paths into space-one military and secret, the other scientific and public. Among the many commercial spinoffs this approach has produced, GPS arguably boasts the greatest impact on our.

Sprint Sep 07 2020 NEW YORK TIMES BESTSELLER WALL STREET JOURNAL BESTSELLER "Sprint offers a transformative formula for testing ideas that works whether

you're at a startup or a large organization. Within five days, you'll move from idea to prototype to decision, saving you and your team countless hours and countless dollars. A must read for entrepreneurs of all stripes." --Eric Ries, author of *The Lean Startup* From three partners at Google Ventures, a unique five-day process for solving tough problems, proven at more than a hundred companies. Entrepreneurs and leaders face big questions every day: What's the most important place to focus your effort, and how do you start? What will your idea look like in real life? How many meetings and discussions does it take before you can be sure you have the right solution? Now there's a surefire way to answer these important questions: the sprint. Designer Jake Knapp created the five-day process at Google, where sprints were used on everything from Google Search to Google X. He joined Braden Kowitz and John Zeratsky at Google Ventures, and together they have completed more than a hundred sprints with companies in mobile, e-commerce, healthcare, finance, and more. A practical guide to answering critical business questions, *Sprint* is a book for teams of any size, from small startups to Fortune 100s, from teachers to nonprofits. It's for anyone with a big opportunity, problem, or idea who needs to get answers today.

Racing with Roger Penske Sep 27 2019 Auto racing legend Roger Penske began as a successful sportscar driver before transitioning to owning a race team and opening a car dealership. Within eight years, Team Penske won the Indianapolis 500. Today, the team boasts more than 580 victories, including an unparalleled 18 Indianapolis 500 wins and two

at the Daytona 500. Penske's efforts on the track have been intertwined with his business ventures. Penske Corporation, with \$32 billion in revenues, includes Penske truck leasing and rentals, retail automotive centers and logistics. In 2019, he bought the Indianapolis Motor Speedway and related assets, including IndyCar, and led both through the coronavirus pandemic, when racing continued with no fans in the stands. This book chronicles more than 50 years of Roger Penske's racing history, with an overview of his business career, including the turnaround of Detroit Diesel.

Performance Assessment in Strength and Conditioning Oct 28 2019 It is an essential skill for any strength and conditioning coach to be able to reliably assess the physical performance of their athletes and communicate the results and their implications to performers and coaches, alike. Performance Assessment in Strength and Conditioning is the first textbook to clearly and coherently suggest the most appropriate and reliable methods for assessing and monitoring athletes' performance, as well as including detailed sections on testing considerations and the interpretation and application of results. The book explores the full range of considerations required to reliably assess performance, including questions of ethics and safety, reliability and validity, and standardised testing, before going on to recommend (through a comparison of field- and laboratory-based techniques) the optimal methods for testing all aspects of physical performance, including: injury risk jump performance sprint performance change of direction and agility strength power aerobic

performance body composition Closing with a section on interpreting, presenting and applying results to practice, and illustrated with real-life case study data throughout, *Performance Assessment in Strength and Conditioning* offers the most useful guide to monitoring athlete performance available. It is an essential text for upper-level strength and conditioning students and practitioners alike.

Pro Team Foundation Service Jun 16 2021 Pro Team Foundation Service gives you a jump-start into Microsoft's cloud-based Application Lifecycle Management platform, taking you through the different stages of software development. Every project needs to plan, develop, test and release software and with agile practices often at a higher pace than ever before. Microsoft's Team Foundation Service is a cloud-based platform that gives you tools for agile planning and work tracking. It has a code repository that can be used not only from Visual Studio but from Java platforms and Mac OS X. The testing tools allow testers to start testing at the same time as developers start developing. The book also covers how to set up automated practices such as build, deploy and test workflows. This book: Takes you through the major stages in a software development project. Gives practical development guidance for the whole team. Enables you to quickly get started with modern development practices. With Microsoft Team Foundation Service comes a collaboration platform that gives you and your team the tools to better perform your tasks in a fully integrated way. What you'll learn What ALM is and what it can do for you. Leverage a cloud-based ALM

platform for quick improvements in your development process. Improve your agile development process using integrated tools and practices. Develop automated build, deployment and testing processes. Integrate different development tools with one collaboration platform. Get started with ALM best-practices first time round. Who this book is for Pro Team Foundation Service is for any development team that wants to take their development practices to the next level. Microsoft Team Foundation Service is an excellent platform for managing the entire application development lifecycle and being a cloud-based offering it is very easy to get started. Pro Team Foundation Service is a great guide for anyone in a team who wants to get started with the service and wants to get expert guidance to do it right.

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FCC Record Feb 10 2021

The Professional ScrumMaster's Handbook Mar 26 2022 Focusing on the ScrumMaster

role and responsibilities, this book presents solutions and ideas for common problems, improving the overall methodology of a ScrumMaster's approach. The Professional ScrumMaster's Handbook is for anybody who wishes to be a true ScrumMaster as the role was originally intended - a fearless, professional, change facilitator. This book extends your working knowledge of Scrum to explore other avenues and ways of thinking to help teams and organizations reach their full potential.

Future Crimes Jan 12 2021 * THE NEW YORK TIMES BESTSELLER * * Future-proof yourself and your business by reading this book * Technological advances have benefited our world in immeasurable ways, but there is an ominous flipside. Criminals are often the earliest, and most innovative, adopters of technology and modern times have led to modern crimes. Today's criminals are stealing identities, draining online bank-accounts and wiping out computer servers. It's disturbingly easy to activate baby cam monitors to spy on families, pacemakers can be hacked to deliver a lethal jolt, and thieves are analyzing your social media in order to determine the best time for a home invasion. Meanwhile, 3D printers produce AK-47s, terrorists can download the recipe for the Ebola virus, and drug cartels are building drones. This is just the beginning of the tsunami of technological threats coming our way. In *Future Crimes*, Marc Goodman rips open his database of hundreds of real cases to give us front-row access to these impending perils. Reading like a sci-fi thriller, but based in startling fact, Goodman raises tough questions about the expanding

role of technology in our lives. Future Crimes is a call to action for better security measures worldwide, but most importantly, will empower readers to protect themselves against these looming technological threats - before it's too late.

Europe Active's Foundations for Exercise Professionals Apr 02 2020 EuropeActive's Foundations for Exercise Professionals provides core knowledge and industry standards to help exercise professionals serve their clients. Endorsed by EuropeActive, the continent's leading standard-setting organisation in fitness and health, this text is an authoritative guide for current and future exercise professionals and training providers in Europe. The book uses scientific foundations to cover concepts and hands-on skills that promote best practices in exercise instruction and training. The content applies to all levels of the European Qualifications Framework (EQF) and associated job titles—the only resource to do so—and matches the core information for EQF levels 3 and 4. Thus, this instructional guide ensures smooth movement and work transfers among employers, educational institutions and countries in Europe. Written by renowned experts in exercise and sport sciences and framed in the European Register of Exercise Professionals' Code of Ethical Practice for exercise professionals, the text offers several practical features for readers:

- Easy-to-apply instruction accompanied by 88 full-colour photos and 68 illustrations offer an ideal visual learning experience.
- Complete descriptions and images detail proper form for common free-weight and machine-resistance training exercises.
- Explanations and recommendations

are included for the most popular cardiorespiratory exercise equipment. • Official nutrition recommendations prepare professionals to address clients' concerns. • The complete Code of Ethical Practice serves as a guide for all exercise professionals in Europe.

EuropeActive's Foundations for Exercise Professionals begins by covering the bones, joints, muscles and cardiovascular system to ensure a proper understanding of the body's movement and physiology. Readers then learn the components of exercise theory and prescription, including energy systems; body composition; resistance, aerobic and flexibility training; warm-up and cool-down; and the principle of progression. The book helps professionals become role models in the industry with information on managing lifestyle through physical activity, health, nutrition, hydration and safety. After gaining foundational knowledge, readers will look closer at the role of the exercise professional, starting with building rapport, motivating, screening and assessing clients. The final chapters discuss the basic aspects of training: exercise technique using weight machines, free weights and cardiorespiratory equipment. Both aspiring and qualified exercise professionals should keep abreast of foundational information about all areas of the health and fitness sector in order to properly serve the industry and their clients. EuropeActive's Foundations for Exercise Professionals is an ideal reference for promoting physical activity, making lifestyles healthier and guiding clients toward their fitness goals.

Essential Scrum Jun 28 2022 A Practical Guide to the Most Popular Agile Process The

Single-Source, Comprehensive Guide to Scrum for All Team Members, Managers, and Executives If you want to use Scrum to develop innovative products and services that delight your customers, Essential Scrum is the complete, single-source reference you've been searching for. Leading Scrum coach and trainer Kenny Rubin illuminates the values, principles, and practices of Scrum, and describes flexible, proven approaches that can help you implement it far more effectively. Whether you are new to Scrum or years into your use, this book will introduce, clarify, and deepen your Scrum knowledge at the team, product, and portfolio levels. Drawing from Rubin's experience helping hundreds of organizations succeed with Scrum, this book provides easy-to-digest descriptions enhanced by more than two hundred illustrations based on an entirely new visual icon language for describing Scrum's roles, artifacts, and activities. Essential Scrum will provide every team member, manager, and executive with a common understanding of Scrum, a shared vocabulary they can use in applying it, and practical knowledge for deriving maximum value from it.

Vanishing Boundaries Oct 01 2022 Businesses need to become more consumer-centric, efficient, and quality conscious. Yet global competition and supply chain complexity are increasing so rapidly that managers must reach across the manufacturing and service boundary to gather more universally applicable ideas. *Vanishing Boundaries: How Integrating Manufacturing and Services Creates Customer Value, Second Edition* addresses

the unprecedented array of new conditions that today's business managers must face. The book is a revision of the authors' previous book, *New Methods of Competing in the Global Marketplace, Critical Success Factors from Service and Manufacturing*. The concepts underpinning the first edition continue to be relevant today and, in this revised edition, are complemented with coverage of additional emerging issues in today's business environment. The basic theme of the book is captured in its title and illustrated with the addition of case studies of some of today's most prominent companies. See *What's New in the Second Edition*: The emerging relationship between risk management and supply management Risk management, and its corollary, crisis management Trends in outsourcing, such as near-sourcing and in-sourcing Health care improvement programs to reduce cost and improve quality Sustainability – alternative energy infrastructure and the triple bottom line Integration of supply chain services to align goods, information and funds flows Advances in information technology, i.e., cloud computing, videoconferencing Present, and potential, role of social media in attracting customers, servicing customers and building network trading partners. This second edition creates greater awareness of the benefits that businesses can gain by sharing techniques and methodologies across the manufacturing/services boundary. The book emphasizes that successful change management requires a holistic focus on three levels of an organization - its technology, infrastructure, and organizational culture. It includes solutions and implementation

strategies for risk and crisis management, sourcing, healthcare, alternative energy infrastructure, integration of supply chain services, advances in IT, social media, and customer relationship building.

The Human Brand May 16 2021 Why we choose companies and brands in the same way that we unconsciously perceive, judge, and behave toward one another People everywhere describe their relationships with brands in a deeply personal way—we hate our banks, love our smartphones, and think the cable company is out to get us. What's actually going on in our brains when we make these judgments? Through original research, customer loyalty expert Chris Malone and top social psychologist Susan Fiske discovered that our perceptions arise from spontaneous judgments on warmth and competence, the same two factors that also determine our impressions of people. We see companies and brands the same way we automatically perceive, judge, and behave toward one another. As a result, to achieve sustained success, companies must forge genuine relationships with customers. And as customers, we have a right to expect relational accountability from the companies and brands we support. Applies the social psychology concepts of "warmth" (what intentions others have toward us) and "competence" (how capable they are of carrying out those intentions) to the way we perceive and relate to companies and brands Features in-depth analyses of companies such as Hershey's, Domino's, Lululemon, Zappos, Amazon, Chobani, Sprint, and more Draws from original research, evaluating over 45 companies

over the course of 10 separate studies *The Human Brand* is essential reading for understanding how and why we make the choices we do, as well as what it takes for companies and brands to earn and keep our loyalty in the digital age.

The Strengthspath Principle Feb 22 2022 *Do What You Do Best!* This book is for anyone interested in becoming the Best Version of Themselves. It is designed to help you, Do Your Best, Doing What You Do Best. This is a terrific resource if you are: Shifting - contemplating a career transition Shaping - crafting a job that partially fits Succeeding - striving to be world class in a job you love Serving - wanting to make a bigger contribution Selecting - a college major or first career Stumbling Struggling Stuck with a career direction

High-Performance Training for Sports Jul 26 2019 *High-Performance Training for Sports* changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. *High-Performance Training for Sports* features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, *High-Performance Training for Sports* will guide you in these areas:

- Optimise the effectiveness of cross-training.
- Translate strength into speed.
- Increase aerobic

capacity and generate anaerobic power. • Maintain peak conditioning throughout the season. • Minimise the interference effect. • Design energy-specific performance programmes. Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

The Early Laps of Stock Car Racing Aug 07 2020 The first organized, sanctioned American stock car race took place in 1908 on a road course around Briarcliff, New York—staged by one of America’s early speed maven, William K. Vanderbilt, Jr. A veteran of the early Ormond–Daytona Beach speed trials, Vanderbilt brought the Grand Prize races to Savannah, Georgia, the same year. What began as a rich man’s sport eventually became the working man’s sport, finding a home in the South with the infusion of moonshiners and their souped-up cars. Based in large part on statements of drivers, car owners and others garnered from archived newspaper articles, this history details the development of stock car racing into a megasport, chronicling each season through 1974. It examines the National Association for Stock Car Automobile Racing’s 1948 incorporation documents and how they differ from the agreements adopted at NASCAR’s organization meeting two months earlier. The meeting’s participants soon realized that their sport was actually owned by William H.G. “Bill” France, and its consequential growth turned his

family into billionaires. The book traces the transition from dirt to asphalt to superspeedways, the painfully slow advance of safety measures and the shadowy economics of the sport.

Advanced Strength and Conditioning Jul 18 2021 Becoming an effective strength and conditioning practitioner requires the development of a professional skills set and a thorough understanding of the scientific basis of best practice. Aimed at advanced students and novice-to-expert practitioners, in this book the authors explore the latest scientific evidence and apply it to exercise selection and programming choices across the full range of areas in strength and conditioning, from strength and power, speed and agility, to aerobic conditioning. Since the first edition of this text was written extensive research has expanded the supporting evidence base that provides the theoretical foundation for each chapter. In addition, some areas that were previously under-researched have now been expanded and some key concepts have been further challenged. Each chapter is written by experts with experience in a wide variety of sports, including both applied and research experience, ensuring this concise but sophisticated textbook is the perfect bridge from introductory study to effective professional practice. While advanced concepts are explored within the book, the coach must not forget that consistency in the application of the basic principles of strength and conditioning is the foundation of athletic development. Advanced Strength and Conditioning: An Evidence- based Approach is a valuable resource for all advanced

students and practitioners of strength and conditioning and fitness training.

System Engineering Analysis, Design, and Development Apr 14 2021 Praise for the first edition: "This excellent text will be useful to every system engineer (SE) regardless of the domain. It covers ALL relevant SE material and does so in a very clear, methodical fashion. The breadth and depth of the author's presentation of SE principles and practices is outstanding." —Philip Allen This textbook presents a comprehensive, step-by-step guide to System Engineering analysis, design, and development via an integrated set of concepts, principles, practices, and methodologies. The methods presented in this text apply to any type of human system -- small, medium, and large organizational systems and system development projects delivering engineered systems or services across multiple business sectors such as medical, transportation, financial, educational, governmental, aerospace and defense, utilities, political, and charity, among others. Provides a common focal point for “bridging the gap” between and unifying System Users, System Acquirers, multi-discipline System Engineering, and Project, Functional, and Executive Management education, knowledge, and decision-making for developing systems, products, or services Each chapter provides definitions of key terms, guiding principles, examples, author’s notes, real-world examples, and exercises, which highlight and reinforce key SE&D concepts and practices Addresses concepts employed in Model-Based Systems Engineering (MBSE), Model-Driven Design (MDD), Unified Modeling Language (UMLTM) / Systems Modeling

Language (SysMLTM), and Agile/Spiral/V-Model Development such as user needs, stories, and use cases analysis; specification development; system architecture development; User-Centric System Design (UCSD); interface definition & control; system integration & test; and Verification & Validation (V&V) Highlights/introduces a new 21st Century Systems Engineering & Development (SE&D) paradigm that is easy to understand and implement. Provides practices that are critical staging points for technical decision making such as Technical Strategy Development; Life Cycle requirements; Phases, Modes, & States; SE Process; Requirements Derivation; System Architecture Development, User-Centric System Design (UCSD); Engineering Standards, Coordinate Systems, and Conventions; et al. Thoroughly illustrated, with end-of-chapter exercises and numerous case studies and examples, Systems Engineering Analysis, Design, and Development, Second Edition is a primary textbook for multi-discipline, engineering, system analysis, and project management undergraduate/graduate level students and a valuable reference for professionals.

Agile Contracts Jul 30 2022 A methodologically sophisticated, comprehensive approach to applying the Agile fixed-price contract to IT projects while maximizing customer and supplier relationships "Interesting and necessary for IT managers and IT lawyers." —Walter J. Jaburek, Dipl.-Ing., Dr. iur., Dr. techn. Approximately 50 percent of software developers use Scrum, an iterative and incremental development method for managing software projects

and product or application development, in their work. The benefit of Scrum and other Agile methods is that they can address shifts in a large project that traditional managerial methods cannot. Written by pioneers and leaders in the field of Agile and Scrum, *Agile Contracts* is the only book dedicated exclusively to the legal, procurement, and project management considerations of Agile contracts. Providing templates, a toolbox, and examples of Agile fixed-price contracts, the book presents an alternative option to fixed-price, time-based, and supply-based contracts—reducing the risk for both the supplier and the customer with a contract that offers the possibility of flux and flexible scenarios as a project progresses. *Agile Contracts* features in-depth chapter coverage of:

- The Agile Manifesto of 2001
- Agility from the perspective of procurement and the software provider
- The problems with traditional fixed-price contracts and time-material contracts
- What the Agile fixed-price contract is and how it is setup
- Tendering based on the Agile fixed-price contract
- How to negotiate an Agile fixed-price contract
- Special guidelines for the legal framework of an Agile fixed-price contract
- Adaptable Scope System
- The Black Swan scenario
- Contracts and procedures for the featured methodologies

Especially applicable within highly structured business organizations, *Agile Contracts* is a must-read for project managers, agile practitioners, procurement representatives, and IT lawyers.