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Introduction to Sports Medicine and Athletic Training *Sports Medicine for Sports Trainers - E-Book* The Complete Book of Personal Training Badminton 2 in 1 Tacticboard and Training Workbook **A Sport Psychology Workbook for Riders** *Field Hockey 2 in 1 Tacticboard and Training Workbook* **Sports Medicine for Sports Trainers** *Sports Medicine Essentials* *Athletic Training Clinical Workbook* *Athletic Training Clinical Workbook* **Netball 2 in 1 Tacticboard and Training Workbook** **Football (Soccer) 2 in 1 Tacticboard and Training Workbook** *Rugby 2 in 1 Tacticboard and Training Workbook* **Introduction to Sports Medicine and Athletic Training (Book Only)** Futsal 2 in 1 Tacticboard and Training Workbook **Handball 2 in 1 Tacticboard and Training Workbook** **Cricket 2 in 1 Tacticboard and Training Workbook** Water Polo 2 in 1 Tacticboard and Training Workbook Fencing 2 in 1 Tacticboard and Training Workbook *Basketball 2 in 1 Tacticboard and Training Workbook* Ice Hockey 2 in 1 Tacticboard and Training Workbook *Lacrosse (Women) 2 in 1 Tacticboard and Training Workbook* **Volleyball 2 in 1 Tacticboard and Training Workbook** *3D Volleyball 2 in 1 Tacticboard and Training Workbook* **Baseball 2 in 1 Tacticboard and Training Workbook** **Tough Golf 3D Table Tennis Tacticboard and Training Workbook** **3D Tennis Tacticboard and Training Workbook** 3D Football 2 in 1 Tacticboard and Training Book **Tennis 2 in 1 Tacticboard and Training Workbook** *Dog Sport Skills* **Table Tennis 2 in 1 Tacticboard and Training Workbook** **3D Football (Soccer) 2 in 1 Tacticboard and Training Book** 3D Squash 2 in 1 Tacticboard and Training Workbook *Chess 2 in 1 Tacticboard and Training Workbook* Bowling 2 in 1 Tacticboard and Training Workbook *Enter The Kettlebell Workbook* **High-Performance Training for Sports** 3D Futsal 2 in 1 Tacticboard and Training Book 3D Badminton 2 in 1 Tacticboard and Training Book

3D Table Tennis Tacticboard and Training Workbook Aug 10 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints

(playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Introduction to Sports Medicine and Athletic Training (Book Only) Sep 22 2021 Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Handball 2 in 1 Tacticboard and Training Workbook Jul 21 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Futsal 2 in 1 Tacticboard and Training Workbook Aug 22 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

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High-Performance Training for Sports Aug 29 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.

Lacrosse (Women) 2 in 1 Tacticboard and Training Workbook Jan 15 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Baseball 2 in 1 Tacticboard and Training Workbook Oct 12 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Basketball 2 in 1 Tacticboard and Training Workbook Mar 17 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to

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3D Badminton 2 in 1 Tacticboard and Training Book Jun 27 2019 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Volleyball 2 in 1 Tacticboard and Training Workbook Dec 14 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Bowling 2 in 1 Tacticboard and Training Workbook Oct 31 2019 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

3D Squash 2 in 1 Tacticboard and Training Workbook Jan 03 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Enter The Kettlebell Workbook Sep 30 2019 If you own Pavel Tsatsouline's popular kettlebell manifesto *Enter the Kettlebell*, you will love our "ETK" workbook. It turns the ETK philosophy into a detailed 12 week follow-along training plan. If you've had trouble creating your own ETK training program, this workbook is for you! Download this 56 page eBook and start earning your "Rite of Passage" today. Pavel specializes in teaching breakthrough fitness techniques to elite athletes and people who are naturally motivated. Renowned trainer Anthony DiLuglio specializes in providing motivating programs based on Pavel's principles to get ordinary people started and keep them going. Anthony's typical client needs more structure and "follow-along" simplicity than provided in *Enter the Kettlebell* itself. This workbook is divided into two main sections: the Program Minimum and the Rite of Passage Each of these is broken down into weekly progressions with a specific checklist of drills for each day. The week starts with a preview and then the follow-along program itself. You should strive to complete the program in its entirety. If you do not complete a week appropriately, simply repeat that week before moving on. Specs: 12 week follow-along 56-page book

Tennis 2 in 1 Tacticboard and Training Workbook May 07 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on

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3D Tennis Tacticboard and Training Workbook Jul 09 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Field Hockey 2 in 1 Tacticboard and Training Workbook May 31 2022 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Table Tennis 2 in 1 Tacticboard and Training Workbook Mar 05 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Sports Medicine for Sports Trainers Apr 29 2022 This text provides an easy-to-read introduction to the basic principles of sports medicine for people of all sporting backgrounds and interests. It gives readers practical knowledge in areas such as injury prevention, injury management, crisis management techniques and optimising performance. Topics covered include: · management of common sporting injuries · how to conduct warm up, stretching and cool down sessions · using taping to prevent or reduce severity of injuries · principles of sports nutrition. Examples are drawn from a wide variety of sports. Developed by Sports Medicine Australia, it provides you with the information you need to help athletes prevent injuries, to reduce the severity of injuries that occur, and to prevent injuries

from re-occurring.

Sports Medicine Essentials Mar 29 2022 The student workbook is designed to help you retain key chapter content. Included within this resource are chapter objective questions, key term definition queries, multiple choice, fill in the blank questions, and true or false problems.

Fencing 2 in 1 Tacticboard and Training Workbook Apr 17 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Football (Soccer) 2 in 1 Tacticboard and Training Workbook Nov 24 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

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Sports Medicine for Sports Trainers - E-Book Oct 04 2022 This E-book provides an easy-to-read introduction to the basic principles of sports medicine for people of all sporting backgrounds and interests. It gives readers practical knowledge in areas such as injury prevention, injury management, crisis management techniques and optimising performance. Topics covered include: management of common sporting injuries; how to conduct warm up, stretching and cool down sessions; using taping to prevent or reduce severity of

injuries; and principles of sports nutrition. Examples are drawn from a wide variety of sports. Developed by Sports Medicine Australia, it provides you with the information you need to help athletes prevent injuries, to reduce the severity of injuries that occur, and to prevent injuries from re-occurring.

Dog Sport Skills Apr 05 2020 2014 "Book of the Year" for Dog Behavior and Training! (Maxwell award). In this second book in the "Dog Sports Skills" series, Authors Denise Fenzi and Deb Jones take an in-depth look at the topic of motivation. They talk about what motivation is, and what it is not, along with an illuminating discussion of how a dog is unique in the animal world, and how educated trainers can use that to maximum advantage. They consider a range of options for motivating our dogs, and how a trainer can raise or lower the value of specific motivators to get the exact training effect that may be desired at a given time. Temperament is discussed as it relates to issues of motivation to help the reader understand the strong interplay between temperament, motivation and training decisions. In addition to explaining how to use motivators in training, this book provides specific information on how to reduce their use so that you can eventually get into the competition ring! Finally, they provide case studies - lots of them! The purpose of the case studies is both to cement what the reader has learned in the first chapters and also to help the reader understand how to analyze specific situations and make a plan to apply the concepts. A student who reads both this book and the first book in the series will begin to develop a deeper understanding of the author's underlying philosophy and approach. Each book is more than a stand-alone resource; they are pieces of a puzzle that will eventually weave into a tapestry of concepts, thoughts and applications that create both excellence in training and a very deep respect and understanding for another living being.

Introduction to Sports Medicine and Athletic Training Nov 05 2022 The workbook was developed to maximize learning through reinforcement of the text material. Workbook chapters correspond to textbook chapters and include an outline of textbook chapter material, a review of key chapter concepts, and activities that emphasize key terms, anatomy, and procedures. Activities include a vocabulary review, multiple choice questions, hands-on activities, online research suggestions, a word search or crossword puzzle, and a "real-world" critical thinking exercise.

A Sport Psychology Workbook for Riders Jul 01 2022 An expert in the field of sport psychology outlines mental strategies that will help riders attain peak performance.

3D Football (Soccer) 2 in 1 Tacticboard and Training Book Feb 02 2020 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool ***

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Netball 2 in 1 Tacticboard and Training Workbook Dec 26 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Tough Golf Sep 10 2020 Practical Workbook to improve your mental skills in golf

Chess 2 in 1 Tacticboard and Training Workbook Dec 02 2019 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to easy pocket format

Athletic Training Clinical Workbook Feb 25 2022 A one-of-a-kind workbook for certification exam success! Waiting in the training room? Have downtime on the field? Take this portable workbook with you wherever you go to confidently prepare for the competencies required by the BOC and meet the challenges you'll face in clinical and practice. Draw on true-to-life experiences to enhance your critical-thinking and clinical-reasoning skills and effectively evaluate, assess, and diagnose your patients. Clinical scenarios in every chapter mirror the scenarios and related questions you'll find on the certification exam. Over 250 perforated flashcards in the back of the workbook let you to quickly review in any setting. You'll also find engaging exercises to complete and hand in to your instructor.

Rugby 2 in 1 Tacticboard and Training Workbook Oct 24 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the cover is still a dry erase panel (tacticboard) *** Due to a handy format, the notebook can be comfortably used in any situation (e.g. on the way or on the playing field) *** Perfect for spontaneous collection of ideas or as a memorization tool *** Practical handling due to

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The Complete Book of Personal Training Sep 03 2022 This book is "the most comprehensive and authoritative resource for you as a personal trainer, whether you are a newcomer to the field or have a well-established business. The book is truly a complete resource - it's full of information about working with clients and designing programs, and it's a practical guide to all aspects of the personal training business. [It] will help you in all aspects of your profession: learn applicable information on fitness testing and assessment ; identify your clients' goals and create fitness tests specifically for them ; learn how to develop cardiovascular, strength and flexibility training programs ; properly train and help special populations ; understand the business side of personal training, including marketing yourself as a trainer, getting and retaining clients, and learning time management ; learn how to expand your business." - back cover.

Ice Hockey 2 in 1 Tacticboard and Training Workbook Feb 13 2021 The 2 in 1 Tacticboard & Training Workbook for fast creation of coaching instructions/game tactics and schemes, doesn't only offer sport specific preprints (playing field and space for notes), but also a cover, usable as a dry erase panel (whiteboard pen is needed). ADVANTAGES: *** notebook with sport specific preprints (playing field) for fast and simple sketching of coaching instructions/game tactics and schemes *** If all pages of the notebook are used, the

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