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Principles of Athletic Training: A Competency-Based Approach William Prentice, 2013-01-22 A Doody's Core Title for 2015! Principles of Athletic Training: A Competency-Based Approach is designed to be used by athletic trainers in courses concerned with the scientific, evidence-based and clinical foundations of athletic training and sports medicine. The text leads the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. As the student progresses from beginning to end, he or she will understand the complexities of the profession of athletic training. An over-arching goal of the text is to make certain that each and every one of the educational competencies identified by the Education Council is specifically covered. After using this text the student should be able to apply the appropriate techniques and concepts in the day-to-day performance of his or her job as an athletic trainer. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following: • SmartBook® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content. •

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Arnheim's Principles of Athletic Training William E. Prentice, Daniel D. Arnheim, 2002

Athletic Movement Skills Brewer, Clive, 2017-01-17 Before athletes can become strong and powerful, they need to master the movement skills required in sport. Athletic Movement Skills covers the underlying science and offers prescriptive advice on bridging the gap between scientist and practitioner so coaches and athletes can work together to achieve dominance.

Arnheim's Principles of Athletic Training William E. Prentice, 2005-06 This market-leading text emphasizes the prevention and management of athletic injuries and remains the only text to cover all aspects of the profession of athletic training. A valuable resource in seeking professional certification, it also provides practical, career-oriented content for students in athletic training, sports medicine, physical education, physical therapy, and coaching.

High-Performance Training for Sports David Joyce, Daniel Lewindon, 2014-06-09 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.

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How Learning Works Susan A. Ambrose, Michael W. Bridges, Michele DiPietro, Marsha C. Lovett, Marie K.

Norman, 2010-04-16 Praise for *How Learning Works* *How Learning Works* is the perfect title for this excellent book. Drawing upon new research in psychology, education, and cognitive science, the authors have demystified a complex topic into clear explanations of seven powerful learning principles. Full of great ideas and practical suggestions, all based on solid research evidence, this book is essential reading for instructors at all levels who wish to improve their students' learning. —Barbara Gross Davis, assistant vice chancellor for educational development, University of California, Berkeley, and author, *Tools for Teaching* This book is a must-read for every instructor, new or experienced. Although I have been teaching for almost thirty years, as I read this book I found myself resonating with many of its ideas, and I discovered new ways of thinking about teaching. —Eugenia T. Paulus, professor of chemistry, North Hennepin Community College, and 2008 U.S. Community Colleges Professor of the Year from The Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education Thank you Carnegie Mellon for making accessible what has previously been inaccessible to those of us who are not learning scientists. Your focus on the essence of learning combined with concrete examples of the daily challenges of teaching and clear tactical strategies for faculty to consider is a welcome work. I will recommend this book to all my colleagues. —Catherine M. Casserly, senior partner, The Carnegie Foundation for the Advancement of Teaching As you read about each of the seven basic learning principles in this book, you will find advice that is grounded in learning theory, based on research evidence, relevant to college teaching, and easy to understand. The authors have extensive knowledge and experience in applying the science of learning to college teaching, and they graciously share it with you in this organized and readable book. —From the Foreword by Richard E. Mayer, professor of psychology, University of California, Santa Barbara; coauthor, *e-Learning and the Science of Instruction*; and author, *Multimedia Learning*

Foundations of Athletic Training Marcia K. Anderson, Gail P. Parr, 2013 This text integrates basic medical concepts and related scientific information to provide a strong foundation of general athletic training practices. Using a problem-solving approach to prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases, this text provides athletic trainers and athletic training students with the most extensive, challenging content in a user-friendly format. New Content! This edition features a new chapter on Psychosocial Intervention Strategies.

Sport Psychological Interventions in Competitive Sports Jürgen Beckmann, Anne-Marie Elbe, 2015-02-27 Sport psychological training, an important part of athletes' preparation, can give them the final edge in competition. This book

provides a systematic structure for conducting sport psychological interventions that can be followed not only by sport psychologists, but also by athletes and coaches. The authors describe sport psychological measures that are based on scientific knowledge and have proven to be valuable in their applied work. The book is divided into two main parts. Part 1 presents the basic structure for sport psychological interventions and Part 2 focuses on concrete interventions and training measures. Part 1 further addresses the importance of personality factors for sports performance, illustrates how an athlete's personality development can be enhanced, gives basic knowledge about diagnostic tools, and discusses talent selection. The second part of the book describes basic training, which focuses mainly on relaxation techniques, as well as skills training, essential for the stabilisation of athletic performance. Maintaining a balanced recovery-stress state is particularly important for the avoidance of overtraining. The book illustrates how athletes' stress and recovery levels can be monitored in order to prevent overtraining. Part 2 further addresses how critical situations in an athlete's career (including, for example, conflicts, career termination, and injuries) are to be handled, presenting various impact interventions, including clinical hypnosis. The final chapter of the book presents a mental toolbox, giving the practitioner an overview that will help to quickly identify a problem, its possible causes, and solutions.

Long-term Athlete Development Istvan Balyi, Richard Way, Colin Higgs, 2013 Long-Term Athlete Development offers an in-depth explanation of the long-term athlete development model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development to produce athlete growth.

Core Concepts in Athletic Training and Therapy Susan Kay Hillman, 2012-01-31 Core Concepts in Athletic Training and Therapy provides a balanced introduction to the knowledge, skills, and clinical abilities that span the profession of athletic training. Students in athletic training, coaching, or other health care fields will find current information covering the breadth of theory and application of athletic training, including evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute and emergency care, therapeutic interventions, and health care administration. It also presents advanced topics of pathophysiology and psychological response to sport injury to better prepare students for continued study. Compared to other introductory athletic training texts, Core Concepts in Athletic Training and Therapy is the only text that aligns with the newest athletic training education competencies from the National Athletic Trainers' Association (2011). Written by a team of respected athletic training educators with experience at the professional and collegiate levels, the text breaks new ground by condensing key concepts to a comprehensive level while not overwhelming students with content that will be addressed in depth in advanced courses. Numerous features assist students in learning the fundamentals:

- Each of the six parts opens with a discussion of the competencies that are covered in that part and concludes with a reference list of those competencies by description and number, making it easy to monitor the knowledge required.
- A companion web resource contains 41 clinical proficiency exercises, carefully chosen to complement the introductory level

of the text and align with required educational objectives. The modules may be completed online or printed, and cross-references at the end of each chapter guide students to the appropriate modules to apply the chapter content. • Case studies sprinkled throughout the text demonstrate real-world situations and include critical thinking questions that underscore principles of rehabilitation and exercise. • Full-color photographs depict specific conditions and techniques, giving students an accurate picture of real practice. • For instructors, a complete set of ancillaries assists in preparing and presenting lectures, leading class discussion, and planning assignments and assessments. In addition, *Core Concepts in Athletic Training and Therapy* is the first text to offer a complete chapter on evidence-based practice, the newest educational competency required of entry-level athletic trainers by the NATA. The rest of the text introduces general information about life as an athletic trainer, such as training, education, licensure, certification, employment opportunities, and the roles in a sports medicine team. The core of the text then focuses on required knowledge and skills related to injury prevention, injury recognition and classification (including region-specific examination strategies, basic objective tests, physical exam strategies, and injury mechanisms), acute care, therapeutic interventions, and the role of pharmaceuticals in the healing process. To round out the text, it addresses health care administration and discusses strategies for the management of athletic training programs. With learning features and a web resource that integrate clinical learning into an introductory course, *Core Concepts in Athletic Training and Therapy* is the essential resource for current and future athletic trainers. Long after its first use, it will prove a valuable reference for athletic training students as they progress through the curriculum, prepare for certification, and begin careers in the profession. *Core Concepts in Athletic Training and Therapy* is part of Human Kinetics' Athletic Training Education Series. Featuring the work of respected authorities in athletic training, this collection of outstanding textbooks, each with its own supporting instructional resources, parallels and expounds on the content areas in the accreditation standards of the NATA Education Council.

Ergonomics in Sport and Physical Activity Thomas Reilly, 2009-09-22 *Ergonomics in Sport and Physical Activity: Enhancing Performance and Improving Safety* is also available as an e-book. The e-book is available at a reduced price and allows readers to highlight and take notes throughout the text. When purchased through the Human Kinetics site, access to the e-book is immediately granted when the order is received. *Ergonomics in Sport and Physical Activity: Enhancing Performance and Improving Safety* is the first text to provide an in-depth discussion of how the principles of ergonomics can be applied in the context of sport and other physical activities to reduce injury and improve performance. The text blends concepts from biomechanics, physiology, and psychology as it shows how ergonomics is applied to physical activity. This comprehensive text outlines methods for assessing risk in and procedures for dealing with stress, eliminating hazards, and evaluating challenges posed in specific work or sport environments. It discusses issues such as the design of effective equipment, clothing, and playing surfaces; methods of assessing risk in situations; and staying within appropriate training

levels to reduce fatigue and avoid overtraining. The text not only examines sport ergonomics but also discusses ergonomic considerations for physically active special populations. *Ergonomics in Sport and Physical Activity* explains what ergonomics is, how ergonomists solve practical problems in the workplace, and how principles of ergonomics are applied in the context of sport and other physical activities when solving practical problems related to human characteristics and capabilities. The text shows readers how to improve performance, achieve optimal efficiency, enhance comfort, and reduce injuries by exploring topics such as these: Essential concepts, terms, and principles of ergonomics and how these relate to physical activity Physical properties of the body and the factors limiting performance Interactions between the individual, the task, and the environment Injury risk factors in relation to body mechanics in various physical activities Injury prevention and individual protection in the review of sports equipment and sports environments Comfort, efficiency, safety, and details of systems criteria in equipment design This research-based text uses numerous practical examples, figures, charts, and graphs to bring the material to life. In addition, descriptions of technological advances show where we have been and how technology has advanced the field. Through the book's discussion of the various stressors and adaptive mechanisms, readers will learn how to cope with various environmental conditions. They will also learn how various training modes can be used to alter sport-specific capabilities and enhance performance. Presenting a wide range of approaches, theoretical models, and analytical techniques, *Ergonomics in Sport and Physical Activity: Enhancing Performance and Improving Safety* illustrates the potential for ergonomics to be extended across recreation, competitive sport, and physically active work environments. Bridging the gap between ergonomics and exercise science, this unique text will assist both health care and exercise professionals in developing an improved awareness of how human capabilities are best matched to physical activities.

Arnheim's Principles of Athletic Training William E. Prentice, Daniel D. Arnheim, 2009 This market-leading text emphasizes the prevention and management of athletic injuries and remains the only text to cover all aspects of the profession of athletic training. It is a valuable resource in seeking professional certification. The text provides practical, career-oriented content for students in athletic training, sports medicine, physical education, physical therapy, and coaching.

Looseleaf for Principles of Athletic Training: A Competency-Based Approach William E. Prentice, 2014-05-19 *Principles of Athletic Training: A Competency-Based Approach* is designed to be used by athletic trainers in courses concerned with the scientific, evidence-based and clinical foundations of athletic training and sports medicine. The text leads the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. As the student progresses from beginning to end, he or she will understand the complexities of the profession of athletic training. An over-arching goal of the text is to make certain that each and every one of the educational competencies identified by the Education Council is specifically covered. After using this text the student should be able to apply the appropriate techniques and concepts in the day-to-day performance of his or her job as an athletic trainer.

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<http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

Basic Athletic Training Ken Wright, Scott Barker, Jason Bennett, Randy Deere, 2013 This is a comprehensive introduction to current philosophies, procedures, and practices related to the care and prevention of athletic injuries. It is written and edited by Board of Certification (BOC) certified athletic trainers as a comprehensive introduction to current philosophies, procedures, and practices related to the care and prevention of athletic injuries. This new edition provides comprehensive beginner and intermediate-level instruction on the principles of sports medicine and athletic training. The athletic training student will learn the basics of athletic training and have a working knowledge of common preventive, evaluation, treatment, and rehabilitation techniques in sports medicine.

The Question of Competence Brian D. Hodges, Lorelei Lingard, 2012-10-11 Medical competence is a hot topic surrounded by much controversy about how to define competency, how to teach it, and how to measure it. While some debate the pros and cons of competence-based medical education and others explain how to achieve various competencies, the authors of the seven chapters in *The Question of Competence* offer something very different. They critique the very notion of competence itself and attend to how it has shaped what we pay attention to—and what we ignore—in the education and assessment of medical trainees. Two leading figures in the field of medical education, Brian D. Hodges and Lorelei Lingard, drew together colleagues from the United States, Canada, and the Netherlands to explore competency from different perspectives, in order to spark thoughtful discussion and debate on the subject. The critical analyses included in the book's chapters cover the role of emotion, the implications of teamwork, interprofessional frameworks, the construction of expertise, new directions for assessment, models of self-regulation, and the concept of mindful practice. The authors juxtapose the idea of competence with other highly valued ideas in medical education such as emotion, cognition and teamwork, drawing new insights about their intersections and implications for one another.

The Athletic Skills Model René Wormhoudt, Geert J.P. Savelsbergh, Jan Willem Teunissen, Keith Davids, 2017-10-12 The

Athletic Skills Model offers an alternative to dominant talent development theories in the form of holistic broad-based movement education, focusing on health and wellbeing. It places the emphasis on 'physical intelligence' - including attributes such as agility, flexibility and stability - through adaptable and varied training programmes, creating a skilled athlete before introducing sport specialization. The book sets out the scientific underpinnings of the ASM before going on to offer practical guidance on the content of the programme, how to adapt and vary the programme, and how to apply the approach to different age groups and sports. The ASM's application in the youth development programme at AFC Ajax is explored in depth, before a future of talent development with an emphasis on athletic, rather than sport-specific, expertise is imagined. The Athletic Skills Model introduces an important and timely challenge to conventional wisdom in talent development and is a fascinating read for any upper-level student or researcher interested in youth development, skill acquisition, motor learning or sports coaching, and any coaches wanting to refresh their approach to talent development.

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