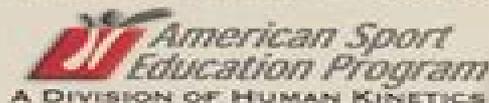


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Advanced Strength and Conditioning Anthony Turner, Paul Comfort, 2022-02-14 Becoming an effective strength

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

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The New Extraordinary Leader, 3rd Edition: Turning Good Managers into Great Leaders John H. Zenger, Joseph Folkman, 2019-11-15 The classic for managers seeking to hone their leadership skills into a C Suite position Updated with copious new research conducted over the past ten years this landmark work provides everything you need to transform yourself from an effective manager to an extraordinary leader In addition to the time proven methods and approaches that has made *The New Extraordinary Leader* one of the most popular leadership books around this third edition includes Updated insights on how to demystify leadership More data on how extraordinary leadership directly benefits employee engagement customer satisfaction retention innovation and profitability A brand new simplified definition of leadership strengths Critical research on the importance of developing leadership teams Three all new chapters that cover Leadership competencies and how they interplay with each other The role of cross training in leadership development and The leader's role in his or her own development

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Forthcoming Books Rose Army,2003

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American Book Publishing Record ,2007

The Dissertation Journey Carol M. Roberts,2004-03-29 This book is not a technical manual to help doctoral students through the minutiae of conducting in depth qualitative or quantitative research Instead this how to manual will focus on the practical aspects of writing and organizing a dissertation in particular the psychological and social hurdles that are involved The author uses a conversational and encouraging tone along with plenty of graphics quotes illustrations and sample forms to guide doctoral students through the process of preparing writing and defending their dissertations Features checklists organizing graphics in depth list of resources for further inquiry quotations illustrations and other user friendly elements full of easily accessible practical advice that is administered in small bites conversational warm and personal writing style unique to this genre

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