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Reader's Choice Kim Flachmann, Michael Flachmann, Alexandra MacLennan, 2004 *The Complete Guide to Sports Training* John Shepherd, 2013-05-31 The Complete Guide to Sports Training is the definitive practical resource for anyone wishing to improve their performance and for coaches looking to get the best out of their athletes. The book demystifies sports science and provides athletes and coaches with the basic building blocks they need to maximise performance. Starting with the basics and progressing to the specific elements all athletes need: speed, endurance and power. This invaluable handbook explains the theory in simple, easy-to-understand terms before discussing the most effective training methods and techniques as well as giving guidance on developing a training plan, sports psychology and training younger and older athletes. This is the first time such a wealth of sports science knowledge has been available in one book and written in such an accessible style and should become the sports training handbook for athletes, coaches and sports science students.

FITNESS CENTRAL - The Reader Rahul Mookerjee, 2020-03-07 Back when I started www.rahulmookerjee.com I never ever thought it would morph into a full-time business like it is now. From Fast and Furious Fitness to Gorilla Grip to 0 Excuses Fitness Gumption Galore and everything else we've put out, thus far, it's been a wild, wild ride and it promises to get even better. The comments and feedback we receive on a regular basis via social media and email etc. is something that makes it ALL worth it. If there is something that folks love about us, it's our direct-in-your-face NO-nonsense style, not just with regard to fitness instruction but the 0 Excuses Fitness philosophy as well as our daily fitness tips that we put out on a regular basis that people wake up to every morning. It is THESE fits and the rambunctious ovation to these tips that I put out the first Edition of Fitness Central, then the second, then the third, all in all a mind-boggling 153 fitness tips. But now, and despite the feedback I've gotten, I'll go one BETTER. Instead of purchasing all three fitness manuals separately, you can now purchase them all as ONE reader, one giant MOTIVATIONAL fitness package as it were, with all the same tips as in the three books but at a reduced price. Truth be told, I could charge you upwards of 100 for EACH of the fitness books and you'd still get your money's value and THEN SOME. Truth be told, even ONE of these tips by themselves is worth their weight in GOLD spades, mucho dinero, what have you. And truth be told, the BENEFITS you'll get from following even one of these tips far, far outweighs what you'll get from following the staid, old routines at the gym for years. Now, if you're with me thus far and if you've cracked open even one of the Fitness Central books, you KNOW the benefits you'll get from these books. Just in case you aren't though and just in case you chance upon this package first, up here are at a glance some of the benefits you'll get from this book: Finger tip pushups and what you really need to know about them. Why the way your muscles look aren't the most important or even a little bit important. The skinny on grip strength and building rock-solid, coruscating levels of kung fu-like grip strength. My manuals on grip training do a great job here and these tips are but the icing on the cake, but a much-needed icing. The truth about calluses that most people will NOT tell you. The one exercise combo that will give you explosive

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authors state of the art research to offer instructional strategies and classroom activities to help both girls and boys develop as readers and writers This book is for classroom teachers in grades 3 8 as well as for reading specialists instructional leaders and other educators It provides detailed descriptions of instructional activities accompanied by reproducible tools and materials illustrative examples of student work concise summaries of state of the art research and ideas for action research projects The strategies and activities in this book have all been classroom tested with diverse student populations

The Ethics of Sports Coaching Alun R Hardman, Carwyn Jones, 2010-12-02 This book critically examines the moral aspect of sports coaching and develops a powerful idea of what it ought to be arguing strongly that coaches must be aware of the ethical implications of their acts **The Education Index** ,1966 **Skiing** ,2009-10 *Soviet Life* ,1972-07 *Learning in Sports Coaching* Lee Nelson, Ryan Groom, Paul Potrac, 2016-03-31 The facilitation of learning is a central feature of coaches and coach educators work Coaching students and practitioners are as a result being expected to give increasing levels of thought towards how they might help to develop the knowledge and practical skills of others *Learning in Sports Coaching* provides a comprehensive introduction to a diverse range of classic critical and contemporary theories of learning education and social interaction and their potential application to sports coaching Each chapter is broadly divided into two sections The first section introduces a key thinker and the fundamental tenets of his or her scholarly endeavours and theorising The second considers how the theorist's work might influence how we understand and attempt to promote learning in coaching and coach education settings By design this book seeks to promote theoretical connoisseurship and to encourage its readers to reflect critically on their beliefs about learning and its facilitation This is an essential text for any pedagogical course taken as part of a degree programme in sports coaching or coach education *Leveled Reading, Leveled Lives* Timothy Shanahan, 2025-07-28 An engaging and evidence based examination of how reading instruction has been misinterpreted and misapplied for decades and how to right the course to improve reading skills for all students In *Leveled Reading Leveled Lives* leading literacy expert Timothy Shanahan curates a lively tour of the history of reading instruction in the United States arguing that the most popular reading instruction method is failing students and suppressing their literacy achievement He breaks down the reasons why teachers and researchers alike have favored this accepted wisdom known as instructional level theory in US schools over the past five decades and presents a compelling case for a new way forward that will bolster students reading skills Today it's not uncommon to find students in a fourth grade classroom reading books suitable for third second or even first graders Teachers suggest books to students at their deemed instructional levels but how these instructional levels are determined is suspect With a comprehensive critical analysis of instructional level pedagogy Shanahan exposes its shaky foundations and shows how faulty research findings have become so entrenched He gathers an extensive body of research studies that overwhelmingly contradict the instructional level theory and offers an evidence based consideration of how educators must instead use grade level reading to bring about maximum learning gains This seminal

book concludes with practical advice for implementing grade level reading instruction including detailed descriptions of the types of instruction and scaffolding needed to increase students reading achievement from teaching decoding and challenging texts to scaffolding reading to maintaining motivation Shanahan asserts that a better approach can ensure that all students have an opportunity to leave high school with reading abilities commensurate with their personal social civic and economic goals

Boys' Life ,1963-07 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

Your Personal Trainer Douglas Brooks,1999 Presents individually tailored training programs and customized fitness workouts designed to maximize workout goals shed pounds and add muscle increase endurance and stay motivated Chapters are organized in sections on training essentials and components training programs and training targets Includes bandw photos assessment forms and planning sheets The author is a certified personal trainer and is fitness training director at Snowcreek Resort and Athletic Club Annotation copyrighted by Book News Inc Portland OR

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