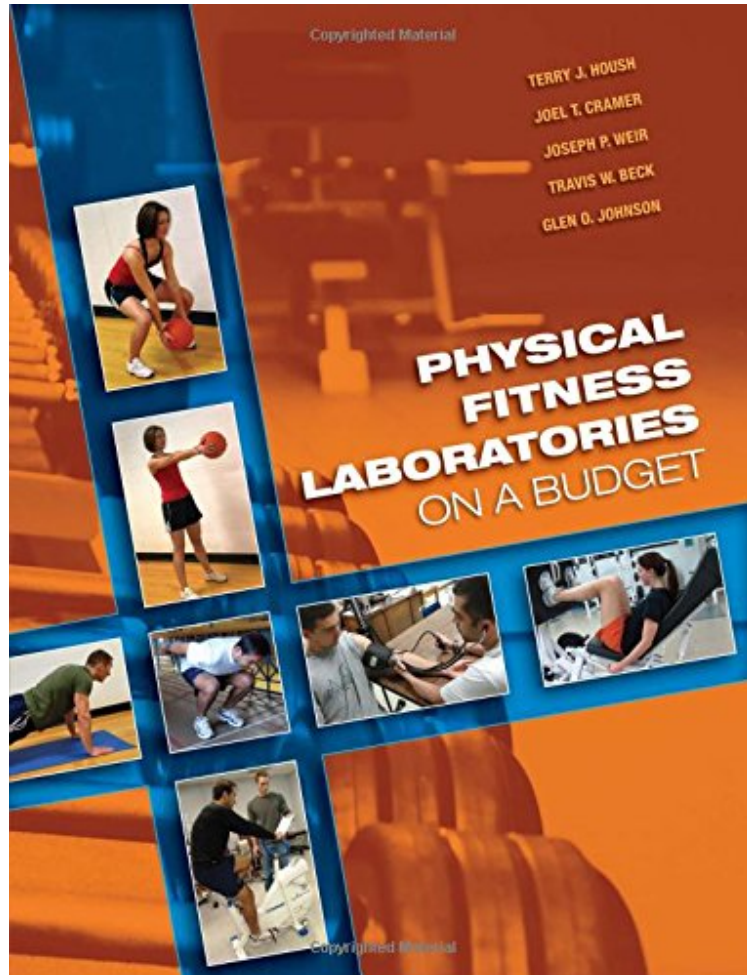


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Physical Fitness Laboratories on a Budget

Terry J. Housh, Joel T. Cramer, Joseph P. Weir, Travis W. Beck, Glen O. Johnson
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This lab manual is designed to benefit those colleges and universities that offer courses with lab components in physical fitness, exercise physiology, and healthy lifestyles but do not have the facilities and/or budget to allow students to train in high-tech laboratory settings. This long-overdue book-essential for sports and exercise science departments on a budget-provides meaningful lab experiences that don't require sophisticated and expensive

equipment. The labs were written and designed to be self-administered or administered to others. Readers will find the book an essential resource for any career involving physical fitness and performance testing. This book's clear and concise layout makes it an ideal tool both for learning and for practical application in professional settings. The book includes 31 labs divided into eight units: Introductory labs Aerobic fitness Fatigue thresholds Muscular strength Muscular endurance Muscular power Body composition and body build Flexibility Labs include these features: Background, Terms and Abbreviations, Equipment (and pricing), Procedures, Equations, Sample Calculations, Worksheets, Tables, Extension Activities, and References. The manual also includes a table of units and conversions, a list of equipment and vendors, a Glossary, and an Index.

"This is a terrific, low-cost lab manual that provides a wide variety of laboratory exercises. The labs are straight forward, and the feedback from my students has been very complimentary. It's hard to find a book that combines very strong content with a highly reasonable price tag." Jeff Bolles, University of North Carolina at Pembroke "I have used this book for the past couple of years and like the way it is structured." David Spierer, Long Island University About the Author Terry J. Housh is a professor in the Department of Nutrition and Health Sciences, Director of the Exercise Physiology Laboratory, and Co-director of the Center for Youth Fitness and Sports Research at the University of Nebraska-Lincoln (UNL). He has co-authored more than 250 peer-reviewed research articles and eight college textbooks, and he has given more than 250 presentations at annual meetings of professional organizations including The American College of Sports Medicine (ACSM), the Society of Health and Physical Educators (SHAPE America), National Strength and Conditioning Association (NSCA), and National Athletic Trainers Association (NATA). He was the 1998 recipient of The Outstanding Sport Scientist Award from the National Strength and Conditioning Association Joel T. Cramer received his Ph.D. degree in 2003 and now works as an assistant professor and a mentor to Ph.D. students in the Department of Health and Exercise Science at the University of Oklahoma Joseph P. Weir received his Ph.D. degree from the University of Nebraska-Lincoln in 1993. He is a professor and Chair of the Department of Health, Sport, and Exercise Sciences at the University of Kansas Travis W. Beck received his doctoral degree in 2007 and is an assistant professor in the Department of Health and Exercise Science at the University of Oklahoma, where he mentors Exercise Physiology Ph.D. students Glen O. Johnson (along with Dr. William G. Thorland) began the Ph.D. program in Exercise Physiology at UNL in the late 1970s. Today, Dr. Johnson is a professor in the Department of Nutrition and Health Sciences at UNL and continues to advise Exercise Physiology doctoral students