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British Vocational Qualifications The Global Gym Quantum Mechanics on the Personal Computer Computer Architecture Techniques for Power-Efficiency Quantum Mechanics on the Macintosh® A Practical Guide to the Self-Management of Lower Back Pain The Edgar Online Guide to Decoding Financial Statements Advances in Cardiovascular Technology The Complete Guide to Yoga for Fitness Professionals Advanced Solutions in Power Systems Microgrid Dynamics and Control Transactions of the Section on Nervous and Mental Diseases of the American Medical Association at the ... Annual Session ... Transactions of the Section on Nervous and Mental Diseases of the American Medical Association Environmental Health Perspectives Carcinogenic and Mutagenic N-substituted Aryl Compounds ???????? A Japanese-English and English-Japanese Dictionary Beyond and Before, Updated and Expanded Edition The A-Z of Careers and Jobs Biochemistry of Vision Untold Legends: Brotherhood of the Blade and the Warrior's Code Substrate-Integrated Millimeter-Wave Antennas for Next-Generation Communication and Radar Systems Semiconductor Optical Amplifiers and mm-Wave Wireless Links for Converged Access Networks Future And Fintech, The: Abcdi And Beyond Reluctance Electric Machines The A-Z of Careers and Jobs Digital Learning: Architectures of Participation Use of Property Rights in Fisheries Management A Practical Guide to the Self-Management of Musculoskeletal Pain in Dental Professionals The Essential Guide to Teaching New Apprenticeships Millimeter-Wave Receiver Concepts for 77 GHz Automotive Radar in Silicon-Germanium Technology The Complete Guide to Fitness Facility Management Leader iD Power System Modeling, Computation, and Control EuropeActive's Essentials for Personal Trainers Sport in Prison Southern Mercy A Hebrew and English Lexicon of the Old Testament Federal Securities Law Reporter Planning Guide for Power Distribution Plants

Provides students with an understanding of the modeling and practice in power system stability analysis and control design, as well as the computational tools used by commercial vendors. Bringing together wind, FACTS, HVDC, and several other modern elements, this book gives readers everything they need to know about power systems. It makes learning complex power system concepts, models, and dynamics simpler and more efficient while providing modern viewpoints of power system analysis. Power System Modeling, Computation, and Control provides students with a new and detailed analysis of voltage stability; a simple example illustrating the BCU method of transient stability analysis; and one of only a few derivations of the transient synchronous machine model. It offers a discussion on reactive power consumption of induction motors during start-up to illustrate the low-voltage phenomenon observed in urban load centers. Damping controller designs using power system stabilizer, HVDC systems, static var compensator, and thyristor-controlled series compensation are also examined. In addition, there are chapters covering flexible AC transmission Systems (FACTS)—including both thyristor and voltage-sourced converter technology—and wind turbine generation and modeling. Simplifies the learning of complex power system

concepts, models, and dynamics Provides chapters on power flow solution, voltage stability, simulation methods, transient stability, small signal stability, synchronous machine models (steady-state and dynamic models), excitation systems, and power system stabilizer design Includes advanced analysis of voltage stability, voltage recovery during motor starts, FACTS and their operation, damping control design using various control equipment, wind turbine models, and control Contains numerous examples, tables, figures of block diagrams, MATLAB plots, and problems involving real systems Written by experienced educators whose previous books and papers are used extensively by the international scientific community Power System Modeling, Computation, and Control is an ideal textbook for graduate students of the subject, as well as for power system engineers and control design professionals. The session was closed with papers that provided a prognosis on the future development of property rights in fisheries management. Thus, the conference papers addressed the theory and application of property. From the late-nineteenth to mid-twentieth century juvenile reformatories served as citizen-building institutions and a political tool of state racism in post-emancipation America. New South advocates cemented their regional affiliation by using these reformatories to showcase mercies which were racialized, gendered, and linked to sexuality. Southern Mercy uses four historical examples of juvenile reformatories in North Carolina to explore how spectacles of mercy have influenced Southern modernity. Working through archival material pertaining to race and moral uplift, including rare photos from the private archives of Samarcand Manor (the State Home and Industrial Manor for Girls) and restricted archival records of reformatory racial policies, Annette Bickford examines the limits of emancipation, and the exclusions inherent in liberal humanism that distinguish racism in the contemporary "post-race" era. British Vocational Qualifications is an indispensable reference for careers advisors, human resource managers, employers, teachers and students, featuring up-to-date information on over 3,500 vocational qualifications available in the United Kingdom. These include Vocational Qualifications (VQs), National Vocational Qualifications (NVQs), Scottish Vocational Qualifications (SVQs), Related Vocational Qualifications (RVQs) and apprenticeships. The directory also covers the latest developments within the fast-changing field of vocational qualifications, and details of awarding, examining and validating bodies. British Vocational Qualifications is a simple guide for anyone who needs to understand vocational education, whether researching what is available, verifying a qualification for legal purposes, or reviewing where best to study for them. Dental professionals spend their working lives in stressful environments and in awkward postures, with resultant musculoskeletal problems. While there are numerous books on musculoskeletal pain, there is nothing specific for dental professionals on the holistic approach to the self-management of musculoskeletal conditions. This book is a practical guide; it combines all the different modalities in a logical and systematic programme, firstly by recognising the possible causes of your predicament, and secondly by effectively managing it to prevent recurrence. By participating in the everyday life of fitness professionals, gym-goers and bodybuilders, The Global Gym explores fitness centres as sites of learning. The authors consider how physical, psychological and cultural knowledge about health and the body is incorporated into people's identity in a local and global gym and fitness context. Biochemistry of Vision provides information pertinent to vision biochemistry. This book

discusses the biochemical information derived primarily from studies on nonocular tissues and describes the biochemical reactions related to the function of the retina and pigmented epithelium. Organized into 16 chapters, this book begins with an overview of the visual system and the structure of the vertebrate eye. The text then proceeds with a discussion of photoreceptor, which has a highly membranous structure. Other chapters cover a brief discussion of several topics, including biomembranes, photochemistry, spectral properties of retinal isomers, and the photochemical properties of the chromophore of rhodopsin. This book discusses as well the properties and intramembrane disposition of rhodopsin. The final chapter deals with the biochemistry of photoreceptor disorders and summarizes the basic knowledge on neurotransmitters and electrophysiology in the retina. This book is intended for ophthalmologists and medical students who are interested in the molecular aspects of photoreceptor diseases. The original edition of Beyond and Before extends an understanding of progressive rock by providing a fuller definition of what progressive rock is, was and can be. Called by Record Collector the most accomplished critical overview yet of progressive rock and one of their 2011 books of the year, Beyond and Before moves away from the limited consensus that prog rock is exclusively English in origin and that it was destroyed by the advent of punk in 1976. Instead, by tracing its multiple origins and complex transitions, it argues for the integration of jazz and folk into progressive rock and the extension of prog in Kate Bush, Radiohead, Porcupine Tree and many more. This 10-year anniversary revised edition continues to further unpack definitions of progressive rock and includes a brand new chapter focusing on post-conceptual trends in the 2010s through to the contemporary moment. The new edition discusses the complex creativity of progressive metal and folk in greater depth, as well as new fusions of genre that move across global cultures and that rework the extended form and mission of progressive rock, including in recent pop concept albums. All chapters are revised to keep the process of rethinking progressive rock alive and vibrant as a hybrid, open form. Based on the interactive program Interquanta, Quantum Mechanics on the Macintosh, uses extensive 3-D graphics to guide the student through computer experiments in the quantum mechanics of free particle motion, bound states and scattering, tunneling, two-particle interactions, and more. It also includes a section on special functions of mathematical physics. With more than 200 problems, the text and programs provide students with practical experiences in using such hard-to-visualize concepts as complex amplitudes, eigenvalues, and scattering cross sections. The diskettes included with the book provide two versions of the programs, one for use in computers with a mathematical coprocessor, the other optimized for machines without a coprocessor. What Dark Beast Lurks Within You? -Crucial weapon and equipment charts -Complete combat strategies and walkthroughs -Learn to leverage dynamic attacks of opportunity -Master new combat moves and special abilities -Character morphing system revealed -2 guides in one! Full guide included for Untold Legends: Brotherhood of the Blade Educational institutions are ever-changing due to the recent adoption of technology into current educational practices. The application of digital technology into education has propelled this field significantly, as researchers attempt to keep pace with the vast array of technologically-induced learning methods that are being implemented. As education keeps transforming, it would be highly beneficial for instructors and administrators to have a compilation of research that helps predict

where digital education is going. Digital Learning: Architectures of Participation provides emerging research exploring the theoretical and practical aspects of current distance learning models as well as future methods of digital technology adoption within education. This book analyzes specific cases of digital learning models and works to establish future directions of e-learning adoption in institutions worldwide. Featuring coverage on a broad range of topics such as community development, digital practitioners, and educational policy, this book is ideally designed for researchers, administrators, practitioners, instructors, policymakers, theorists, analysts, academicians, and students seeking current research on the future of digital education. Practical advice for apprenticeship teachers and trainers. 'How to' support on: · Understanding the ways in which standards-based apprenticeships are different · Mapping to the Level 4 Assessor/Coach apprenticeship standard · Adapting teaching and training approaches for new standards-based apprenticeships · Working with all of the other people involved with apprenticeships · Effective ongoing assessment for vocational learners · Vocational coaching, progress monitoring and effective target setting · Planning for the continuing development of professional skills · Delivering a high-quality apprenticeship programme

At the beginning, your back may feel a little sore but then it starts to get stiff. Before you know it, your muscles start seizing up, causing you to bend over like an old man, unable to move. Soon it may even become chronic. Constantly suffering or becoming addicted to pain medication is no way to live life, which is why James Tang wrote this practical guide to help those who suffer from back pain. Drawing on his experiences as someone who has suffered from lower back pain, he helps you understand its causes and symptoms, examining topics such as obesity, flat feet, sacroiliac joint dysfunction, sleep positions, and diet and sports nutrition. He also highlights how to holistically manage lower back pain via trigger-point therapy, flexibility training, and core stability exercises. With the majority of the population spending their working lives in prolonged seated positions, education about posture and back problems has never been more important. Get straightforward advice on preventing, managing, and eradicating pain with A Practical Guide to the Self-Management of Lower Back Pain. The Complete Guide to Fitness Facility Management is the must-read guide for any fitness professional who aspires to become a manager, and is the essential handbook for fitness professionals promoted to gym management. Managing a fitness facility is different to all other forms of management, and requires a range of skills, knowledge and expertise. This book reflects the different needs of this particular market – from legal obligations, staff management best practice, budgeting, marketing and sales, to customer service, health and safety, personnel management and much more. Gym chains and leisure centres are more popular than ever, but it is a cut-throat business of targets and high turnover - learn how to make your business a success, stand out from your peers, and make your mark on the industry. This is the first UK-focused book to outline the skills and knowledge needed to be a successful gym manager - a core manual for any fitness professional with career ambitions and a necessary purchase for managers looking to improve their skills or upskill their staff. This book discusses relevant microgrid technologies in the context of integrating renewable energy and also addresses challenging issues. The authors summarize long term academic and research outcomes and contributions. In addition, this book is influenced by the authors' practical experiences on microgrids (MGs), electric network

monitoring, and control and power electronic systems. A thorough discussion of the basic principles of the MG modeling and operating issues is provided. The MG structure, types, operating modes, modelling, dynamics, and control levels are covered. Recent advances in DC microgrids, virtual synchronous generators, MG planning and energy management are examined. The physical constraints and engineering aspects of the MGs are covered, and developed robust and intelligent control strategies are discussed using real time simulations and experimental studies. Electric energy is arguably a key agent for our material prosperity. With the notable exception of photovoltaic generators, electric generators are exclusively used to produce electric energy from mechanical energy. More than 60% of all electric energy is used in electric motors for useful mechanical work in various industries. This book presents the modeling, performance, design, and control of reluctance synchronous and flux-modulation machines developed for higher efficiency and lower cost. It covers one- and three-phase reluctance synchronous motors in line-start applications and various reluctance flux-modulation motors in pulse width modulation converter-fed variable speed drives. FEATURES Presents basic and up-to-date knowledge about the topologies, modeling, performance, design, and control of reluctance synchronous machines. Includes information on recently introduced reluctance flux-modulation electric machines (switched- flux, flux-reversal, Vernier, transverse flux, claw pole, magnetic-g geared dual-rotor, brushless doubly fed, etc.). Features numerous examples and case studies throughout. Provides a comprehensive overview of all reluctance electric machines. Now in its 2nd edition, Quantum Mechanics on the PC presents the most up-to-date approach to elementary quantum mechanics. It is based on the interactive program Interquanta, which runs on MS-DOS either with or without coprocessor (two separate versions included on a 3 1/2" diskette). With its extensive 3D colour graphics features, the book guides readers through computer experiments on - free particles - bound states and scattering from various potentials - two-particle problems - properties of special functions of mathematical physics. The course, with a wide variety of more than 200 detailed, class-tested problems, provides students - even with little experience in quantum mechanics - with unique practical experience of complex probability amplitudes, eigenvalues, scattering cross sections, and the like. Lecturers and teachers will find here excellent, hands-on classroom demonstrations for their quantum-mechanics course. See Look 2/92 When planning an industrial power supply plant, the specific requirements of the individual production process are decisive for the design and mode of operation of the network and for the selection and design and ratings of the operational equipment. Since the actual technical risks are often hidden in the profound and complex planning task, planning decisions should be taken after responsible and careful consideration because of their deep effects on supply quality and energy efficiency. This book is intended for engineers and technicians of the energy industry, industrial companies and planning departments. It provides basic technical network and plant knowledge on planning, installation and operation of reliable and economic industrial networks. In addition, it facilitates training for students and graduates in this field. In an easy and comprehensible way, this book informs about solution competency gained in many years of experience. Moreover, it also offers planning recommendations and knowledge on standards and specifications, the use of which ensures that technical risks are avoided and that production and

industrial processes can be carried out efficiently, reliably and with the highest quality. The book presents the analysis and design of integrated automotive radar receivers in Silicon-Germanium technology, for use in complex multi-channel radar transceiver front-ends in the 77GHz frequency band. The main emphasis of the work is the realization of high-linearity and low-power modular receiver channels as well as the investigation of millimeter-wave integrated test concepts for the receiver front-end. In the last few years, power dissipation has become an important design constraint, on par with performance, in the design of new computer systems. Whereas in the past, the primary job of the computer architect was to translate improvements in operating frequency and transistor count into performance, now power efficiency must be taken into account at every step of the design process. While for some time, architects have been successful in delivering 40% to 50% annual improvement in processor performance, costs that were previously brushed aside eventually caught up. The most critical of these costs is the inexorable increase in power dissipation and power density in processors. Power dissipation issues have catalyzed new topic areas in computer architecture, resulting in a substantial body of work on more power-efficient architectures. Power dissipation coupled with diminishing performance gains, was also the main cause for the switch from single-core to multi-core architectures and a slowdown in frequency increase. This book aims to document some of the most important architectural techniques that were invented, proposed, and applied to reduce both dynamic power and static power dissipation in processors and memory hierarchies. A significant number of techniques have been proposed for a wide range of situations and this book synthesizes those techniques by focusing on their common characteristics. Table of Contents: Introduction / Modeling, Simulation, and Measurement / Using Voltage and Frequency Adjustments to Manage Dynamic Power / Optimizing Capacitance and Switching Activity to Reduce Dynamic Power / Managing Static (Leakage) Power / Conclusions

Advances in Cardiovascular Technology: New Devices and Concepts is a comprehensive reference for cardiovascular devices of all types. For engineers, this book provides a basic understanding of underlying pathologies and their prevalence/incidence. It also covers what devices are available, how they are clinically used, and their impact on pathophysiology. In addition, the book presents the constraints imposed on device design and manufacture by the environment in which it is used (e.g., exposure to tissues within the body, blood in particular) and the primary requirements for each specific type of device, including its durability and resistance to fatigue. For clinicians, this book contains information on primary engineering challenges, the types of devices available, their advantages and disadvantages, and the (current and emerging) tools and materials available to device designers. Covers innovative procedures and devices in cardiovascular technology Gives an overview of the state-of-the-art technology and a view to the future Features contributions from engineers, clinicians and researchers, taking an interdisciplinary view of the field From accountant to zoologist, this new edition of The A-Z of Careers & Jobs offers detailed insights into more than 300 career areas. For those looking for their first job after school or university, or for anyone considering a change of career, the book provides reliable and up-to-date careers advice on a wide range of professions, covering practical issues such as job opportunities in each market, personal skills and qualities, entry qualifications and training, useful contact details and realistic salary expectations.

The A-Z of Careers and Jobs is also a valuable reference for careers advisors working in schools, colleges and universities who need to keep track of new developments - new roles and routes of entry, professional associations and exams - to offer the very best guidance to today's jobhunters. Although prison can present a critical opportunity to engage with offenders through interventions and programming, reoffending rates among those released from prison remain stubbornly high. Sport can be a means through which to engage with even the most challenging and complex individuals caught up in a cycle of offending and imprisonment, by offering an alternative means of excitement and risk taking to that gained through engaging in offending behaviour, or by providing an alternative social network and access to positive role models. This is the first book to explore the role of sport in prisons and its subsequent impact on rehabilitation and behavioural change. The book draws on research literature on the beneficial role of sport in community settings and on prison cultures and regimes, across disciplines including criminology, psychology, sociology and sport studies, as well as original qualitative and quantitative data gathered from research in prisons. It unpacks the meanings that prisoners and staff attach to sport participation and interventions in order to understand how to promote behavioural change through sport most effectively, while identifying and tackling the key emerging issues and challenges. Sport in Prison is essential reading for any advanced student, researcher, policy-maker or professional working in the criminal justice system with an interest in prisons, offending behaviour, rehabilitation, sport development, or the wider social significance of sport. The Future and FinTech examines the fundamental financial technologies and its growing impact on the Banking, Financial Services and Insurance (BFSI) sectors. With global investment amounting to more than \$100 billion in 2020, the proliferation of FinTech has underpinned the direction payments, loans, wealth management, insurance, and cryptocurrencies are heading. This book presents FinTech from an industrial perspective in the context of architecture and its basic building blocks, e.g., Artificial Intelligence (AI), Blockchain, Cloud, Big Data, Internet of Things (IoT), and its connections to real-life applications at work. It provides a detailed guidance on how FinTech digitalizes business operations, improves productivity and efficiency, and optimizes resource management with the help of some new concepts, such as AIOps, MLOps and DevSecOps. Readers will also discover how FinTech Innovations connect BFSI to the rest of the world with growing interests in Open Banking, Banking-as-a-Service (BaaS) and FinTech-as-a-Service (FaaS). To help readers understand how FinTech has unlocked numerous opportunities for tapping into the massive substantial group of customers, this book illustrates the massive changes already underway and provides insights into changes yet to come through practical examples and applications with illustrative figures and summary tables, making this book a handy quick reference for all things of FinTech. Related Link(s) EVERY LEADER IS DIFFERENT. MAKE THE MOST OF YOUR LEADERSHIP STRENGTHS WITH LEADER ID. With a diagnostic test to discover your strengths and areas to improve, you'll become a more effective, authentic and confident leader. What's your Leader ID? To be a confident, effective and authentic leader you need to play to your strengths. Leader ID will help you understand your inherent strengths and abilities, with practical and actionable insights on how to improve in areas where you're not. Leader ID gives you free access to an online profiling tool with 45 statements to rate. Once completed, you'll receive a report

detailing: · Your Leader ID – a personalised report showing your scoring against the 9 leadership qualities · Strengths – areas where you are naturally gifted · Development – areas where further focus is needed · Insights - actionable ways to develop your personal character, strengths and identity Your Leader ID report is your personalised leadership action plan showing areas of strength and areas to build on so you can be a better leader. You can then use the book as an individually tailored road map for your professional growth as a leader. Each chapter includes helpful insights, tools, techniques and practices that will ensure development in each area whether you want to focus on improving your leader strengths or improve areas that need more focus. Whichever you choose, Leader ID is highly flexible and will take your leadership performance to the next level. Leader ID will ensure you survive and thrive as a leader, both now and in the future. Navigating through a company's financial statements can be tricky for investors. This concise and easily understood guide covers not only how to find the red flags, but also how to find the signs of underlying financial strength for making sound investing decisions. From accountant to zoologist, this new edition of The A-Z of Careers and Jobs is your one-stop shop for insightful guidance on more than 300 different career areas in the UK. This book is a quick and informative way to find out about what jobs and careers are out there, from traditional roles to new opportunities in the digital world. For those looking for their first job after school or university, or for anyone considering a change of career, this book provides reliable and up-to-date advice on a wide range of professions to help you choose the right path for you. The A-Z of Careers and Jobs covers the practical issues you need to understand, such as the extent of job opportunities in each industry, what personal skills are needed, what experience is required, entry qualifications, training, as well as typical earnings and starting salaries. In an ever more competitive and changing job market, information will help maximize your chances of success. This book is designed to help identify what personal strengths fit to what kinds of work, what skills you should highlight on a CV and what you need to know about each job. This handy and informative reference guide is also a valuable resource for careers advisers working in schools, colleges and universities who need to keep track of new developments - such as new roles and routes of entry, professional associations and exams - to offer the very best guidance to today's job hunters. Provides insight on both classical means and new trends in the application of power electronic and artificial intelligence techniques in power system operation and control This book presents advanced solutions for power system controllability improvement, transmission capability enhancement and operation planning. The book is organized into three parts. The first part describes the CSC-HVDC and VSC-HVDC technologies, the second part presents the FACTS devices, and the third part refers to the artificial intelligence techniques. All technologies and tools approached in this book are essential for power system development to comply with the smart grid requirements. Discusses detailed operating principles and diagrams, theory of modeling, control strategies and physical installations around the world of HVDC and FACTS systems Covers a wide range of Artificial Intelligence techniques that are successfully applied for many power system problems, from planning and monitoring to operation and control Each chapter is carefully edited, with drawings and illustrations that helps the reader to easily understand the principles of operation or application Advanced Solutions in Power Systems: HVDC, FACTS, and Artificial Intelligence is

written for graduate students, researchers in transmission and distribution networks, and power system operation. This book also serves as a reference for professional software developers and practicing engineers. A yoga guide for fitness professionals and instructors outlining the different stages to yoga practice, acknowledging the physiological principles, history and how to teach it. Substrate-Integrated Millimeter-Wave Antennas for Next-Generation Communication and Radar Systems The first and only comprehensive text on substrate-integrated mmW antenna technology, state-of-the-art antenna design, and emerging wireless applications Substrate-Integrated Millimeter-Wave Antennas for Next-Generation Communication and Radar Systems elaborates the most important topics related to revolutionary millimeter-wave (mmW) technology. Following a clear description of fundamental concepts including substrate-integrated waveguides and loss analysis, the text treats key design methods, prototyping techniques, and experimental setup and testing. The authors also highlight applications of mmW antennas in 5G wireless communication and next-generation radar systems. Readers are prepared to put techniques into practice through practical discussions of how to set up testing for impedance matching, radiation patterns, gain from 24GHz up to 325 GHz, and more. This book will bring readers state-of-the-art designs and recent progress in substrate-integrated mmW antennas for emerging wireless applications. Substrate-Integrated Millimeter-Wave Antennas for Next-Generation Communication and Radar Systems is the first comprehensive text on the topic, allowing readers to quickly master mmW technology. This book: Introduces basic concepts such as metamaterials Huygens's surface, zero-index structures, and pattern synthesis Describes prototyping in the form of fabrication based on printed-circuit-board, low-temperature-co-fired-ceramic and micromachining Explores applications for next-generation radar and imaging systems such as 24-GHz and 77-GHz vehicular radar systems Elaborates design methods including waveguide-based feeding network, three-dimensional feeding structure, dielectric loaded aperture antenna element, and low-sidelobe synthesis The mmW is one of today's most important emerging technologies. This book provides graduate students, researchers, and engineers with the knowledge they need to deploy mmW systems and develop new antenna designs with low cost, low loss, and low complexity. EuropeActive's Essentials for Personal Trainers provides personal trainers with the most thorough information and best practices to help their clients achieve their health and fitness goals. Endorsed by EuropeActive, the fitness and health industry's standard-setting authority in Europe, this manual is essential for all aspiring and qualified personal trainers and aims towards EuropeActive's objective: "More people, more active, more often." The information contained in EuropeActive's Essentials for Personal Trainers provides aspiring personal trainers with the basic competencies, skills and knowledge necessary for achieving level 4 status in the European Qualifications Framework (EQF), the baseline standards for registered personal trainers in Europe. The content builds on foundational concepts to provide practical knowledge and on-the-job examples to personal trainers so that they can deliver enjoyable and effective services to their clients. Authored by fitness experts throughout Europe, EuropeActive's Essentials for Personal Trainers provides a standard reference to inform this growing field. The first three chapters describe the role of the personal trainer, with topics covering professionalism and presentation, planning a personal training session and delivering a personal training session.

Readers will then learn functional anatomy with chapters on skeletal articulations and joint movement, injury prevention and the muscular system. To understand the science behind exercise prescription, readers will learn about energy systems, the cardiorespiratory system, the nervous system and hormonal responses to exercise. Chapters focusing on lifestyle assessment, including health and fitness assessment, psychological aspects of personal training and nutrition, allow personal trainers to understand the unique needs of the various clients they serve. The book concludes with chapters on training adaptations as well as exercise planning and programming. With more and more people turning to professionals for assistance in their quest for better health and fitness, the demand for qualified personal trainers in Europe has never been greater. EuropeActive's Essentials for Personal Trainers is an ideal resource for those aspiring to become personal trainers in Europe and equips current professionals in the fitness industry with the tools they need in effectively serving their clients. Personal trainers who achieve EQF level 4 status demonstrate to both clients and employers that they have all of the pertinent knowledge and skills to be successful anywhere in Europe.

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