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this book is fascinating reading for anybody with an interest in leisure studies media studies cultural studies sociology or health and society Exercise Physiology William J. Kraemer, Steven J. Fleck, Michael R. Deschenes, 2025-01-03 Gain the scientific knowledge and practical decision making skills you need to excel in the strength conditioning clinical exercise physiology and health related professions with Exercise Physiology Integrating Theory and Application 4th Edition This accessible and engaging text helps you connect theory to practice offering a thorough understanding of how the body adapts to exercise and environmental stresses and how physiology helps in making informed real world decisions This new edition reflects new research and evidence in the field effectively preparing you for the diverse case scenarios most often seen by personal trainers strength coaches fitness instructors athletic trainers and other health professionals **Pandemic and Crisis Discourse** Andreas Musolff, Ruth Breeze, Kayo Kondo, Sara Vilar-Lluch, 2022-02-10 The COVID 19 pandemic has led to a host of critical reflections about discourse practises dealing with public health issues Situating crisis communication at the centre of societal and political debates about responses to the pandemic this volume analyses the discursive strategies used in a variety of settings Exploring how crisis discourse has become a part of managing the public health crisis itself this book focuses on the communicative tasks and challenges for both speakers and their public audiences in seven areas establishment of discursive and political authority official governmental and expert communication to the public public understanding of government communication legitimization of public health management as a war judging and blaming a collective other cross national comparison and rivalry empathy and encouragement Covering global discourses from Asia Europe the Middle East North and South America and New Zealand chapters use corpus based data to cast light on these issues from a variety of languages With crisis discourse already the object of fierce national and international debates about the appropriateness of specific communicative styles information management and verbal hygiene Pandemic and Crisis Discourse offers an authoritative intervention from language experts *Ageless Intensity* Pete McCall, Gunnar Peterson, 2022 High intensity training has no age restriction so why slow down You don t have to However there is a better way to train one that reduces stress on your body decreases risk of injury and maximizes the results you re looking for *Ageless Intensity* is a straightforward science based guide on how to structure and implement high intensity workouts to increase strength and power add lean muscle mass improve mobility burn fat reduce heart rate and ultimately reduce the biological effects of time Inside you will discover not only the impact aging has on your body but also how high intensity exercise actually slows that process You ll learn the importance of adding challenging strength and mobility exercises to your routine as well as how to monitor and adjust recovery between workouts You ll even find predesigned workouts that can be used as is or be customized to increase the intensity and push your body to its limits So if you re not ready to slow down *Ageless Intensity* will show you how to keep going strong Book jacket To the Extreme Robert E. Rinehart, Synthia Sydnor, 2012-02-01 An international array of authors including some prominent extreme athletes like Jake Burton and Arlo

Eisenberg look at a variety of issues and concerns within the new action extreme sports that are gaining popularity throughout the world For each sport an interpretation is presented through two essays one written by a scholar active in some aspect of research for the given activity and another by a practitioner athlete who writes from the inside out The juxtaposed essays confront questions about the essence of sport such as What is sport How does it originate and What is its use value and function This book offers a fascinating look at how twentieth and twenty first century sport forms emerge proliferate and take hold in a sport crazy world Le naufrage du français, le triomphe de l'anglais Lionel

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