

Health

The Basics

11th Edition



Rebecca J. Donatelle

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Psychosocial Health and Well-being in High-Level Athletes Nick Galli, 2019-05-03 The psychological health of competitive athletes is of paramount importance to performance retention and well being in sport and national governing bodies are increasingly concerned with its promotion Psychosocial Health and Well being in High Level Athletes offers students researchers and practicing sport psychologists an accessible and rigorous grounding in the manifestations of psychosocial health in athletes the threats athletes face to their psychosocial health and the interventions which can be designed to enhance it Seeking to guide future research and expand professional understanding of psychosocial issues in sport the book is based on a model of cognitive emotional social and spiritual health It clearly defines these dimensions in a sporting context before discussing pertinent threats such as career transitions injuries and abuse and interventions including adversarial growth life skill interventions prevention and organization policy and mindfulness based interventions Providing an innovative and integrated perspective on psychosocial health and well being in competitive sport this book is essential reading for upper level students taking any clinical sport psychology modules and for sport psychologists coaches and administrators working with competitive athletes

Development Through The Lifespan Laura E. Berk, 2022-06-24 Now published by Sage With its seamless integration of up to date research strong multicultural and cross cultural focus and clear engaging narrative Development Through the Lifespan by best selling author Laura E Berk has established itself as the market s leading text Known for staying current the fully updated Seventh Edition offers the latest most relevant research and applications in the field of human development New and compelling topics rich examples coupled with Berk s signature storytelling style makes this edition the most accessible and engaging text available to students today Included with this title LMS Cartridge Import this title s instructor resources into your school s learning management system LMS and save time Don t use an LMS You can still access all of the same online resources for this title via the password protected Instructor Resource Site Learn more [Health](#) Rebecca J. Donatelle, 2015 Note You are purchasing a standalone product

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Exploring Lifespan Development Laura E. Berk, 2022-06-27 Now published by Sage Exploring Lifespan Development Fourth Edition the essentials version of Development Through the Lifespan Seventh Edition by best selling author Laura E Berk includes the same topics the same number of chapters and the same outstanding features with a focus on the most important information and a greater emphasis on practical real life applications The text s up to date research strong multicultural and cross cultural focus along with Berk s engaging writing style help students carry their learning beyond the classroom and into their personal and professional lives Included with this title LMS Cartridge Import this title s instructor resources into your school s learning management system LMS and save time Don t use an LMS You can still access all of the same online resources for this title via the password protected Instructor Resource Site Learn more

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Lifestyle Wellness Coaching-3rd Edition Gavin, James, McBrearty, Madeleine, 2019 Lifestyle Wellness Coaching Third Edition With Web Resource offers an evidence based and systematic coaching methodology that professionals can use to help clients achieve long term overall wellness by addressing health fitness and lifestyle

Forthcoming Books Rose Arny, 2003-04

“di Rumah Unika” Dr. Heny Hartono, 2020-06-17 Tulisan tulisan di dalam buku ini adalah gambaran kekayaan intelektual sekaligus kepekaan sosial religius dari para penulis artikel yang tersaji melalui paparan tajam mengenai

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