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education are the questions that form the essence of this book Music Education and Multiculturalism traces the growth and development of multicultural music education in the United States from its start in the early 1900s to the present and describes the state of multicultural music education internationally Beginning with a discussion of the philosophical foundations surrounding multiculturalism Part I addresses the various definitions of multiculturalism and its associated problems and possibilities in both education at large and music education in particular It offers a succinct discussion of the various philosophical concepts and rationales for a multicultural approach and concludes with current thoughts and applications in music education Part II follows multicultural music education in the U S as it paralleled changes in general education brought about by social and historical events The last chapter in this section outlines multiculturalism in music education around the world Part III focuses on the implications of multiculturalism for music education both in teacher training and in classroom instruction Designed to assist music educators at all levels in understanding and implementing multicultural education Music Education and Multiculturalism provides suggestions for curricular development offers teaching strategies and provides practical applications including materials and methodologies Combining personal narrative and oral history with the support of primary and archival documents this text is essential reading for all students and teachers of the history and foundations of music education and of multiculturalism in general education NASM Essentials of Personal Fitness Training National Academy of Sports Medicine, 2014 This text is a recommended resource for the NASM Certified Personal Trainer CPT certification The NASM CPT certification is accredited by the National Commission for Certifying Agencies NCCA Since 1987 the National Academy of Sports Medicine NASM has been a global leader in providing evidence based certifications and advanced credentials to health and fitness professionals NASM Essentials of Personal Fitness Training Fourth Edition Revised continues to lead the way by providing the most comprehensive resource for aspiring personal trainers and other health and fitness professionals Based on NASM's proprietary Optimum Performance Training™ OPT™ model you will learn a systematic approach to program design with exercise program guidelines and variables protocols for building stabilization strength and power programs guidance on how to build a clientele through professional development and more By following the techniques in this book you will gain the information insight and inspiration you need to change the world as a health and fitness professional Key Features Two new chapters Exercise Metabolism and Bioenergetics and Introduction to Exercise Modalities Definitions of Key Terms in the margins with key terms bolded within the text Stretch Your Knowledge boxes emphasize key concepts and findings from current research Memory Joggers call out core concepts and program design instructions Exercise sections discuss the purpose and procedures of various techniques that can be used with clients Technique and Safety Tips are also provided Summaries that wrap up each chapter to remind you of pertinent material Appendices provide 100 additional exercises OPT workout programs one repetition maximum conversion charts and muscle origins insertions and functions Extensive full color art and photographs illustrate numerous

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