

TEXT C provides information about how to improve your sprinting skills.	
In ONE paragraph of between 70 - 80 words, write a summary on steps to get faster at sprinting.	
Note:	
1.	You are NOT required to give a title for the summary.
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4.	Indicate your word count at the end of your summary. You will be penalised for exceeding the maximum number of words or failing to indicate the number of words used.

STEPS TO GET FASTER AT SPRINTING	
1	You want to get faster? Who doesn't? Well, one of the main factors is form. Sprinting isn't exactly just a speed-up version of your regular form during an easy run or jog. The movement patterns of running and sprinting are different, sprinting is more explosive, to be precise. To supercharge your sprints, you will need to get the basics down first.
2	The harder you run, the more vital it is to warm up your muscles. Walk and easy run for five to 10 minutes, and include dynamic exercises or drills like high knees, or simply try this 5-minute warm-up routine.
3	Keep your torso upright, shoulders relaxed and away from your ears, and engage your core. You should also try to incorporate core-strengthening moves – think side planks with reach, legs down with scissors, and mountain climbers – into your workouts to help give you the power to push forward.
4	Land on your forefoot, and focus on pushing off from your toes to propel yourself forward and keeping your feet flexed upward toward your shins. Running softer and landing quieter might help reduce injury. Hold your arms in a bent position at 90 degrees, and drive your elbows backward to create momentum. Think like a cyclist and move your feet in a circular motion, raising your thighs up until they are parallel to the ground.
5	Long strides are energy wasters –focus on speed rather than distance as you sprint. You'll run faster and more efficiently by taking short, quick strides. Relax and sync your breathing to the rhythm of your feet. You'll reduce wasted energy from muscle tension. Follow these tips to improve your breathing while you run to help prevent possible injuries.

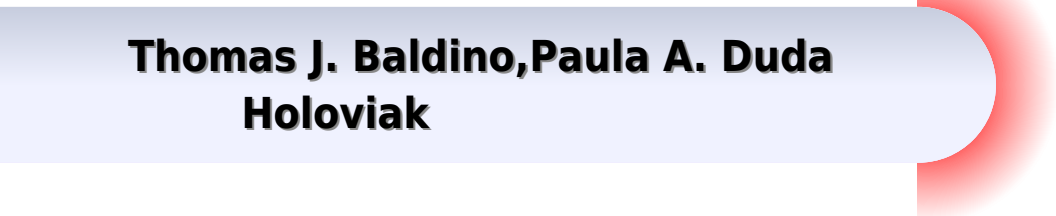
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**Thomas J. Baldino, Paula A. Duda
Holoviak**



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Handbook on Gender and Health Jasmine Gideon, 2016-05-27 This Handbook brings together a groundbreaking collection of chapters that uses a gender lens to explore health care and health policy in both the Global South and North. Empirical evidence is drawn from a variety of different settings and points to the many ways in which the gendered dimensions of health have become reworked across the globe. This collection includes insightful contributions from 56 leading authorities from Africa, the Americas, Asia, Europe, and the Middle East, offering a wealth of knowledge, theoretical reflection, and empirical detail on the essential elements surrounding gender and health. Topics covered include theoretical approaches to understanding gender and health, migration, sexuality, ageing, masculinities, climate change, and sexual and reproductive rights. Split into four thematic sections, this book strives to develop a clear road map towards achieving gender justice in health. The Handbook on Gender and Health will be an important resource for researchers, students, and instructors of health policy and family and gender studies. Contributors include G. Alvarez, M. E. Ansoléaga, L. Artazcoz, A. E. Birn, R. A. Burgess, A. Coates, I. Cortés, S. Del Pino, K. Devries, X. D. Berr, L. Doyal, K. Elzein, V. Escobar, B. Eveslage, C. Ewig, J. Gideon, J. Gonçalves, M. B. Gough, H. Grundlingh, M. Gutmann, R. R. Habib, M. C. Inhorn, D. Johnston, D. M. Kamuya, L. Knight, M. Koivusalo, R. Kumar, M. Leite, J. Lyra, E. MacPherson, A. M. Cardarelli, P. McDonough, B. Medrado, L. M. Morgan, S. F. Murray, J. Namakula, L. N. Carrasco, S. Payne, E. Richards, N. Richardson, M. Richter, S. Robertson, M. Robinson, J. Samuel, S. Sexton, J. A. Smith, S. Smith, D. L. Spitzer, S. N. Ssali, S. Theobald, R. Tolhurst, J. Vearey, P. Vero, S. Sanso, S. Witter, N. Younes, F. Zalwango. **The**

End of Public Schools David W. Hursh, 2015-10-16 The End of Public Schools analyzes the effect of foundations, corporations, and non-governmental organizations on the rise of neoliberal principles in public education. By first contextualizing the privatization of education within the context of a larger educational crisis and with particular emphasis on the Gates Foundation and influential state and national politicians, it describes how specific policies that limit public control are advanced across all levels. Informed by a thorough understanding of issues such as standardized testing, teacher tenure, and charter schools, David Hursh provides a political and pedagogical critique of the current school reform movement, as well as details about the increasing resistance efforts on the part of parents, teachers, and the general public. *The English Professor* Margaret R. O'Leary/Dennis S. O'Leary, 2016-02-04 Across the span of more than forty years, Raphael Dorman O'Leary, a professor of English rhetoric and English literature, taught his students at the University of Kansas to think straight, to put sinew into their sentences, and to embrace the magnificent literary treasures of their mother tongue. The English Professor, by authors Margaret R. O'Leary and Dennis S. O'Leary, offers a narrative of the life, work, and times of a revered Midwestern university English teacher. This memoir narrates how the professor, born in 1866, was raised on a Kansas farm in the post-bellum era. Like his father before him, he was committed to a life of learning and teaching. His colleagues knew him for his unpretentious exterior, honesty, and integrity, and his flashing anger at cheapness, vulgarity, pretense, and above all,

charlatanism When Professor O Leary died after a short illness in 1936 his personal effects passed through two generations to his grandson Dennis S O Leary who with his wife Margaret discovered his papers while restoring a family house The trove of material served as the core resource for the compilation of *The English Professor* It provides insights into the histories of Kansas and the University of Kansas and of Harvard University as well as perspectives on higher education including the teaching of English rhetoric language literature journalism and oratory in the United States [Pennsylvania Government and Politics](#) Thomas J. Baldino, Paula A. Duda Holoviak, 2024-03-12 This book provides a comprehensive examination of the Keystone State's formal and informal political institutions and players past and present and elucidates the place each holds in governing the commonwealth today Covering a period of more than three hundred years this volume presents a clear and succinct overview of the commonwealth's political history culture and geography interactions between office holders civil servants special interest groups and the media policy development and implementation how laws are created enacted and enforced hierarchy and interaction among state county local and special district government bodies and officials tax collection and disbursement and the political upheaval in the wake of the COVID 19 pandemic and the 2020 presidential election Featuring practical appendixes and interviews with current and past office holders bureaucrats party leaders and political journalists this astute and informative book is an indispensable tool for understanding politics in the Keystone State

The Rural New-Yorker, 1923 **Rare Earth Frontiers** Julie M. Klinger, 2018-01-15 *Rare Earth Frontiers* is a work of human geography that serves to demystify the powerful elements that make possible the miniaturization of electronics green energy and medical technologies and essential telecommunications and defense systems Julie Michelle Klinger draws attention to the fact that the rare earths we rely on most are as common as copper or lead and this means the implications of their extraction are global Klinger excavates the rich historical origins and ongoing ramifications of the quest to mine rare earths in ever more impossible places Klinger writes about the devastating damage to lives and the environment caused by the exploitation of rare earths She demonstrates in human terms how scarcity myths have been conscripted into diverse geopolitical campaigns that use rare earth mining as a pretext to capture spaces that have historically fallen beyond the grasp of centralized power These include legally and logistically forbidding locations in the Amazon Greenland and Afghanistan and on the Moon Drawing on ethnographic archival and interview data gathered in local languages and offering possible solutions to the problems it documents this book examines the production of the rare earth frontier as a place a concept and a zone of contestation sacrifice and transformation **Learning to Teach in the Secondary School** Susan Capel, Marilyn Leask, Sarah Younie, 2019-04-11 For all undergraduate postgraduate and school based routes to qualified teacher status *Learning to Teach in the Secondary School* is an essential introduction to the key skills and knowledge needed to become a secondary teacher Underpinned by evidence informed practice and focussing on what you need to know to thrive in the classroom the eighth edition is fully updated in light of changes in the field covers new topics and provides

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Global Perspectives on Changing Secondhand Economies Karen Tranberg Hansen, Jennifer Le Zotte, 2022-02-23 Providing interdisciplinary and global perspectives this book examines historical and contemporary changes in secondhand economies including the emergence and specialization of secondhand venues the materials involved as well as the cultural significance of secondhand things and the professions associated with them The objects in focus range from used clothing scrap and waste materials to antiquities and used cars thrift stores and circular economies Growing concerns with sustainability in the West have helped bring about the rediscovery of practices of clothing re use re purposing and re cycling at the same time as major high street retailers are establishing programs to return used clothing to their stores for re sale or recycling As the contributions to this edited volume demonstrate recent concerns with the fast pace and adverse effects of global commodity flows have increased the scholarly attention to secondhand economies both in terms of their history and their significance for livelihoods and sustainability The chapters in this book were originally published as a special issue of the journal Business History

The Peter Fookes Engineering Geological Legacy in Geomodels, Geomaterials and Geomorphology J.S. Griffiths, D.P. Giles, J.A. Davis, J.J. Dunlop, 2025-11-04 This book is a celebration of the life work and legacy of Professor Peter G Fookes 1933 2020 As a professional engineering geologist he worked in over 100 countries produced some 200 publications and was instrumental in setting up MSc programmes at Imperial College and Queen Mary College London From the Geological Society he was awarded the William Smith Medal 1985 and was the first recipient of the Glossop Medal 1996 Although a mainstream geologist his background in chemistry ensured he was at the forefront in concrete research and the use of geomaterials Working with academic geomorphologists notably Denys Brunsden David Jones John Doornkamp and Sir Ron Cooke he led the development of engineering geomorphology as a genuine adjunct subject to engineering geology In addition his Glossop Lecture set engineering geology

along the path of developing geomodels for use in understanding the ground conditions pertaining to engineering construction *Resources in Education* ,1998

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