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this isbn is for the standalone book only arnheim s principles of athletic training a competency based approach is the leading text in the athletic

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this work explains concepts in athletic training and presents injuries and illnesses encountered by certified athletic trainers the book discusses various conditions illnesses and diseases along with information on nutrition and the effects of therapeutic recreational and performance enhancing drug use

fundamentals of athletic training fourth edition provides a clear understanding of the functions skills and activities that are involved in the work of certified athletic trainers this book helps students evaluate the possibility of a career as a sports medicine professional

principles of pharmacology for athletic trainers third edition continues the tradition of past editions to provide applications of pharmacological principles specifically aimed at the athletic trainer the drug categories that are included are primarily those that may be pertinent to the treatment of athletic injuries or that may affect athletic performance drs joel houglum gary harrelson and teresa seefeldt have taken a unique aspect to the organization and design of the third edition to be instructional discussions regarding the use and effects of drugs and of the disease states treated by these drug categories additionally there is a specific discussion of the role of the athletic trainer regarding the therapeutic use and effects of these drugs features of the third edition satisfies all of the caate educational

competencies on pharmacology advanced organizers and specific learning objectives at the beginning of each chapter summaries after each major topic within the chapter case studies and clinical applications discussion on popular fitness supplements key words are in italics and defined in the glossary concept maps present important yet complex processes in a concise graphical way shaded textboxes throughout include additional information and are beneficial for the reader to recall a key concept addressed in an earlier chapter new ancillary materials specifically for faculty that include powerpoint slides and test bank questions for each chapter included with the text are online supplemental materials for faculty use in the classroom principles of pharmacology for athletic trainers third edition will continue to be the go to resource to determine the best pharmacological treatment strategy and management by athletic trainers

this textbook offers a well rounded introduction to the fields of sports medicine and athletic training in an engaging full color layout it addresses common injuries and illnesses often encountered in the field and it explains the professional and administrative aspects of being an athletic trainer or sports medicine specialist fundamentals of athletic training and sports medicine fifth edition with resource provides students with foundational knowledge and skills as well as the opportunity to explore the possibility of sports medicine as a career topics covered in this text correspond to the national athletic trainers association s secondary level sports medicine course description while each unit in the text can stand alone the topics are progressive in nature students will first obtain a knowledge of human anatomy and the physiology of injury and tissue healing before learning about various types of injuries conditions and illnesses the text then addresses the fundamentals of rehabilitation injury prevention and return to play criteria including psychological aspects the fifth edition covers the latest developments in athletic training regarding treatment care and prevention of injuries administration and certification updated and expanded content includes information on head injury diagnosis and management new treatment modalities new taping techniques and the effects of therapeutic recreational and performance enhancing drug use other learning friendly features in this edition include the following red flags which warn of potentially hazardous situations what would you do if features which present students with complex scenarios to test their decision making in life threatening situations the real world features which share actual experiences from practicing sports medicine professionals a robust teacher guide with activities assignments and tests to support classroom instruction a student web resource with 28 step by step worksheets for performing specific tasks activities that provide hands on experience and a semester long project for building practical skills authors cartwright and peer provide comprehensive coverage of topics in 35

chapters organized into nine units a glossary an index and an exhaustive list of updated references that attests to the authoritativeness of the information provided fundamentals of athletic training and sports medicine fifth edition is a thorough guide for students to understand the scope of the role as well as the skills and expertise necessary to embark on the path to a career in sports medicine

principles of sports training is a detailed and structured guide to the scientific foundations of athletic training the book explains key principles like overload progression and periodization while covering physical conditioning mental preparation injury prevention and performance analysis with practical insights for coaches athletes and students it bridges theory and real world application making it an essential textbook for physical education coaching and sports science programs physical physiological aspects covers strength endurance speed flexibility and coordination with a scientific approach to performance improvement training psychology includes motivation focus mental toughness and the role of psychology in athlete development planning periodization introduces systematic planning of training cycles macro meso and micro cycles for peak performance coach athlete relationship emphasizes the role of the coach in guiding motivating and monitoring athletes effectively monitoring evaluation provides methods for assessing progress setting goals and adjusting training plans based on performance data injury prevention recovery focuses on safe training methods rest rehabilitation and managing physical stress academic use ideal for students in physical education sports coaching fitness science and related disciplines

since the first edition of principles of athletic training was published in 1963 the profession of athletic training has experienced amazing growth not only in numbers but also in the associated body of knowledge during all those years and in fifteen previous editions the authors of this text daniel arnheim john klafz and now bill prentice have taken it as a personal responsibility to provide the reader with the most current clinical information in athletic training and sports medicine it has always been based on the most current research evidence and consequently it has endured as one of the preeminent textbooks for athletic training students and professionals for more than 50 years provided by publisher

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