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Critical Decisions in Emergency and Acute Care Electrocardiography William J. Brady 2011-08-24 This scenario-based text provides answers to urgent and emergent questions in acute, emergency, and critical care situations focusing on the electrocardiogram in patient care management. The text is arranged in traditional topics areas such as ACS, dysrhythmia, etc yet each chapter is essentially a question with several cases illustrating the clinical dilemma – the chapter itself is a specific answer to the question. This is a unique format among textbooks with an ECG focus. The clinical scenarios cover the issues involved in detecting and managing major cardiovascular conditions. Focused, structured discussion then solves these problems in a clinically relevant, rapid, and easy to read fashion. This novel approach to ECG instruction is ideal for practicing critical care and emergency physicians, specialist nurses, cardiologists, as well as students and trainees with a special interest in the ECG.

Symptom to Diagnosis Scott D. C. Stern 2006 This innovative introduction to patient encounters utilizes an evidence-based step-by-step process that teaches students how to evaluate, diagnose, and treat patients based on the clinical complaints they present. By applying this approach, students are able to make appropriate judgments about specific diseases and prescribe the most effective therapy. (Product description).

Basic Arrhythmias Gail Walraven 2014-01-30 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. This classic, best-selling book has been completely updated and revised to reflect the latest knowledge in the field! Basic Arrhythmias, Sevent Edition covers all the basics of arrhythmia interpretation and includes appendices on Clinical Implications, Cardiac Anatomy and Physiology, 12 Lead Electrocardiography, Basic 12 Lead Interpretation, and Pathophysiology of Arrhythmias. The author takes great care in presenting a difficult topic in an easy manner with a building block approach. Some features to this updated edition include: Over 600 practice strips included in the book. Covers Clinical Implications, Cardiac Anatomy & Physiology, 12 Lead Electrocardiography, Basic 12 Lead Interpretation, and Pacemakers, now includes a new section on Pathophysiology of Arrhythmias. Full color texts, along with full color, tear-out flash cards for learning practice. Flexible, self-instructional format allows for self-paced or classroom learning. Key points and self-tests in every chapter for quick review and self-evaluation. “Final Challenge” self-test at the end of book helps students evaluate their comprehension of material. Clearly written, well-organized, and easy to understand. This is a perfect resource for any

practicing health care professionals who need to learn or review basic EKG or arrhythmia concepts. This new Seventh Edition program features mybradykit , an online site providing extensive study resources, learning tools, and interactive exercises. An access code to mybradykit is provided in the front of the text.

Introduction to Sports Medicine and Athletic Training Robert France 2010-01-01 INTRODUCTION TO SPORTS MEDICINE & ATHLETIC TRAINING 2E is designed for individuals interested in athletics and the medical needs of athletes. It is the first full-concept book around which an entire course can be created. This book covers sports medicine, athletic training and anatomy and physiology in an easy to understand format that allows the reader to grasp functional concepts of the human body and then apply this knowledge to sports medicine and athletic training. Comprehensive chapters on nutrition, sports psychology, kinesiology and therapeutic modalities are included. Instructors will appreciate both the depth of the material covered in this unique book and the ease in which it is presented. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Fundamentals of Clinical Data Science Pieter Kubben 2018-12-21 This open access book comprehensively covers the fundamentals of clinical data science, focusing on data collection, modelling and clinical applications. Topics covered in the first section on data collection include: data sources, data at scale (big data), data stewardship (FAIR data) and related privacy concerns. Aspects of predictive modelling using techniques such as classification, regression or clustering, and prediction model validation will be covered in the second section. The third section covers aspects of (mobile) clinical decision support systems, operational excellence and value-based healthcare. Fundamentals of Clinical Data Science is an essential resource for healthcare professionals and IT consultants intending to develop and refine their skills in personalized medicine, using solutions based on large datasets from electronic health records or telemonitoring programmes. The book's promise is "no math, no code" and will explain the topics in a style that is optimized for a healthcare audience.

Electrocardiography in Emergency, Acute, and Critical Care, 2nd Edition Amal Mattu, MD, FACEP 2019-04-02 "This book is appropriate for a broad audience, ranging from third-year medical students starting clinical rotations to experienced providers looking to expand their knowledge. It is written by a large group of authors, coordinated by the respected emergency medicine physician, Dr. Amal Mattu."—Karl John LaFleur, MD (Regions Hospital), Doody's Review Service BE THE ECG EXPERT! In the emergency department-in any acute or critical care setting-when it's on you to direct a patient's care based on an ECG, you have to be the ECG expert. Right then. See what you need to see, recognize what's important, and act accordingly. And quickly. Get better with *Electrocardiography in Emergency, Acute, and Critical Care, 2nd Ed.* A highly visual resource, readable from cover to cover, what works and what doesn't. The editors-internationally known experts on ECG interpretation and how to teach it-know from experience what should happen at the bedside, and they show it to you in a clear and practical way. They want you to be confident about reading ECGs. They want you to save lives-and they know you will. HIGHLIGHTS OF THE NEW EDITION: 18 completely revised and updated chapters || High-yield key points at the beginning of each chapter || More than 200 ECG images with explanations of important findings || More than 80 charts and tables for quick illustration of key ECG and patient characteristics || 27 expert contributors. WHAT'S IN IT? · The ECG and Clinical Decision-Making in the Emergency Department · Intraventricular Conduction Abnormalities · Bradycardia, Atrioventricular Block, and Sinusoidal Block · Narrow Complex Tachycardias · Wide Complex Tachycardias · Acute Coronary Ischemia and Infarction · Additional-Lead Testing in Electrocardiography · Emerging Electrocardiographic Indications for Acute Reperfusion · ACS Mimics Part I: Non-ACS Causes of ST-Segment Elevation · ACS Mimics Part II: Non-ACS

Causes of ST-Segment Depression and T-Wave Abnormalities · Pericarditis, Myocarditis, and Pericardial Effusions · Preexcitation and Accessory Pathway Syndromes · Inherited Syndromes of Sudden Cardiac Death · Pacemakers and Pacemaker Dysfunction · Metabolic Abnormalities: Effects of Electrolyte Imbalances and Thyroid Disorders on the ECG · The ECG in Selected Noncardiac Conditions · The ECG and the Poisoned Patient · The Pediatric ECG

ECG in Emergency Medicine and Acute Care Theodore C. Chan 2005 Provides a comprehensive, clinically relevant resource on electrocardiography for those who care for patients in the emergency setting. The text provides succinct information on ECG abnormalities and their etiologic differential diagnoses; diagnostic criteria for the ECG manifestations of various clinical diseases/entities; and many 12-lead ECG examples for review.

DSM-5 Self-Exam Questions Philip R. Muskin, M.D. 2014-05-05 DSM-5® Self-Exam Questions: Test Questions for the Diagnostic Criteria will be useful to a wide audience of professionals seeking to understand the changes made in DSM-5®. This book includes detailed questions and answers to broaden and deepen the reader's knowledge of DSM-5® and promote learning of current diagnostic concepts and classification.

Deep Learning With Python Jason Brownlee 2016-05-13 Deep learning is the most interesting and powerful machine learning technique right now. Top deep learning libraries are available on the Python ecosystem like Theano and TensorFlow. Tap into their power in a few lines of code using Keras, the best-of-breed applied deep learning library. In this Ebook, learn exactly how to get started and apply deep learning to your own machine learning projects.

Physiology Linda S. Costanzo 1995 This text provides a review of physiology, including information needed to prepare for assessment Boards. The book consists of a concise review of the subject with questions, answers and explanations, plus a comprehensive examination.

Family Nurse Practitioner Certification Intensive Review Maria T. Codina Leik 2013-08-12 Print+CourseSmart

Consultants & Consulting Organizations Directory 2008-07

Political Anthropology Ted C. Lewellen 2003 Standard text for teachers and students of political anthropology.

Pediatric Nursing Made Incredibly Easy Lippincott Williams & Wilkins 2014-08-05 Completely revised and updated, this book organizes those developmental concerns and childhood disorders in an intuitive way, while weaving a family-centered approach to practice throughout the material.

The Handbook of Sports Medicine and Science Douglas B. McKeag 2008-04-30 Basketball covers the epidemiology of basketball injury, the physiological demands of basketball, preventive medicine, pre-participation examination and special considerations to be given to the young basketball player, and finally looks at the 'special' basketball player -- diabetics, asthmatics, epileptics, etc.

The Content Analysis of Dreams Calvin Springer Hall 1966

Handbook of Sports Medicine and Science Jonathan C. Reeser 2008-04-15 This addition to the

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Handbook series is presented in five sections. The first sections covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young, the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

Chou's Electrocardiography in Clinical Practice E-Book Borys Surawicz 2008-04-22 Widely considered the optimal electrocardiography reference for practicing physicians, and consistently rated as the best choice on the subject for board preparation, this is an ideal source for mastering the fundamental principles and clinical applications of ECG. The 6th edition captures all of the latest knowledge in the field, including expanded and updated discussions of pediatric rhythm problems, pacemakers, stress testing, implantable cardioverter-defibrillator devices, and much more. It's the perfect book to turn to for clear and clinically relevant guidance on all of today's ECG applications. Comprehensively and expertly describes how to capture and interpret all normal and abnormal ECG findings in adults and children. Features the expertise of internationally recognized authorities on electrocardiography, for advanced assistance in mastering the subtle but critical nuances of this complex diagnostic modality. Features new chapters on pediatric electrocardiography that explore rhythm problems associated with pediatric obesity, heart failure, and athletic activity. Presents a new chapter on recording and interpreting heart rhythms in patients with pacemakers. Includes new material on interpreting ECG findings associated with implantable cardioverter-defibrillators. Provides fully updated coverage on the increased importance of ECGs in stress testing.

Organizational Stress J. Cranwell-Ward 2005-06-14 This book provides a sound understanding of stress from organizational, managerial and individual perspectives. It is an ideal guide for managers, HR and OH professionals with responsibility for stress management. In order to remain competitive, avoid risk, and be employers of choice, organisations must discover the causes of stress and mitigate them, formulate robust policies and procedures, create an appropriate culture and climate, and support stressed individuals. This book acts as a handbook for all aspects of managing stress. It includes latest cutting-edge thinking developed at Henley Management College and up to date examples and case studies.

ECGs for the Emergency Physician 1 Amal Mattu 2013-04-01 With over 200 traces to test your knowledge, this book is a first class learning tool for emergency physicians. Basic student-level knowledge of ECGs is assumed, so the reader can move directly to learning about the more complex traces that occur in the emergency department. The level of difficulty is stratified into two sections for specialists in training and specialist emergency physicians. A minimum amount of information is given beneath each trace, as if in the real situation. The full clinical description is printed in a separate section to avoid the temptation of "looking". Accompanied by learning points, and with the cases presented randomly, this book provides a rich source of information on the interpretation of ECGs - a core skill for all emergency department staff.

Surviving and Thriving in Uncertainty Frederick Funston 2010-06-03 A new book to help senior executives and boards get smart about risk management The ability of businesses to survive and thrive often requires unconventional thinking and calculated risk taking. The key is to make the right decisions—even under the most risky, uncertain, and turbulent conditions. In the new book, *Surviving and Thriving in Uncertainty: Creating the Risk Intelligent Enterprise*, authors Rick Funston and Steve Wagner suggest that effective risk taking is needed in order to innovate, stay competitive, and drive

value creation. Based on their combined decades of experience as practitioners, consultants, and advisors to numerous business professionals throughout the world, Funston and Wagner discuss the adoption of 10 essential and practical skills, which will improve agility, resilience, and realize benefits: Challenging basic business assumptions can help identify "Black Swans" and provide first-mover advantage Defining the corporate risk appetite and risk tolerances can help reduce the risk of ruin. Anticipating potential causes of failure can improve chances of survival and success through improved preparedness. Factoring in velocity and momentum can improve speed of response and recovery. Verifying sources and the reliability of information can improve insights for decision making and thus decision quality. Taking a longer-term perspective can aid in identifying the potential unintended consequences of short-term decisions.

The Harvard Medical School Guide to Tai Chi Peter Wayne 2013-04-09 Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr. Peter M. Wayne, a longtime Tai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes: • The basic program, illustrated by more than 50 photographs • Practical tips for integrating Tai Chi into everyday activities • An introduction to the traditional principles of Tai Chi • Up-to-date summaries of the research literature on the health benefits of Tai Chi • How Tai Chi can enhance work productivity, creativity, and sports performance • And much more

The Cigarette Century Allan Brandt 2009-01-06 From agriculture to big business, from medicine to politics, The Cigarette Century is the definitive account of how smoking came to be so deeply implicated in our culture, science, policy, and law. No product has been so heavily promoted or has become so deeply entrenched in American consciousness. The Cigarette Century shows in striking detail how one ephemeral (and largely useless) product came to play such a dominant role in so many aspects of our lives—and deaths.

Medicine: Preserving the Passion Phil R. Manning 2013-03-14 In Medicine: Preserving the Passion, Phil R. Manning, a pioneer and recognized authority in continuing medical education, and Lois DeBakey, a passionate advocate of critical reasoning and leading scholar in scientific communication, endeavor to shift the focus in lifelong learning from group exercises in a lecture hall to self-directed, practice-related activities. Although most experts have applauded this new concept, few publications have addressed methods for implementation. The Manning-DeBakey book describes such methods as devised by outstanding clinicians and academicians to obtain educational benefit from their clinical experience. Some techniques inspired by quality assurance, for example, these master clinicians have used successfully to improve their knowledge, skills, and patient care. This book not only identifies the primary concerns in continuing medical education, but also offers sound recommendations and effective solutions and suggests future directions and approaches. The authors have analyzed the continuing educational practices of physicians in a wide range of environments, from small communities to the most acclaimed medical centers, and have extracted additional advice from the writings of past authorities like Osler. The resulting concepts will undoubtedly attract wide public attention. Office practice audit, self-directed learning, case indexing, patient education, computer-assisted education, and collegial networks, as well as regular reading, writing, and teaching, are among the successful methods

described by physicians and surgeons who exemplify the highest standards of medical practice.

Robbins and Cotran Review of Pathology E-Book Edward C. Klatt 2014-09-03 Effectively master the most important principles and facts in pathology with this easy-to-use new edition of Robbins and Cotran Review of Pathology. More than 1,100 questions—reviewed and updated to reflect the new content in the parent text—reinforce the fundamentals of gross and microscopic pathology as well as the latest findings in molecular biology and genetics. This review book of multiple choice questions and answers, companion to Robbins and Cotran Pathologic Basis of Disease 9th Edition and Robbins Basic Pathology, 9th Edition, is the ideal study tool for coursework, self-assessment, and examinations, including the USMLE Step 1 examination in pathology. Develop a thorough, clinically relevant understanding of pathology through clinical vignette-style questions emphasizing problem solving over rote memorization. Single-best-answer and extended-matching formats reflect levels of difficulty that prepare you for examinations. Efficiently review a wide spectrum of topics with page references and a parallel organization to both Robbins and Cotran Pathologic Basis of Disease and Robbins Basic Pathology, making additional information easy to locate. Reinforce your understanding of key content with answers and detailed explanations for every question at the end of each chapter. Enhance your understanding of pathophysiology and integrate pathology with other medical disciplines by examining correlative laboratory, radiologic, and physical diagnostic data. Visualize key pathologic concepts and conditions and test your diagnostic skills with over 1,100 full-color images. Features new questions that reflect today's hot topics in pathology, keeping you up to date. Includes many new illustrations to enhance visual guidance. Uses a new chapter arrangement to conform to the new Table of Contents in Robbins and Cotran Pathologic Basis of Disease, 8th Edition, for easier cross referencing.

Electrocardiogram in Clinical Medicine Michael J. Lipinski 2020-12-07 Offers a guide for a complete understanding of the disease and conditions most frequently revealed in ECGs recorded in the acute, critical, and emergency care settings Electrocardiogram in Clinical Medicine offers an authoritative guide to ECG interpretation that contains a focus and perspective from each of the three primary areas of medical care: acute care, critical care and emergency care. It can be used as a companion with the book ECGs for the Emergency Physician I & II (by Mattu and Brady) or as a stand-alone text. These three books can be described as a cumulative ECG reference for the medical provider who uses the electrocardiogram on a regular basis. Electrocardiogram in Clinical Medicine includes sections on all primary areas of ECG interpretation and application as well as sections that highlight use, devices and strategies. The medical content covers acute coronary syndromes and all related issues, other diseases of the myocardium, morphologic syndromes, toxicology and paediatrics; dysrhythmias will also be covered in detail. This important resource:

- Goes beyond pattern recognition in ECGs to offer a real understanding of the clinical syndromes evidenced in ECGs and implications for treatment
- Covers the indications, advantages and pitfalls of the use of ECGs for diagnosis in all acute care settings, from EMS to ED to Critical Care
- Examines the ECG in toxic, metabolic and environmental presentations; critical information for acute care clinicians who need to be able to differentiate ODs, poisoning and other environmental causes from MI or other cardiac events
- Facilitates clinical decision-making

Written for practicing ER, general medicine, family practice, hospitalist and ICU physicians and medical students, Electrocardiogram in Clinical Medicine is an important book for the accurate interpretation of ECG results.

Sir Thomas Lewis Arthur Hollmann 2012-12-06 Sir Thomas Lewis has become one of the greatest cardiologists of this century. He was foremost in using the newly invented electrocardiograph to diagnose heart disease and was a pioneer of cardiac electro-physiology. This is the first biography of Sir Thomas Lewis, who became famous, whilst still quite young, for his outstanding pioneer work in electrocardiography. It recounts the scientific career of Lewis, together with accounts of his hospital work

and teaching, and his family life and hobbies. There are over 100 illustrations including Lewis and his co-workers, and much of the information about Lewis has been derived from first hand accounts by his former associates. This biography appeal to cardiologists and to those physicians, surgeons and research workers with a special interest in the skin, pain and vascular disease, as well as clinical physiologists and medical historians.

Neural Engineering Bin He 2013-01-09 Neural Engineering, 2nd Edition, contains reviews and discussions of contemporary and relevant topics by leading investigators in the field. It is intended to serve as a textbook at the graduate and advanced undergraduate level in a bioengineering curriculum. This principles and applications approach to neural engineering is essential reading for all academics, biomedical engineers, neuroscientists, neurophysiologists, and industry professionals wishing to take advantage of the latest and greatest in this emerging field.

The Young Athlete Helge Hebestreit 2008-04-30 This essential new volume in the Encyclopaedia of Sports Medicine series, published under the auspices of the International Olympic Committee, provides a thorough overview of the unique physiologic characteristics, responsiveness to training, and possible health hazards involved in the training, coaching, and medical care of young athletes. Intense involvement in competitive sports often begins during childhood. During adolescence, many athletes reach their peak performance and some may participate in World Championships and Olympic Games at a relatively young age. The Young Athlete presents the available information relevant to exercise and training in youth, reviewed and summarized by authors who are recognized as leaders in their respective fields. The Young Athlete is subdivided into seven parts covering: the physiologic bases of physical performance in view of growth and development; trainability and the consequences of a high level of physical activity during childhood and adolescence for future health; the epidemiology of injuries, their prevention, treatment, and rehabilitation; non-orthopedic health concerns including the pre-participation examination; psychosocial issues relevant to young athletes; diseases relevant to child and adolescent athletes; the methodology relevant to the assessment of young athletes. This valuable reference summarizes a large database of information from thousands of studies and is especially relevant to sports physicians, pediatricians, general practitioners, physical therapists, dietitians, coaches, students, and researchers in the exercise sciences.

Handbook for EMS Medical Directors (March 2012) U. S. Department of Homeland Security 2019-07-16 The purpose of this handbook is to provide assistance to both new and experienced medical directors as they strive to provide the highest quality of out-of-hospital emergency medical care to their communities and foster excellence within their agencies. The handbook will provide the new medical director with a fundamental orientation to the roles that define the position of the medical director while providing the experienced medical director with a useful reference tool. The handbook will explore the nuances found in the EMS industry? a challenge to describe in generalities due to the tremendous amount of diversity among EMS agencies and systems across the Nation. The handbook does not intend to serve as an operational medical practice document, but seeks to identify and describe the critical elements associated with the position.

Principles and Labs for Fitness and Wellness Wener W.K. Hoeger 2015-01-01 PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition challenges students to meet their personal fitness and wellness goals, and perhaps teach others to do the same. Fully updated by fitness experts Hoeger and Hoeger, this text emphasizes behavior modification through sensible approaches and provides a strong focus on the practical ways students can incorporate changes into in their daily lives. Chapters are written in a student-friendly tone with supporting features such as My Profile, Behavior Modification

Planning, and "FAQs," all designed to highlight important practices. **PRINCIPLES AND LABS FOR FITNESS AND WELLNESS**, 13th Edition also offers interactive learning tools such as exercise videos, online labs, and self-assessments that bring topics to life and help students maintain their new healthy lifestyles. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Gyn/Ecology Mary Daly 2016-07-26 This revised edition includes a New Intergalactic Introduction by the Author. Mary Daly's New Intergalactic Introduction explores her process as a Crafty Pirate on the Journey of Writing Gyn/Ecology and reveals the autobiographical context of this "Thunderbolt of Rage" that she first hurled against the patriarchs in 1979 and no hurls again in the Re-Surgng Movement of Radical Feminism in the Be-Dazzling Nineties.

Evidence-Based Geriatric Nursing Protocols for Best Practice, Fifth Edition Marie Boltz, PhD, RN, GNP-BC, FGSA, FAAN 2016-03-28 This new edition of one of the premier references for geriatric nurses in hospital, long-term, and community settings delivers current guidelines, real-life case studies, and evidence-based protocols developed by master educators and practitioners. With a focus on improving quality of care, cost-effectiveness, and outcome, the fifth edition is updated to provide the most current information about care of common clinical conditions and issues in older patients. Several new expert contributors present current guidelines about hip fractures, frailty, perioperative and postoperative care, palliative care, and senior-friendly emergency departments. Additionally, chapters have been reorganized to enhance logical flow of content and easy information retrieval. Protocols, systematically tested by more than 300 participating NICHE (Nurses Improving Care for Health system Elders) hospitals, are organized in a consistent format and include an overview, evidence-based assessment and intervention strategies, and an illustrative case study with discussion. Additionally, protocols are embedded within chapter text, providing the context and detailed evidence for each. Chapter objectives, annotated references, and evidence ratings for each protocol are provided along with resources for additional study. New to the Fifth Edition: Reorganized to enhance logical flow of information and ease of use Updated and revised Includes new contributions from expert educators and practitioners Provides new chapters on perioperative and postoperative care, general surgical care, care of hip fracture, palliative care, and the senior-friendly emergency department Key Features: Includes PowerPoints and a test bank for instructors Delivers evidence-based, current guidelines and protocols for care of common clinical conditions in the older person Illustrates the application of clinical protocols to real-life practice through case studies and discussion Edited by nationally known geriatric leaders who are endorsed by the Hartford Institute for Geriatric Nursing and NICHE Written for nursing students, nurse leaders, and practitioners at all levels, including those in specialty roles

Paper Towns John Green 2013 Quentin Jacobson has spent a lifetime loving Margo Roth Spiegelman from afar. So when she cracks open a window and climbs into his life - dressed like a ninja and summoning him for an ingenious campaign of revenge - he follows. After their all-nighter ends, Q arrives at school to discover that Margo has disappeared.

ACSM's Resources for the Personal Trainer American College of Sports Medicine 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

Lights and Sirens Kevin Grange 2015-06-02 A true account of going through UCLA's famed Daniel Freeman Paramedic Program—and practicing emergency medicine on the streets of Los Angeles. Nine months of tying tourniquets and pushing new medications, of IVs, chest compressions, and defibrillator shocks—that was Kevin Grange's initiation into emergency medicine when, at age thirty-six, he enrolled in the “Harvard of paramedic schools”: UCLA's Daniel Freeman Paramedic Program, long considered one of the best and most intense paramedic training programs in the world. Few jobs can match the stress, trauma, and drama that a paramedic calls a typical day at the office, and few educational settings can match the pressure and competitiveness of paramedic school. Blending months of classroom instruction with ER rotations and a grueling field internship with the Los Angeles Fire Department, UCLA's paramedic program is like a mix of boot camp and med school. It would turn out to be the hardest thing Grange had ever done—but also the most transformational and inspiring. An in-depth look at the trials and tragedies that paramedic students experience daily, *Lights and Sirens* is ultimately about the best part of humanity—people working together to help save a human life.

The Lion Way Roberto Battiti 2014-02-21 Learning and Intelligent Optimization (LION) is the combination of learning from data and optimization applied to solve complex and dynamic problems. The LION way is about increasing the automation level and connecting data directly to decisions and actions. More power is directly in the hands of decision makers in a self-service manner, without resorting to intermediate layers of data scientists. LION is a complex array of mechanisms, like the engine in an automobile, but the user (driver) does not need to know the inner workings of the engine in order to realize its tremendous benefits. LION's adoption will create a prairie fire of innovation which will reach most businesses in the next decades. Businesses, like plants in wildfire-prone ecosystems, will survive and prosper by adapting and embracing LION techniques, or they risk being transformed from giant trees to ashes by the spreading competition.

Periodization Tudor O. Bompá 2018-04-24 Learn how to train for maximum gains with Periodization: Theory and Methodology of Training. Guided by the expertise of Tudor O. Bompá, the pioneer of periodization training, and leading periodization researcher G. Gregory Haff, you'll learn how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild—resulting in better performance and less risk of injury. Translated into nine languages, *Periodization: Theory and Methodology of Training* has become one of the major resources on periodization for sport scientists, coaches, and athletes throughout the world. Since the introduction of this groundbreaking training theory by Tudor O. Bompá in 1963, periodization has become the basis of every serious athlete's training. Now in its fifth edition, Bompá's classic text combines the concepts central to periodization and training theory with contemporary advances in sport science, physiology, and coaching. No other text discusses planning and periodization in such detail or with so many specific, practical examples from a variety of sports. With the fifth edition of *Periodization*, you can learn the principles, objectives, and components of a successful long-term training program and how to plan the right program to achieve your performance goals. *Periodization* also contains proven strategies for optimal peaking and specifics on training for better motor ability, working capacity, skill effectiveness, and psychological adaptability. Better organized and easier to read, the fifth edition of this definitive text presents the latest refinements to periodization theory:

- New research on rest and restoration, specifically countermeasures used in facilitating recovery plus practical suggestions for implementation
- How the use of sequential training and delayed training effects can produce optimal performance at major competitions
- A comprehensive discussion, grounded in scientific data, on applying various methods of peaking to ensure optimal performance for competition
- New information on how concepts such as conjugated sequencing and summated microcycle structures can maximize strength gains and direct training
- Expanded information on the development of sport performance characteristics, including speed training and sport-specific

endurance Chapter summaries will help you review and reference major concepts throughout the text. Plan and document each training program with ease using the duplication-ready annual and four-year training plan charts included in the appendix. When it comes to designing programs for optimal training, Tudor Bompa's expertise is unmatched. The fifth edition of *Periodization: Theory and Methodology of Training* presents the latest refinements to Bompa's periodization theory to help you create training programs that enhance sport skills and ensure peak performance.

Engineering Unesco 2010-01-01 This report reviews engineering's importance to human, economic, social and cultural development and in addressing the UN Millennium Development Goals. Engineering tends to be viewed as a national issue, but engineering knowledge, companies, conferences and journals, all demonstrate that it is as international as science. The report reviews the role of engineering in development, and covers issues including poverty reduction, sustainable development, climate change mitigation and adaptation. It presents the various fields of engineering around the world and is intended to identify issues and challenges facing engineering, promote better understanding of engineering and its role, and highlight ways of making engineering more attractive to young people, especially women.-- Publisher's description.

ECG Mastery Shirley A Jones 2019-07-03 Practice, practice, and more practice! This full-color workbook walks you step by step through every aspect of ECG interpretation to develop the pattern recognition skills you need to read ECGs with confidence. 550 full-size, real-life ECG strips, a wealth of exercises, and practice tests help to ensure that you can recognize the subtle findings that distinguish one arrhythmia from another and provide the appropriate care in common clinical or em