

Social Issues In Sport 2nd Edition

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train to perform at the highest level with the lowest risk of injury the enhanced e book edition of new functional training for sports second edition produces the best results on the court field track and mat not just in the weight room michael boyle one of the world's leading sport performance coaches presents the concepts methods exercises and programs that maximize athletes movements in competition a series of functional assessments help in determining the design of a specific plan for each athlete self reinforcing progressions in exercises for the lower body core upper body and ultimately total body give athletes the balance proprioception stability strength and power they require for excelling in their sports sample programs assist in the customization process and ensure each aspect of preparation for physical performance boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling stretching and dynamic warm ups the enhanced e book format for new functional training for sports second edition goes beyond traditional exercise descriptions and explanations incorporating full color high definition composites of foundational movements and links to video demonstrations commentary and analysis of key exercises

the 71 video clips show how to perform exercises for lower body core upper body plyometrics olympic lifting and foam rolling stretching and dynamic warm ups

service quality is at the forefront of how the leisure events tourism and sport lets sectors operate an important consideration for any business and therefore any student of the subject this new edition of a successful textbook addresses the key points and principles of managing service quality across the industry sector considering the underpinning theory of service quality this book informs the reader of the practical application of service quality management tools and techniques in an industry with distinctive features and challenges an invaluable read for students within the lets sectors it also provides a useful refresher for practitioners working in the industry

in 1972 president richard nixon signed title ix into law making sex based discrimination illegal in federally funded sports this law led to a boom in girls and women s sports teams at all levels and title ix became a touchstone in the fight for gender equality so why do girls and women including trans and intersex women still face sexist attitudes unfair rules and regulations and inequality in sports the road to equality in sports has been anything but straightforward and there is still a long way to go girls and women continue to face unequal pay uneven media coverage unequal training facilities and sexist comments in this updated edition delve into the history and impact of title ix learn about the athletes at the forefront of the fight for sports equality and explore what additional changes could be made to level the playing field for everyone

this text contains an in depth discussion of physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes

written for students with some exposure to economics concepts and analysis this book defines the sport industry and reviews economic concepts before examining in detail such central issues as benefits and costs the theory of the firm profit maximisation as a major motivator and alternative motivators in non profit organisations

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