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the physical demands of tactical professions such as military law enforcement and fire and rescue require those workers to be in top physical condition to perform their jobs well and decrease the risk of injury nsca s essentials of tactical strength and conditioning contains scientific information to assist in implementing or restructuring strength and conditioning programs at commercial or government fitness centers that work with these tactical athletes to achieve those goals designed primarily as a preparatory resource for the national strength and conditioning association nsca tactical strength and conditioning facilitator tsac f certification the text is also useful as a manual for government agencies or a daily reference for strength and conditioning professionals editors brent alvar katie sell and patricia deuster have extensive experience as scholars and practitioners in their respective fields they have assembled a team of distinguished contributors who bring to light current trends in strength and conditioning through their combined experiences as professionals in the fields of academia athletic training firefighting law enforcement military nutrition physical therapy and strength and conditioning the contributors not only provide foundational knowledge of exercise physiology and biomechanical movement patterns but they also comprehensively review all of the components necessary for tsac facilitators to design and operate successful training programs for tactical athletes separate chapters focus on the specific physiological issues related to military law enforcement and fire and rescue personnel including how a strength and conditioning program should directly correlate to their critical job tasks and the specific environmental occupational and exposure concerns for each population topics such as nutrition supplements injury treatment and rehabilitation wellness interventions and assessments and evaluations are discussed for professionals who work with tactical populations additionally exercises drills and techniques targeting the specific needs of tactical athletes in areas such as flexibility mobility speed agility power and aerobic endurance are described in great detail and accompanied by full color photos each chapter of nsca s essentials of tactical strength and conditioning begins with learning objectives and incorporates key terms diagrams detailed photographs and key points throughout the text to help guide readers and facilitate comprehension of concepts

sidebars and sample programs are included in some chapters to help readers apply theoretical concepts in their professional practice additionally for instructors using the book or the tsac f exam prep symposia a presentation package plus image bank with more than 300 photos and illustrations is available making preparation easier with the use of predeveloped materials that correspond with the book s content ultimately the goal of nsca s essentials of tactical strength and conditioning is to help prepare those seeking tsac f certification and to serve as a resource for professionals so that they can implement an optimal strength and conditioning program targeted for tactical athletes that will decrease their risk of injury and optimize performance

this techno economic performance review of selected fishing fleets in north and south america presents the findings of four country level studies of fishing fleets in the united states of america brazil chile and peru the review includes financial and economic information of 21 fishing fleet segments including shrimp and groundfish trawlers demersal trawlers longliners purse seiners dredgers as well as hook and line fishing vessels analysis of the costs and earnings data of these important fishing fleet segments in north and south america using survey data from 2012 2017 for the us fleet segments and 2018 data for the south american countries fleets showed that 81 percent of the fleet segments had a positive net cash flow the net profit margins of 38 percent of the 21 fishing fleet segments were 10 two thirds 67 of the fleet segments presented positive results in terms of their capital productivity as the return on fixed tangible assets rofta was positive twenty four percent of the fleet segments showed return on investment roi figures of twenty percent or more a majority of the chilean and peruvian fleet segments had rois of ten percent or higher in 2018 the financial and economic performance of the fishing fleet segments is not only affected by the seafood prices but also by the fisheries management regime in place fish species targeted fish stock status and fishing methods and technologies applied the age structure of the fishing vessels shows an increasing trend for most of the fishing fleet segments in this review which adds to the apparent profitability of the vessels in these fleet segments as depreciation and interests on loans are minimized

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resistance and identity in twenty first century literature and culture voices of the marginalized is a compendium of reflections on literary texts politics of literature and culture the book proffers ruminations on the pivotal role of constructive and positive resistance to reconstruct identities for meaningful human existence the disciplinary power and dominance coerce the natural body to resist and yearn for freedom one can establish unique identity by refusing to conform to pressures of society that deform the natural body dominant forces and oppressive structures evoke resistance that can range from polite demurral to refusal resistance comes from the will that refuses to be controlled and governed the refusal of the ordinary illuminates ordinary lives bodies language and literary texts contain essential truths of such human existence words and imaginary worlds in literary works reveal truth and suggest possibilities for reconfiguring the order

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humano encierra valor y quienes hacen criptografía dedican mucho tiempo deben ser muy calificados en suma el problema de las criptomonedas no está en ellas mismas sino en las plataformas de intercambio

library roles in achieving financial literacy among its patrons is a collection of articles from 25 librarians in different parts of the u s and canada each contributing 3 000 4 000 words concise chapters with sidebars bullets and headers there is an introduction contributors were selected for the creative potential in their topics those that can be used in various types of libraries and that demonstrate a command of financial literacy and are able to communicate what they know to aiding users solve their financial information problems the collection has three sections the first provides an overview of financial literacy what it means generally what needs exist among library patrons and what approaches have been tried to date the second section deals with resources that are available in libraries or should be made available these include collections skill sets in librarians program opportunities and others the third section is a series of case studies that demonstrate successes and best practices

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is an insightful exploration of the complex relationship between the personal and the political the novel written 1973 74 the novel written 1973 74 deals with the psychological and emotional trauma of a mother who awakens one morning to the shattering news that her beloved son is lying dead in the police morgue

mittell analyses the extent to which the current political paradigm is capable of meeting the challenges of climate change she argues that unless there are fundamental changes to policy making it is unlikely that energy policies will be able to deliver sufficient change to enable a move to a sustainable energy economy

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