

Fitness Components For Touch Football

Leon Greene

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Exercise Testing & Prescription David C. Nieman, 2007 Table of Contents Preface PART I. TRENDS AND DEFINITIONS 1. Health and Fitness Trends 2. Physical Fitness Defined PART II. SCREENING AND TESTING 3. Testing Concepts 4. Cardiorespiratory Fitness 5. Body Composition 6. Musculoskeletal Fitness PART III. CONDITIONING FOR PHYSICAL FITNESS 7. The Acute and Chronic Effects of Exercise 8. Exercise Prescription 9. Nutrition and Performance PART IV. PHYSICAL ACTIVITY AND DISEASE 10. Heart Disease 11. Cancer 12. Diabetes 13. Obesity 14. Psychological Health 15. Aging, Osteoporosis, and Arthritis 16. Exercise Risks Appendix A Physical Fitness Test Norms Appendix B Calisthenics for Development of Flexibility and Muscular Strength and Endurance Appendix C Major Bones, Muscles, and Arteries of the Human Body Appendix D Compendium of Physical Activities Glossary Index.

Exercise Testing and Prescription David C. Nieman, 2003 This comprehensive exercise testing and prescription text provides coverage of fitness assessment concepts, hands-on prescription applications, and thorough preparation for ACSM certification exams. Exercise testing and prescription are presented within a health-related context that provides the latest research findings on exercise and nutrition, obesity, heart disease, diabetes, cancer, and aging.

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