Creating A Direction Dependant Sprint Action Unreal Engine 4 Game Development Bytes Book 2

Focusing on the quantitative nature of biomechanics, "Biomechanical Basis of Movement, Fourth Edition "integrates current literature, meaningful numerical examples, relevant applications, hands-on exercises, and functional anatomy, physics, calculus, and physiology to help students regardless of their mathematical background understand the full continuum of human movement potential. Unique in the market for its combination of rigor, readability, and evidence-based information, the book focuses on the movement of muscle groups rather than individual muscles to provide students with a holistic understanding of human movement. This Fourth Edition features a new problem generator for instructors, which randomly generates an unlimited number of numerical problems for student practice, and free MaxTRAQ motion analysis software that shows biomechanics in action and allows students to track data and analyze motion in a in a dynamic, video-enriched online environment."

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research: • Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span • Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete • The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity • Considerations in the development of optimal programs for participants passing through each of the seven stages Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

Written for both the undergraduate/graduate level student as well as practitioners in the field, this text incorporates all programming aspects

of strength and conditioning including training methods to develop muscular strength and power, flexibility, and the development of effective warm-up regimens. Performance analysis techniques in sport are introduced while the constraints-led approach to motor skills acquisition is presented as a framework that can guide the development of practices for the strength and conditioning practitioner. The biomechanical and motor skill acquisition concepts introduced in the text are then applied to fundamental movements including jumping, landing, and sprint running. Key Features: - Provides a solid introduction to biomechanics pertinent to the study of human movements - Discusses the performance analysis techniques in sport that can be used by the strength and conditioning practitioner to determine the physiological, mechanical, and technical demands of specific sports, and also the assessment of the techniques used in the execution of sport-specific skills - Includes a critical review of the different approaches to motor skill acquisition - Incorporates clear learning objectives and worked examples in each chapter that allow readers to apply the concepts to real-life situations - Discusses the application of the most recent research pertinent to concepts in each chapter - Includes appendices to expand on some of the more complex mathematical techniques required to perform biomechanical analyses and useful resources to aid the student in locating and evaluating scientific evidence.

This second edition of Genetics and Sports expands on topics previously discussed in an attempt to create an integrated and holistic understanding of the field of sports genomics. It is an update on technologies and on the role of genetics in training, performance, injury, and other exercise-related phenotypes. Ethical concerns and the importance of counselling before and after genetic testing are also addressed. It is increasingly important to understand the field of genetics and sports because of the potential to use and misuse information. All exercise scientists, sport and exercise clinicians, athletes, and coaches need to be adequately informed to ensure that genetic information is accurately and properly used. Genetics and Sports is, therefore, highly recommended to all of these groups.

Thoroughly reviewed and eagerly anticipated by the agile community, User Stories Applied offers a requirements process that saves time, eliminates rework, and leads directly to better software. The best way to build software that meets users' needs is to begin with "user stories": simple, clear, brief descriptions of functionality that will be valuable to real users. In User Stories Applied, Mike Cohn provides you with a front-to-back blueprint for writing these user stories and weaving them into your development lifecycle. You'll learn what makes a great user story, and what makes a bad one. You'll discover practical ways to gather user stories, even when you can't speak with your users. Then, once you've compiled your user stories, Cohn shows how to organize them, prioritize them, and use them for planning, management, and testing. User role modeling: understanding what users have in common, and where they differ Gathering stories: user interviewing, questionnaires, observation, and workshops Working with managers, trainers, salespeople and other "proxies" Writing user stories for acceptance testing Using stories to prioritize, set schedules, and estimate release costs Includes end-of-chapter practice questions and exercises User Stories Applied will be invaluable to every software developer, tester, analyst, and manager working with any agile method: XP, Scrum... or even your own home-grown approach.

IBM® Business Process Manager (IBM BPM) is a comprehensive business process management (BPM) suite that provides visibility and management of your business processes. IBM BPM supports the whole BPM lifecycle approach: Discover and document Plan Implement Deploy Manage Optimize Process owners and business owners can use this solution to engage directly in the improvement of their business processes. IBM BPM excels in integrating role-based process design, and provides a social BPM experience. It enables asset sharing and creating versions through its Process Center. The Process Center acts as a unified repository, making it possible to manage changes to the business processes with confidence. IBM BPM supports a wide range of standards for process modeling and exchange. Built-in analytics and

search capabilities help to further improve and optimize the business processes. This IBM Redbooks® publication provides valuable information for project teams and business people that are involved in projects using IBM BPM. It describes the important design decisions that you face as a team. These decisions invariably have an effect on the success of your project. These decisions range from the more business-centric decisions, such as which should be your first process, to the more technical decisions, such as solution analysis and architectural considerations.

This open access book, published to mark the 15th anniversary of the International Software Quality Institute (iSQI), is intended to raise the profile of software testers and their profession. It gathers contributions by respected software testing experts in order to highlight the state of the art as well as future challenges and trends. In addition, it covers current and emerging technologies like test automation, DevOps, and artificial intelligence methodologies used for software testing, before taking a look into the future. The contributing authors answer questions like: "How is the profession of tester currently changing? What should testers be prepared for in the years to come, and what skills will the next generation need? What opportunities are available for further training today? What will testing look like in an agile world that is user-centered and fast-paced? What tasks will remain for testers once the most important processes are automated?" iSQI has been focused on the education and certification of software testers for fifteen years now, and in the process has contributed to improving the quality of software in many areas. The papers gathered here clearly reflect the numerous ways in which software quality assurance can play a critical role in various areas. Accordingly, the book will be of interest to both professional software testers and managers working in software testing or software quality assurance.

The long awaited new edition of Swimming updates the highly successful first edition edited by Costill, Maglishco and Richardson which was published in the early 1990s. The Second Edition contains less material on how to swim and more on the physics of swimming. It contains information on the latest methods of analyzing swim performances. It presents current sports science knowledge specifically relevant to coaching swimmers at club, county or national level. Covering characteristics of swimming including important concepts in propulsion, functional anatomy, physiology, biochemistry, biomechanics and psychology. The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games. Each Handbook is written by a small team of authorities co-ordinated by an editor who has international respect and visibility in the particular sport activity. Their charge is to present material for medical doctors who work with athletes, team coaches who have academic preparation in basic science, physical therapists and other allied health personnel, and knowledgeable athletes. Each volume represents up-to-date information on the basic biology of the sport, conditioning techniques, nutrition, and the medical aspects of injury prevention, treatment, and rehabilitation.

To stay competitive in today's market, organizations need to adopt a culture of customer-centric practices that focus on outcomes rather than outputs. Companies that live and die by outputs often fall into the "build trap," cranking out features to meet their schedule rather than the customer's needs. In this book, Melissa Perri explains how laying the foundation for great product management can help companies solve real customer problems while achieving business goals. By understanding how to communicate and collaborate within a company structure, you can create a product culture that benefits both the business and the customer. You'll learn product management principles that can be applied to any organization, big or small. In five parts, this book explores: Why organizations ship features rather than cultivate the value those features represent How to set up a product organization that scales How product strategy connects a company's vision and economic

outcomes back to the product activities How to identify and pursue the right opportunities for producing value through an iterative product framework How to build a culture focused on successful outcomes over outputs

Science and Football VI showcases the very latest scientific research into the variety of sports known as football. These include the games of association football, the rugby codes (union and league), and the national codes (American, Australian and Gaelic). The book aims to bridge the gap between theory and practice in football studies, and presents important new work in key areas such as: Biomechanics Sports medicine Paediatric exercise science Match analysis Environmental physiology Physiology of training Fitness assessment Psychology Social sciences Sports scientists, trainers, coaches, physiotherapists, medical doctors, psychologists, educational officers and professionals working in the range of football codes will find this in-depth, comprehensive text an essential and up-to-date resource of scientific information for their respective fields. The papers contained within this volume were first presented at The Sixth World Congress on Science and Football, held in January 2007 in Antalya, Turkey. The meeting was held under the auspices of the International Steering Group on Science and Football, a representative member of the World Commission of Science and Sports. Thomas Reilly is Director of the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University. He is President of the World Commission of Science and Sports and Chair of the International Steering Group on Science and Football. Feza Korkusuz is Director of the Medical Centre and Chair of the Department of Physical Education and Sports at Middle East Technical University, Ankara, Turkey. He is corresponding editor for Clinical Orthopaedics and Related Research and is on the International Education Board of Technology and Health Care Journal.

Aren't babies precious? So is sleep. Your baby is capable of sleeping through the night and this book will show you how. A whip smart and entertaining guide that focuses on WHY babies sleep the way they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including: > Navigating the tricky newborn phase like a pro > Getting your child to truly sleep through the night > Weaning off the all-night buffet > Mastering the precarious tango that is healthy napping > Solving toddler and preschooler sleep struggles Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep. You'll love the practical solutions and the way she presents them. And it works! Buy it now.

We each are presented with a choice; do we remain in the cave of ignorance or embark on the philosopher's journey. Your choice will determine the way in which you interpret this paper. However, I will confidently make the assumption that you, like myself, desire to embrace an existence guided by the light of wisdom. This thesis is one of many chapters in the philosopher's journey, dealing with animals and (cutting through the jargon) kindness. I have found that a lot of scholarship on animal ethics acknowledges a truth, but does not acknowledge that the application of such a truth is pragmatic and dependent on an individual's circumstances in life. This thesis is an attempt to dispel shadows and guide one outside the cave in a pragmatic manner. This journey is not siloed or an immediate sprint toward wisdom. Each step in the direction of truth will guide us toward the exit of the cave. There is a reason the philosopher's journey is lifelong; the radiance of wisdom may blind us if we do not exam our surroundings and then eventually face the sun. This paper will guide us up the stairs by challenging speciest lines of reasoning, acknowledging a failing of moral duty, ushering in non-human animals as moral patients within the moral community, and providing an examination of a possible intervention model to reduce speciest attitudes.

High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work

presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas: • Optimise the effectiveness of cross-training. • Translate strength into speed. • Increase aerobic capacity and generate anaerobic power. • Maintain peak conditioning throughout the season. • Minimise the interference effect. • Design energy-specific performance programmes. Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

With an array of critical and engaging pedagogical features, the fourth edition of Motor Learning and Control for Practitioners offers the best practical introduction to motor learning available. This reader-friendly text approaches motor learning in accessible and simple terms, and lays a theoretical foundation for assessing performance; providing effective instruction; and designing practice, rehabilitation, and training experiences that promote skill acquisition. Features such as Exploration Activities and Cerebral Challenges involve students at every stage, while a broad range of examples helps readers put theory into practice. The book also provides access to a fully updated companion website, which includes laboratory exercises, an instructors' manual, a test bank, and lecture slides. As a complete resource for teaching an evidence-based approach to practical motor learning, this is an essential text for practitioners and students who plan to work in physical education, kinesiology, exercise science, coaching, physical therapy, or dance.

Proven methods to push your organization to its maximum potential with responsible leadership Accountable Leaders is the real-world guide to propelling your business to extraordinary levels of performance and achievement. Leadership accountability is a major issue in organizations around the globe. Research has shown that teams and individual employees are overwhelmingly dissatisfied with the degree of accountability demonstrated by their leaders. Effective teams need responsible and accountable leaders—the solution seems simple. Yet, thousands of businesses are struggling with mediocre performance and widening gaps in leadership. This essential resource provides practical and no-nonsense strategies to transform any organization into a cohesive, highly motivated culture of accountable leaders and fully committed teams. Bestselling author Dr. Vince Molinaro shares his proven methods of optimal leadership accountability, providing a step-by-step blueprint for leaders in any organization. Developed from years of experience helping Fortune 500 companies build strong leaders and effective teams, this book will enable you to: Build strong leadership accountability to leverage competitive advantage, increase team performance, and close the leadership gap in your organization Understand why gaps in leadership occur and recognize accountability issues in your own organization Develop an effective strategy to instill a culture of accountability and responsibility in your business Identify and implement organizational practices that encourage accountable leadership throughout your management structure

Accountable Leaders is a vital guide for anyone who leads a team: from managers and supervisors, to CEOs and CHROs. This invaluable guide will provide the tools and knowledge to take you and your organization to incredible levels of performance and achievement.

Statistical Power Analysis is a nontechnical guide to power analysis in research planning that provides users of applied statistics with the tools they need for more effective analysis. The Second Edition includes: * a chapter covering power analysis in set correlation and multivariate methods; * a chapter considering effect size, psychometric reliability, and the efficacy of "qualifying" dependent variables and; * expanded power and sample size tables for multiple regression/correlation.

Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical aspects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explanations and examples.

Try to recall the best coach you've ever had. Consider what differentiated them from other coaches; what made them so effective? Was it their knowledge and programming, or did it come down to the way they communicated with you and the way they made you feel? While the former are critical, it is a coach's words that set them apart from the rest. The Language of Coaching focuses on the impact that communication has on an individual's ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback, and cueing can significantly affect training outcomes. Grounded in motor learning and the science of attentional focus, Winkelman takes you on a journey, guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support. Packed with stunning visuals, the book provides over 25 movement sequences that outline different types of coaching cues, including a visual depiction of unique analogies, such as a sprinter taking off like a jet or an athlete loading into a jump like a spring. The book is filled with a comprehensive collection of cueing frameworks that guide you through the process of creating your own cues for any movement you want to teach. You will also learn how to engage in more productive conversation with your athletes through sample dialogue that uses the book's cueing philosophy. Whether you are new to coaching or a seasoned veteran, The Language of Coaching will help you grow as a communicator and learn how to coach the person with the same precision as you do the program. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Language of Coaching Online CE Exam may be purchased separately or as part of The Language of

Coaching With CE Exam package, which includes both the book and the exam.

Identifying talent in athletes and developing that ability to its fullest potential is a central concern of sport scientists, sports coaches and sports policy makers. This book offers a comprehensive synthesis of current knowledge in talent identification and development in sport, from the biological basis of ability to the systems and processes within sport through which that ability is nurtured. Written by a team of leading international experts, the book explores key factors and issues in contemporary sport, including: genetics secondary factors such as birth date, cultural context and population size perceptual motor skill acquisition and expertise sports development policy in-depth case studies, including European soccer, East African running and US pro sports. With an emphasis throughout on practical implications and processes for all those working in sport, the book offers an authoritative evaluation of the strengths and weaknesses of contemporary systems for identifying and developing talent in sport. This is important reading for any student, researcher or practitioner with an interest in skill acquisition, youth sport, elite sport, sports coaching or sports development.

This textbook focuses on the relationship between physical exercise and cognition, a very timely and important topic with major theoretical and practical implications for a number of areas including ageing, neurorehabilitation, depression and dementia. It brings together a wide range of analytical approaches and experimental results to provide a very useful overview and synthesis of this growing field of study. The book is divided into three parts: Part I covers the conceptual, theoretical and methodological underpinnings and issues. Part II focuses on advances in exercise and cognition research, with appropriate sub-sections on 'acute' and 'chronic' exercise and cognition. Part III presents an overview of the area and makes suggestions for the direction of future research. This text provides a cutting-edge examination of this increasingly important area written by leading experts from around the world. The book will prove invaluable to researchers and practitioners in a number of fields, including exercise science, cognitive science, neuroscience and clinical medicine. Key Features: Unique in-depth investigation of the relationship between physical exercise and brain function. Covers theoretical approaches and experimental results and includes chapters on the latest developments in research design. Examines the effects of both acute and chronic exercise on brain function. International list of contributors, who are leading researchers in their field.

Sarah J. Maas's global #1 bestselling THRONE OF GLASS series reaches new heights in this sweeping fourth instalment. Everyone Celaena Sardothien loves has been taken from her. Now she returns to the empire – to confront the shadows of her past ... Bloodthirsty for revenge on the two men responsible for destroying her life, and desperate to find out if the prince and his captain are safe, Celaena returns to Rifthold. She has accepted her identity as Aelin Galathynius,

the lost Queen of Terrasen. But before she can reclaim her throne, there are dark truths to learn and debts to be paid. Aelin must stay hidden beneath her assassin's hood and draw on her mortal strength as Celaena to prevent the King of Adarlan from tearing her world apart. Only then can she fight for her people. Readers will be held rapt as Celaena's story builds to an agonising crescendo, packed with heart-pounding action and searing romance.

Materials, Third Edition, is the essential materials engineering text and resource for students developing skills and understanding of materials properties and selection for engineering applications. This new edition retains its design-led focus and strong emphasis on visual communication while expanding its inclusion of the underlying science of materials to fully meet the needs of instructors teaching an introductory course in materials. A design-led approach motivates and engages students in the study of materials science and engineering through real-life case studies and illustrative applications. Highly visual full color graphics facilitate understanding of materials concepts and properties. For instructors, a solutions manual, lecture slides, online image bank, and materials selection charts for use in class handouts or lecture presentations are available at http://textbooks.elsevier.com. The number of worked examples has been increased by 50% while the number of standard end-of-chapter exercises in the text has been doubled. Coverage of materials and the environment has been updated with a new section on Sustainability and Sustainable Technology. The text meets the curriculum needs of a wide variety of courses in the materials and design field, including introduction to materials science and engineering, engineering materials, materials selection and processing, and materials in design. Design-led approach motivates and engages students in the study of materials science and engineering through real-life case studies and illustrative applications Highly visual full color graphics facilitate understanding of materials concepts and properties Chapters on materials selection and design are integrated with chapters on materials fundamentals, enabling students to see how specific fundamentals can be important to the design process For instructors, a solutions manual, lecture slides, online image bank and materials selection charts for use in class handouts or lecture presentations are available at http://textbooks.elsevier.com Links with the Cambridge Engineering Selector (CES EduPack), the powerful materials selection software. See www.grantadesign.com for information NEW TO THIS EDITION: Text and figures have been revised and updated throughout The number of worked examples has been increased by 50% The number of standard end-of-chapter exercises in the text has been doubled Coverage of materials and the environment has been updated with a new section on Sustainability and Sustainable Technology

An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson. Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to

design and implement effective training programs. Revised and updated for a second edition, the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed, step-by-step guides to all key training methodologies, including training for strength, speed, endurance, flexibility and plyometrics. The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods which includes examining skill acquisition and motor learning. Throughout the book the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. Strength and Conditioning for Sports Performance includes a unique and extensive section of sport-specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The second edition sees this section expanded to include other sports such as rugby union, rugby league and American football. The book includes contributions from world-leading strength and conditioning specialists, including coaches who have worked with Olympic gold medallists and international sports teams at the highest level. Strength and Conditioning for Sports Performance is an essential course text for any degree-level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation, and an invaluable reference for all practising strength and conditioning coaches. Migrate your data to Salesforce and build low-maintenance and high-performing data integrations to get the most out of Salesforce and make it a "go-to" place for all your organization's customer information. When companies choose to roll out Salesforce, users expect it to be the place to find any and all Information related to a customer—the coveted Client 360° view. On the day you go live, users expect to see all their accounts, contacts, and historical data in the system. They also expect that data entered in other systems will be exposed in Salesforce automatically and in a timely manner. This book shows you how to migrate all your legacy data to Salesforce and then design integrations to your organization's mission-critical systems. As the Salesforce platform grows more powerful, it also grows in complexity. Whether you are migrating data to Salesforce, or integrating with Salesforce, it is important to understand how these complexities need to be reflected in your design. Developing Data Migrations and Integrations with Salesforce covers everything you need to know to migrate your data to Salesforce the right way, and how to design low-maintenance, high-performing data integrations with Salesforce. This book is written by a practicing Salesforce integration architect with dozens of Salesforce projects under his belt. The patterns and practices covered in this book are the results of the lessons learned during those projects. What You'll Learn Know how Salesforce's data engine is architected and why Use the Salesforce Data APIs to load and extract data Plan and execute your data migration to Salesforce Design low-maintenance, high-performing data integrations with Salesforce Understand common data integration patterns and the

pros and cons of each Know real-time integration options for Salesforce Be aware of common pitfalls Build reusable transformation code covering commonly needed Salesforce transformation patterns Who This Book Is For Those tasked with migrating data to Salesforce or building ongoing data integrations with Salesforce, regardless of the ETL tool or middleware chosen; project sponsors or managers nervous about data tracks putting their projects at risk; aspiring Salesforce integration and/or migration specialists; Salesforce developers or architects looking to expand their skills and take on new challenges

To support the broadening spectrum of project delivery approaches, PMI is offering A Guide to the Project Management Body of Knowledge (PMBOK® Guide) – Sixth Edition as a bundle with its latest, the Agile Practice Guide. The PMBOK® Guide – Sixth Edition now contains detailed information about agile; while the Agile Practice Guide, created in partnership with Agile Alliance®, serves as a bridge to connect waterfall and agile. Together they are a powerful tool for project managers. The PMBOK® Guide – Sixth Edition – PMI's flagship publication has been updated to reflect the latest good practices in project management. New to the Sixth Edition, each knowledge area will contain a section entitled Approaches for Agile, Iterative and Adaptive Environments, describing how these practices integrate in project settings. It will also contain more emphasis on strategic and business knowledge—including discussion of project management business documents—and information on the PMI Talent Triangle™ and the essential skills for success in today's market. Agile Practice Guide has been developed as a resource to understand, evaluate, and use agile and hybrid agile approaches. This practice guide provides guidance on when, where, and how to apply agile approaches and provides practical tools for practitioners and organizations wanting to increase agility. This practice guide is aligned with other PMI standards, including A Guide to the Project Management Body of Knowledge (PMBOK® Guide) – Sixth Edition, and was developed as the result of collaboration between the Project Management Institute and the Agile Alliance.

220 pages of vital treatises on Quantum Life Buddhist practice. Essential study material. Guidance for every day issues.

The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.

Science and Practice of Strength Training addresses the complexity of strength training programs while providing advice in customizing programs for athletes and other populations. It covers velocity training, intensity, timing, exercises, injury prevention, overtraining, and athlete monitoring.

This edition has been greatly enlarged and updated to provide both scientists and engineers with a clear and comprehensive understanding of composite materials. In describing both theoretical and practical aspects of their production, properties and

usage, the book crosses the borders of many disciplines. Topics covered include: fibres, matrices, laminates and interfaces; elastic deformation, stress and strain, strength, fatigue crack propagation and creep resistance; toughness and thermal properties; fatigue and deterioration under environmental conditions; fabrication and applications. Coverage has been increased to include polymeric, metallic and ceramic matrices and reinforcement in the form of long fibres, short fibres and particles. Designed primarily as a teaching text for final-year undergraduates in materials science and engineering, this book will also interest undergraduates and postgraduates in chemistry, physics, and mechanical engineering. In addition, it will be an excellent source book for academic and technological researchers on materials.

Scrum is the most popular approach to Agile software development. It's been around for more than 20 years, and it's used by tens of millions of practitioners. Even so, by some estimates, over 70% of Scrum adoptions fall flat and get stuck. Developers find themselves using "Zombie Scrum" processes that look like Scrum from a distance, but are slow, lifeless, and joyless instead. Zombie Scrum Survival Guide doesn't just reveal why this happens: it shows how to supercharge your Scrum outcomes, and have more fun along the way. Writing for all individuals, teams, and organizations who want to achieve more with Scrum, this guide combines theoretical foundations with practical approaches, exercises, and facilitation techniques for making progress in widely diverse situations, and engaging everyone in the organization to get more out of Scrum. You'll find specific guidance for building what the user needs, shipping faster, improving continuously, self-organizing your teams, and more. Drawing on extensive experience empowering developers, the authors also introduce powerful Liberating Structures patterns for enriching group interactions, so Scrum makes development more effective and fulfilling for everyone involved.

Building a successful product usually involves teams of people, and many choose the Scrum approach to aid in creating products that deliver the highest possible value. Implementing Scrum gives teams a collection of powerful ideas they can assemble to fit their needs and meet their goals. The ninety-four patterns contained within are elaborated nuggets of insight into Scrumâ€™s building blocks, how they work, and how to use them. They offer novices a roadmap for starting from scratch, yet they help intermediate practitioners fine-tune or fortify their Scrum implementations. Experienced practitioners can use the patterns and supporting explanations to get a better understanding of how the parts of Scrum complement each other to solve common problems in product development. The patterns are written in the well-known Alexandrian form, whose roots in architecture and design have enjoyed broad application in the software world. The form organizes each pattern so you can navigate directly to organizational design tradeoffs or jump to the solution or rationale that makes the solution work. The patterns flow together naturally through the context sections at their beginning and end. Learn everything you need to know to master and implement Scrum one step at a timeâ€"the agile way.

See what it takes to maximize running strength, speed, and endurance! Running Anatomy will show you how to improve your performance by increasing muscular strength, optimizing the efficiency of your running motion, and minimizing your risk for injury. Running Anatomy features 50 of the most effective strength exercises for runners, each with clear, step-by-step descriptions and

full-color anatomical illustrations highlighting the muscles in action. But you'll find much more than exercises—you'll also see their results. Running Anatomy places you in the action, fundamentally linking each exercise to running performance. You'll see how to strengthen muscles, reduce injury, and improve gait efficiency for faster times and more fluid runs. Running Anatomy will prepare you for any challenge that comes your way. You'll find exercises for varying terrains and speeds, from hill running to off-road running and from sprints to marathons. Plus you'll learn how to evaluate and rehabilitate the most common injuries that runners face, including lower-back pain, knee aches and strains, and torn muscles and tendons. Whether you're a fitness runner looking to conquer hills with more speed or strength or a competitive runner looking for that extra bit of performance and a finishing kick, Running Anatomy will ensure that you're ready to deliver your personal best.

Monitoring non-invasively muscle oxygenation (mO2), inferred from oxygenated haemoglobin (Hb)/myoglobin (Mb) and deoxygenated Hb/Mb measures, has emerged at the end of the 80s with the develoment of near-infrared spectroscopy (NIRS). Today, NIRS devices are portable and make possible to continuously and remotely monitor the balance between oxygen (O2) delivery to working muscles and muscle O2 uptake in cpillary beds of the investigated muscle. For instance, while a high muscle O2 uptake ability in generaly associated with performance improvement, a low muscle O2 uptake ability may be associated with delayed metabolic recovery between successive efforts. The aims of this thesis were to examine the methodological considerations on the use of NIRS to asses mO2 and muscle O2 uptake (mVO2) (studies 1 and 2) and to consider the eventual relashionship that can exist between mO2 and physical performance during repeated high-intensity exercices (studies 2, 4 and 5). We first investigated the reliability and the sensitivity of the post exercise mO2 (study 1). We found a moderate level of reliability, which was independent of exercise intensity during an occlusion-free recovery condition. Conversely, when the recovery of NIRS-derived mVO2 was considered, measures were also moderately reliable but exercise-intensity dependent. In a subsequent study (studie 2), we examined the influence of changes of direction (COD) on mVO2. We observed a greaterm VO2 with COD (i.e., at similar absolute running speeds, 20-m shuttle runs were associated with higher mVO2 than straight-line runs). These results suggested that mVO2 is also sensitive to running modality (i.e., COD). In the second part of the thesis, we first examined the role of mO2 recovery in muscular force recovery during repeated-maximal effort (study 3). The results confirmed that mO2 recovery may play a moderate role on the maximal force production.Afterward, we investigated the influence of training background on mVO2 recovery post-exercise (study 4). We found that an endurance training background is associated with faster mVO2 recovery compared with a sprint training background, which was itself related to better repeated-sprint ability. Finally, in a longitudinal study (study 5), we examined the chronic changes on post-sprints mO2 after an aerobic training period. The improvement in repeated-sprint ability after training was related to the acceleration of the mO2 post-sprints, suggesting again that muscle aerobic function might play a role in the (metabolic) between-sprints recovery.

Agile Estimating and Planning is the definitive, practical guide to estimating and planning agile projects. In this book, Agile Alliance cofounder Mike Cohn discusses the philosophy of agile estimating and planning and shows you exactly how to get the job done,

with real-world examples and case studies. Concepts are clearly illustrated and readers are guided, step by step, toward how to answer the following questions: What will we build? How big will it be? When must it be done? How much can I really complete by then? You will first learn what makes a good plan-and then what makes it agile. Using the techniques in Agile Estimating and Planning , you can stay agile from start to finish, saving time, conserving resources, and accomplishing more. Highlights include: Why conventional prescriptive planning fails and why agile planning works How to estimate feature size using story points and ideal days–and when to use each How and when to re-estimate How to prioritize features using both financial and nonfinancial approaches How to split large features into smaller, more manageable ones How to plan iterations and predict your team's initial rate of progress How to schedule projects that have unusually high uncertainty or schedule-related risk How to estimate projects that will be worked on by multiple teams Agile Estimating and Planning supports any agile, semiagile, or iterative process, including Scrum, XP, Feature-Driven Development, Crystal, Adaptive Software Development, DSDM, Unified Process, and many more. It will be an indispensable resource for every development manager, team leader, and team member.

The Anarchist Cookbook will shock, it will disturb, it will provoke. It places in historical perspective an era when "Turn on, Burn down, Blow up" are revolutionary slogans of the day. Says the author" "This book... is not written for the members of fringe political groups, such as the Weatherman, or The Minutemen. Those radical groups don't need this book. They already know everything that's in here. If the real people of America, the silent majority, are going to survive, they must educate themselves. That is the purpose of this book." In what the author considers a survival guide, there is explicit information on the uses and effects of drugs, ranging from pot to heroin to peanuts. There i detailed advice concerning electronics, sabotage, and surveillance, with data on everything from bugs to scramblers. There is a comprehensive chapter on natural, non-lethal, and lethal weapons, running the gamut from cattle prods to sub-machine guns to bows and arrows.

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