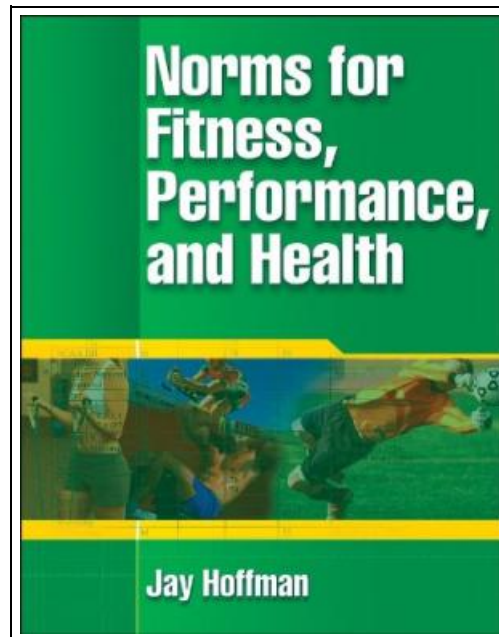


## Norms for Fitness, Performance, and Health



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*Very good e-book and valuable one. It can be written in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).*

**(Mr. Antwon Frami)**

## NORMS FOR FITNESS, PERFORMANCE, AND HEALTH



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Human Kinetics, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Norms for Fitness, Performance, and Health contains a comprehensive collection of normative data for numerous fitness, performance, and health components across a range of ages, abilities, occupations, and athletic backgrounds. It lays the foundation for working with normative data by detailing the purpose and benefits of norms. It reviews relevant statistical information to assist the reader in understanding and interpreting descriptive statistics, including a limited discussion on inferential statistics. Norms for Fitness, Performance, and Health presents data for numerous fitness components, including strength, endurance, anaerobic and aerobic capacity and power, body composition, flexibility, speed, and agility, as well as data for various health norms such as cardiovascular capacity, blood lipids, bone density, energy expenditure, and caloric values. Professionals will be able to use the information to provide a basis of comparison to others in the same category as their clients. The data also highlight various athletic populations, including athletes in football, basketball, and baseball, and features normative data that were collected from professional sport organizations, including the NFL and NHL. Coaches will use these norms to gain a greater understanding of maximizing their athletes' performance and develop optimal training programs. A unique aspect of the book is the inclusion of performance data for specific civil service populations such as police, firefighters, and military personnel. Readers will benefit from this book by gaining knowledge on -comparing athletic populations and rating athletes based on normative values; -properly conducting and comparing various tests for specific fitness components through detailed test descriptions; -the importance of testing and the reasons for establishing testing programs; -the interpretation of normative data to allow proper understanding of test results; and -comprehending data analysis through the easy manner in which the statistics are...



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