

Essentials of Strength Training and Conditioning Image Bank, Fourth Edition

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ISBN: 978-1-4925-0163-3

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- Microsoft® PowerPoint® 2003 or higher
- Any image viewing software or web browser software that will open .jpg files
- A zip utility software that will allow you to unzip packaged files
- Adobe Reader

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- Mac OS X 10.x
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Image Bank User Instructions

The *Essentials of Strength Training and Conditioning Image Bank, Fourth Edition*, includes more than 600 image files. These files represent most of the art, tables, and content photos from the textbook, as well as selected checklists and forms from the textbook.

Images are grouped first within chapter folders, with art and photo files being provided in jpg format and table files being provided in either jpg or PDF format (depending on the table size) and checklists and forms being provided in PDF format. Filenames for figures, tables, and content photos are the figure number or table number used in the print book. In cases where items are unnumbered in the print book, you'll find the images named by page number. For example, if a table did not have a table number in the print book, it would be saved with a filename like this in the image bank:

pg105_table2

where '105' is the page number and 'table2' is the second unnumbered table (reading from left to right) on that page in the print book.

A multipage table in the book is saved as one multiple-page PDF in the image bank. A longer checklist or form that appeared on multiple pages in the print book is also saved as one multiple-page PDF in the image bank.

You may reuse the images within your own PowerPoint templates to create your own custom presentations. To help you create your own presentation, we have also provided a blank PowerPoint template.

Unzipping an Image Bank Once It's on Your Computer

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Follow these steps if you are using WinZip:

1. Save the chapter's zipped package of images to your desktop.
2. Launch the WinZip program.
3. From the File menu, select "Open Archive."
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5. From the Actions menu, select "Extract."
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2. Double-click the zipped folder to open it, then click the "Expand All" button.
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Using the Blank PowerPoint Template

The blank template includes these types of slides:

- Chapter opener slide
- Regular bulleted list slide

The following are instructions for some common tasks you might perform when using the blank template to create your own presentation.

Note: To manipulate the presentation content, you must have the full version of Microsoft PowerPoint 97 or higher.

How to Add a New Slide

1. Use the full version of Microsoft PowerPoint to open the chapter file where you wish to add a new slide.
2. To add a regular content slide, choose "Insert," from the toolbar menu, then "New Slide." A sidebar with slide layout options will appear. You can simply close this sidebar, or select one of the "Text Layouts" to further customize the slide. [In PowerPoint 2010, add a regular content slide by clicking on the Home tab and clicking on the New Slide button. From there slide type options will appear and you choose the slide type you wish to add.]
3. To add a chapter opener slide, click once in the left navigation bar (in the "Slides" tab) on the chapter opener slide. The slide will be outlined in blue. Choose "Insert" from the toolbar menu, then "Duplicate Slide." A copy of the slide will be created. Use the instructions under "How to Change the Order of Slides" to move the slide to your desired location. [To add a chapter opener slide in PowerPoint 2010, click once in the left navigation bar (in the "Slides" tab) on the chapter opener slide. The slide will be highlighted. Go to the Home tab, click the New Slide button, and then at the bottom of the popup box you'll see an option called "Duplicate Selected Slides." Click that line to copy the chapter opener slide. Use the instructions under "How to Change the Order of Slides" to move the slide to your desired location.]

How to Add Text to a Slide

1. Navigate to the slide you would like to modify. Click on the slide itself in the area where you would like to add text. You will see a cursor and the boundary of the text box will be displayed.
2. Type the text you would like to add. PowerPoint will automatically adjust the spacing and size of the text to fit the space on the slide.

3. Text will automatically format as a bulleted list. Use the “Increase Indent” and “Decrease Indent” buttons on the toolbar to adjust the outline level of text.
4. When you are finished, click anywhere outside of the text box you were working in.

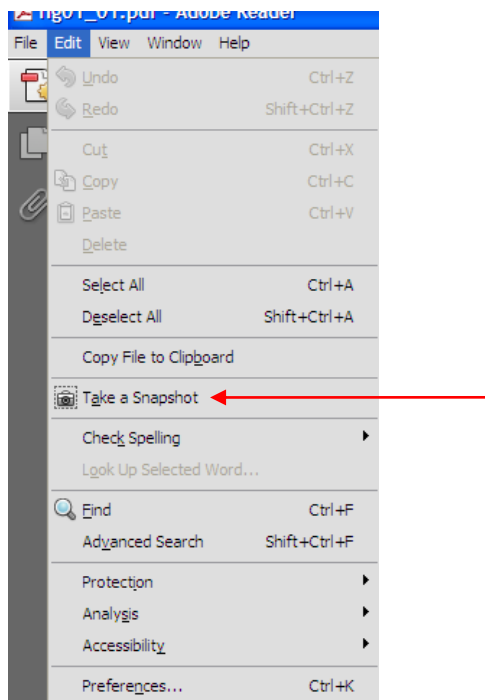
How to Insert jpg Images From the Image Bank Into PowerPoint

1. In PowerPoint, navigate to the slide that you want to add an image to.
2. Select the “Insert” menu.
3. Choose “Picture.”
4. Find the location of the image files you unzipped.
5. Select the image you want to insert and then click the “Insert” button.

How to Insert Screen Captures From a PDF Into PowerPoint

Large tables and forms (those that are more than half of a page in the print book) don’t fit well on a PowerPoint slide. However, you can create screen captures of small sections of a table or form. The instructions that follow are for Adobe Reader X; depending on what version of Adobe Reader is on your computer’s operating system, the steps for creating a screen capture will be different.

To create a screen capture, open the PDF of the item you want to include. Click the Edit button and then select “Take a Snapshot.”



Use your cursor to select the information you want to include; you'll want to limit your selection to a block of text that will fit comfortably on a PowerPoint slide. The act of selecting information also copies that selection.

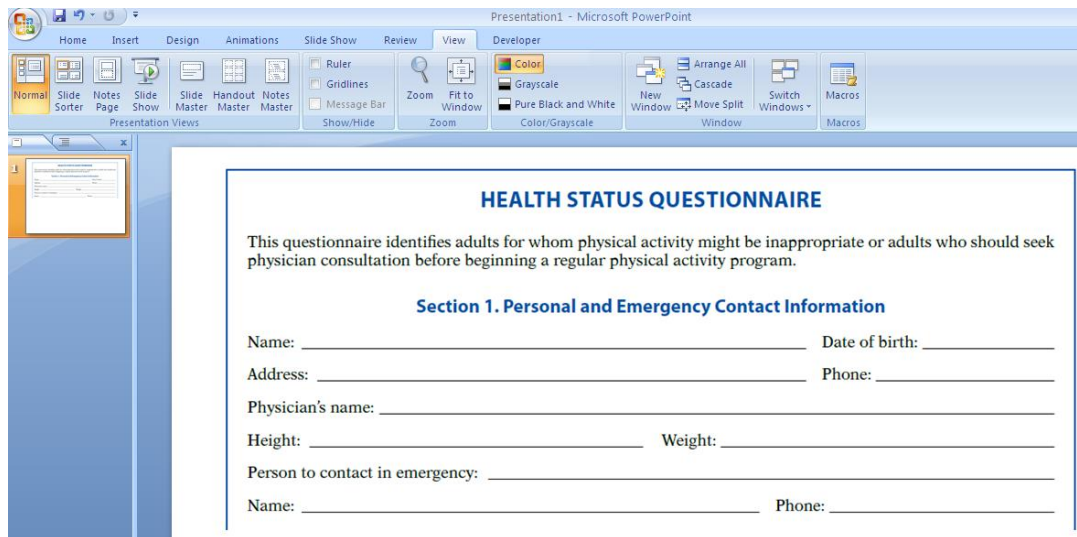
HEALTH STATUS QUESTIONNAIRE

This questionnaire identifies adults for whom physical activity might be inappropriate or adults who should seek physician consultation before beginning a regular physical activity program.

Section 1. Personal and Emergency Contact Information

Name: _____ Date of birth: _____
Address: _____ Phone: _____
Physician's name: _____
Height: _____ Weight: _____
Person to contact in emergency: _____
Name: _____ Phone: _____

Open your PowerPoint presentation and paste the selection you made from the PDF into a slide.



Continue this process to include as many screen captures in your PowerPoint presentation as needed.

Credits

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Figure 7.2

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Figure 9.1

From USDA's Center for Nutrition Policy and Promotion.

Table 9.1

From U.S. Department of Agriculture and U.S. Department of Health and Human Services.

Table 9.2

From U.S. Department of Agriculture and U.S. Department of Health and Human Services.

Table 9.3

From Institute of Medicine (US).

Table 9.4

From U.S. Department of Agriculture, Agricultural Research Service.

Table 9.5

Based on F.S. Atkinson, K. Foster-Powell, and J.C. Brand-Miller, 2008, "International tables of glycemic index and glycemic load values: 2008," *Diabetes Care* 31(12): 2281-2283.

Table 9.6

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Table 10.7

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Figure 11.2

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Table 13.12

Data from U.S. Department of the Army, 1998, *Physical fitness training: Field manual no. 21-20*. (Washington, DC: Headquarters, Department of the Army).

Table 13.13

Adapted from YMCA, 2000, *YMCA fitness testing and assessment manual*. (Champaign, IL: Human Kinetics).

Table 13.14

Adapted from American College of Sports Medicine, 2014, *ACSM's guidelines for exercise testing and prescription*, 9th ed. (Baltimore, MD; Lippincott, Williams, and Wilkins).

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Table 13.16

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Table 13.18

Data from D.C. Nieman, 1995, *Fitness and sports medicine*. 3rd ed. (Palo Alto, CA: Bull), 504.

Table 13.19

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Table 13.24

Data from G.L. Iverson and M.S. Koehle, 2013, "Normative data for the balance error scoring system in adults," *Rehabil Res Pract* 2013: 846418.

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Table 13.27

Data from D.C. Nieman, 1995, *Fitness and sports medicine*, 3rd ed. (Palo Alto, CA: Bull).

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Table 16.2

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Figure 18.1

Based on Albert, M. *Eccentric muscle training in sports and orthopaedics* (New York: Churchill Livingstone, 1995).

Figure 18.2

Based on K.E. Wilk, M.L. Voight, M.A. Keirns, V. Gambetta, J.R. Andrews, and C.J. Dillman, 1993, "Stretch-shortening drills for the upper extremities: Theory and clinical applications," *J Orthop Sports Phys Ther* 17: 225-239.

Figure 19.3

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Figure 19.9

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Figure 19.10

From C.A. Putnam and J.W. Kozey, 1989, Substantive issues in running, in *Biomechanics of sport*, edited by C.L. Vaughn (Boca Raton, FL: CRC Press), 1-33; G.A. Wood, 1987, Biomechanical limitations to sprint running, in *Medicine and sport science*, edited by M. Hebbelink, R.J. Shephard, B. Van Gheluwe, and J. Atha (Basel: Karger), 58-71.

Table 19.4

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Table 19.5

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Table 20.3

Based on B.E. Ainsworth, W.L. Haskell, S.D. Herrmann, N. Meckes, D.R. Bassett Jr, C. Tudor-Locke, J.L. Greer, J. Vezina, M.C. Whitt-Glover, and A.S. Leon, 2011, "Compendium of physical activities: A second update of codes and MET values," *Medicine Sci Sports Exer* 43: 1575-1581.

Figure 21.1

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Figure 23.6

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Table 24.1

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Figure 24.1

Based on D.J. Casa et al., 2012, “The inter-association task force for preventing sudden death in collegiate conditioning sessions: Best practices recommendations,” *J Athl Train* 47(4): 477-480.

Figure 24.2

Adapted from B.D. Epley, 1998, *Flight manual* (Lincoln, NE: University of Nebraska Printing); R.W. Earle, 1993, *Staff and facility policies and procedures manual* (Omaha, NE: Creighton University).

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Figure 24.4

Adapted from J.H. Taylor, 2006, *Performance training program manual* (Las Cruces, NM: New Mexico State University).

Figure 24.5

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Adapted from R.W. Earle, 1993, *Staff and facility policies and procedures manual* (Omaha, NE: Creighton University); B.D. Epley, 1998, *Flight manual* (Lincoln, NE: University of Nebraska Printing); B.D. Epley, 1998, *Make the play* (Lincoln, NE: University of Nebraska Printing).

Table 24.2

Adapted, by permission, from NSCA, 2011, *Performance training center emergency policies and procedures manual* (Colorado Springs, CO: NSCA), 3.