



ESSA's Student Manual for Health, Exercise and Sport Assessment

Jeff Coombes, Tina Skinner

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ESSA's Student Manual for Health, Exercise and Sport Assessment is an essential text for any student undertaking an exercise and sports science degree and professionals working in the exercise and fitness industries.

This practical manual contains fundamental theory and detailed step-by-step protocols designed to assist students and practitioners to develop competency for conducting tests in exercise, health and sports science.

Written by leading Australian and New Zealand Academics and published in collaboration with Exercise & Sports Science Australia (ESSA), *ESSA's Student Manual for Health, Exercise and Sport Assessment* is the first Australian text written with ESSA's accreditation framework in mind.

Evolve

- Multiple choice questions and short answer questions
- Criteria sheets to assess skill competency
- Worked examples and case studies
- Data recording sheets
- Image collection
- Excel spreadsheet to record and analyse data from activities within the manual

Key features

- Combines the theory underpinning testing procedures and comprehensive step-by-step protocols
- Includes practical data recording tables
- Protocols that encompass the spectrum of tests in exercise, health and sports science including, but not limited to, anthropometry, muscular strength, submaximal and maximal exercise testing, range of motion and threshold tests
- Includes pre-testing procedures and equipment requirements for conducting assessments
- Emphasis on the accuracy of the measurement, including calibration and verification of equipment
- Section on laboratory safety, cleaning and disinfectanting
- Links analysis, interpretation and communication of test results
- Data analysis practical that encourages the reader to analyse their own data collected in the activities



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The reason why? Because this ESSA's Student Manual for Health, Exercise and Sport Assessment is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will zap you with the secret that inside. Reading this book alongside it was fantastic author who all write the book in such amazing way makes the content inside of easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of benefits than the other book include such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I ended up you I will go to the publication store hurriedly.

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