



 Get Print Book

# Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

*By Jim Clover*



Download



Read Online

## Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program.



[Download Sports Medicine Essentials: Core Concepts in Athle ...pdf](#)



[Read Online Sports Medicine Essentials: Core Concepts in Ath ...pdf](#)

# Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

*By Jim Clover*

## **Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover**

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program.

## **Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover Bibliography**

- Sales Rank: #1014305 in Books
- Brand: Cengage Learning
- Published on: 2007-05-30
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 11.50" h x 9.00" w x 1.50" l, 5.35 pounds
- Binding: Hardcover
- 736 pages

 [Download Sports Medicine Essentials: Core Concepts in Athle ...pdf](#)

 [Read Online Sports Medicine Essentials: Core Concepts in Ath ...pdf](#)

## **Download and Read Free Online Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover**

---

### **Editorial Review**

#### **Review**

Chapter 1: Introduction Chapter 2: Athletic Training Chapter 3: Fitness Instruction Chapter 4: Basic Nutrition and Weight Management Chapter 5: Infection Control Chapter 6: Vital Signs Assessment Chapter 7: First Aid Kits Chapter 8: Emergency Preparedness and Assessment Chapter 9: Basic Life Support Chapter 10: Injuries to the Tissues Chapter 11: Injuries to the Head and Spine Chapter 12: Injuries to the Shoulder and Upper Extremities Chapter 13: Injuries to the Chest and Abdomen Chapter 14: Injuries to the Pelvis and Lower Extremities Chapter 15: Environmental and Medical Conditions Chapter 16: Taping, Wrapping, and Bracing Chapter 17: Return to Play Chapter 18: Physical Fitness Assessment Chapter 19: Strengthening and Conditioning Chapter 20: Developing an Individual Training Program Chapter 21: Therapeutic Modalities Chapter 22: Rehabilitation Chapter 23: Ethical and Legal Considerations Chapter 24: The Selling Point: Promoting Fitness Products Chapter 25: Professional Planning

#### **About the Author**

Jim Clover is an Adjunct Professor at California State University, San Bernardino and Retired teacher at Riverside County of Education Career Technical Program for 20 years. Coordinator Riverside Medical Clinic's Sports Clinic and SPORT Foundation, Mr. Clover coordinates sports medicine services for 40 schools in Southern California. He invented the Trainer's Angel (a cutting tool to remove football helmets in emergencies) and received the NATA's Most Distinguished Athletic Trainer Award in 2004. In addition to a holding a Master's Degree in Education, he is an NATA Certified Athletic Trainer, Physical Therapy Assistant, and NASM Corrective Exercises Specialist.

### **Users Review**

#### **From reader reviews:**

##### **Daniel Bravo:**

Reading a reserve can be one of a lot of action that everyone in the world loves. Do you like reading book and so. There are a lot of reasons why people enjoyed. First reading a book will give you a lot of new details. When you read a guide you will get new information mainly because book is one of several ways to share the information or even their idea. Second, studying a book will make a person more imaginative. When you looking at a book especially tale fantasy book the author will bring someone to imagine the story how the figures do it anything. Third, you may share your knowledge to other individuals. When you read this Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction, it is possible to tells your family, friends as well as soon about yours publication. Your knowledge can inspire different ones, make them reading a guide.

##### **Richard Kitterman:**

Your reading sixth sense will not betray you actually, why because this Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction publication written by well-known writer who really knows well how to make book that can be understand by anyone who else read the book. Written with good manner for you, dripping every ideas and writing skill only for eliminate your own personal hunger then you

still hesitation Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction as good book not just by the cover but also through the content. This is one reserve that can break don't assess book by its protect, so do you still needing one more sixth sense to pick this kind of!? Oh come on your reading through sixth sense already alerted you so why you have to listening to yet another sixth sense.

**Bess Cook:**

Are you kind of busy person, only have 10 or perhaps 15 minute in your day time to upgrading your mind talent or thinking skill even analytical thinking? Then you are receiving problem with the book compared to can satisfy your small amount of time to read it because all this time you only find e-book that need more time to be examine. Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction can be your answer given it can be read by a person who have those short spare time problems.

**Joshua Hsu:**

This Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction is completely new way for you who has attention to look for some information because it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know or perhaps you who still having small amount of digest in reading this Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction can be the light food for you personally because the information inside this particular book is easy to get simply by anyone. These books develop itself in the form that is certainly reachable by anyone, yep I mean in the e-book type. People who think that in publication form make them feel drowsy even dizzy this reserve is the answer. So there is no in reading a publication especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss it! Just read this e-book kind for your better life as well as knowledge.

**Download and Read Online Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover #WX4GSOJBH5V**

# **Read Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover for online ebook**

Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover books to read online.

## **Online Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover ebook PDF download**

**Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover Doc**

**Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover Mobipocket**

**Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction By Jim Clover EPub**