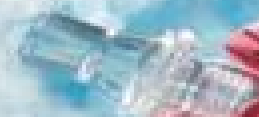




American Red Cross
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LIFEGUARDING

LIFEGUARDING INSTRUCTOR'S MANUAL

Red Cross Lifeguard Instructor Manual With Oxygen

**National Association for Sport and
Physical Education**



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American Red Cross Basic Aid Training Instructor's Manual, 1991 *American Red Cross Lifeguarding* American Red Cross, 2012 **First Aid - Responding to Emergencies**, 1996 **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM. The 7th edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription. ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training.

American Red Cross Lifeguarding Instructor's Manual, 2007 *Professional Lifeguard Textbook* American Red Cross, 1994-10 *Books in Print*, 1994 *Paperbound Books in Print*, 1992 **Down to the Sea with Books**, 1973

Sports, Exercise, and Fitness Mary Beth Allen, 2005-03-30 For reference librarians and researchers seeking information on sports and fitness, this guide is an important first stop. For collection development specialists, it is an invaluable selection guide. Allen describes and evaluates over 1,000 information sources on the complete spectrum of sports from basketball, football, and hockey to figure skating, table tennis, and weight training. Focusing on English language works published between 1990 and the present, the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print, formats online, databases, and Web sites. To enable users in search of information on specific sports or fitness activities, chapters are organized thematically according to broad type: aquatic sports, nautical sports, precision and accuracy racket sports, ice and snow sports, ball sports, cycling, and so on, with subcategories for such individual sports as soccer, golf, and yoga. Within these categories, works are further organized by type: reference, instructional, and Web sites. **Sport Diver**, 1996-01 **Who's who in Scuba Diving** Academy of Marine Sciences & Undersea Research, 1992 *Principles of Safety in Physical Education and Sport* National Association for Sport and Physical Education, 2002 *Advanced Nitrox Diver* Lee Somers, 1996 *It's a Disaster! ... and What Are YOU Gonna Do about It?* Bill Liebsch, Janet Liebsch, 2003 Paperback combines quick reference, instructional bullets with 2 color format to help families prepare for most types of emergencies: first aid needs and natural or man-made disasters incl. terrorism before they strike. Publisher offers business fundraiser and referral programs. *Alert Diver*, 1990 *American Red Cross Lifeguarding*, 1995 **Aquatic Instruction, Coaching, and Management** John A. Torney, Robert D. Clayton, 1970

Things You Should Know by Now Jason Boyett, 2003-03 This instruction book on how to live and actually enjoy life guides the millennial generation young adults in what to do now that they are out of college and living in the real world. It addresses such topics as avoiding debt, mastering job interviews, changing a tire, staying in shape, and maintaining a home.

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