

- * **“Structure:”** *(How is the program template structured in terms of main lifts, assistance, daily split, etc, and how well does it suit it's intended purpose?)*
- * **“Volume/Frequency/Loading/Intensity:”** *(Please describe the program in terms of these factors, and (if relevant) if/how it varies these factors through the program (this may be discussed in greater detail the periodisation section as well), and how well does it suit it's intended purpose?)*
- * **“Periodisation/Progression:”** *(What periodisation/progression method does the program use and how well does it suit it's intended purpose?)*
- * **“Specificity:”** *(How much does the program adhere to the principal of specificity and how well does it suit it's intended purpose?)*
- * **“Auto-regulation:”** (Does the program use any form of auto-regulation of volume/intensity/loading and how well does it suit it's intended purpose?)*
- * **“Fatigue Management:”** *(Does the program use any form of fatigue management (deloads, periodisation, etc)? And how well does it work?)*
- * **“Customisation:”** (Is the program customisable? To what degree? And how should it be

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Sebastian Brünink



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Environment, PT. 81-84, Revised as of July 1, 2010 ,2010-10-08 **The Guide to National Professional Certification Programs** Philip M. Harris,2001 The job market continues to change Highly skilled and specialized workers are in demand Traditional education cannot meet all the needs to create specialty skill workers Certification provides up to date training and development while promoting individual or professional skills and knowledge in a focused manner Certification as a way of continuing professional eduction can also be more cost effective User's Guide to ASTM Specification C94 on Ready-Mixed Concrete , Monthly Catalog of United States Government Publications ,1994

Offshore Risk Assessment Jan-Erik Vinnem,2007-06-02 Offshore Risk Assessment was the first book to deal with quantified risk assessment QRA as applied specifically to offshore installations and operations This book is a major revision of the first edition It has been informed by a major R D programme on offshore risk assessment in Norway 2002 2006 Not only does this book describe the state of the art of QRA it also identifies weaknesses and areas that need development

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