DC/ND:

Nursing Education:

An Action Plan

The third program consists of case studies, illustrating ways nurses and other healthcare providers can take steps to integrate cultural awareness into their own practice. In this program, we will examine the standards that the Federal Government has set up to require culturally and linguistically appropriate care, called the CLAS Standards and show how they relate to similar standards of the Joint Commission.

Acute Pain Management in Children: Operative or Medical Procedures

Acute Pain Management: Operative or Medical Procedures and Trauma

Antifungal and Antiviral Agents

Antipsychotic Agents

Antitubercular Agents

Assessing Pediatric Pain

Assessment and Intervention

Assessment of an Infection

Sports Medicine and Exercise Science:

The ABCDEs of Cardiac Rehabilitation

Above and Beyond the Set and Rep

AC Joint Mechanics and Management Techniques

ACE's Guide to Exercise and Weight Control

ACE's Guide to Resistance Training for Older Adults (Revised Edition)

ACE's Practical Guide to Functional Anatomy

ACSM Featured Science Session - Age and Sex Differences in Cardiovascular Responses to Exercise

ACSM Featured Science Session: Prolonged Motor Deficits Following Peripheral Nerve Injury and Repair

ACSM Featured Science Session: The Art and Science of Walking for Health

ACSM Highlighted Symposium—Exercise in Cancer Survivors: From Research to Practice

ACSM Select Symposium: Developing, Implementing, and Evaluating Culturally Tailored Interventions to Promote Physical Activity in Diverse Communities

ACSM Select Symposium: Exercise-Induced Cardioprotection: Why Exercise May Be the Most Pragmatic Counter Therapy Against Heart Attack Damage

ACSM Select Symposium: How Much Is Enough? Elucidating the Minimum Effective Dose of Exercise for Bone Health

ACSM Select Symposium—Childhood Obesity: Effective Approaches to Address This Public Health Concern

ACSM Select Symposium—Exercise and Obesity: Pathways to Breast Cancer

ACSM Select Symposium—Exercise Training and Insulin Action: At the Crossroads of Science and Practice

ACSM Select Symposium—The Legacy of Dr. Ralph Paffenbarger: Past, Present, and Future Contributions to Physical Activity

Active Doctors, Active Patients: Building Physical Activity Into Your Life and Practice, Disc 1

Active Doctors, Active Patients: Building Physical Activity Into Your Life and Practice, Disc 2

Active Doctors, Active Patients: Building Physical Activity Into Your Life and Practice, Disc 3

Active Doctors, Active Patients: Building Physical Activity Into Your Life and Practice, Disc 4

Active Doctors, Active Patients, Disc 1

Active Doctors, Active Patients, Disc 2

Active Doctors, Active Patients, Disc 3

Active Doctors, Active Patients, Disc 4

Active Doctors, Active Patients, Disc 5

Alternative Activities to Promote Activity and Improve Fitness in Children and Youth

American Fitness IndexTM: Translating Data Into Action—"My AFI

The Antiquity of Exercise and the Exercise Prescription for Health

Approach to Skin Infections in Athletes

Beyond the Headlines: Delving Deeper Into Hot Nutrition Topics

Biomechanics and Obesity: Are We Getting the Right Results?

The Biomechanics of Muscle Contraction

Body-Weight Boot Camp

Brain Research Supports Physical Activity: Children Move to Improve

Coaching for Special Populations: Motivational Interviewing and Adherence

Combating the Obesity Epidemic: Treatment Options

<u>Complementary Alternative Medicine in Practice: Using Evidence-Based Yoga to Evaluate the Athlete</u>

A Comprehensive Approach to Student-Athlete Training and Development

Conducting the YMCA Fitness Testing & Assessment Protocol

Core Control: One Side at a Time

Core Gymnastics

Core Integrity: Relative to What

Core/Spinal Stabilization Training

Core Stability and Strengthening: Facts and Myths

Core Strength and Stabilization for Athletes

Core Strength Assessment in Runners

Corrective Exercise Design: Eliminating the Guesswork, Disc 1

Corrective Exercise Design: Eliminating the Guesswork, Disc 2

Creating	Trulv	Inclusive A	quatic Facilities
CICALLI			

Determining Body Composition

Developing Lateral Speed and Agility

Developing Linear Speed and Acceleration

Dietary Glycemic Index and Glycemic Load in Health and Exercise

<u>Dieting Gone Awry: How to Help Clients With Eating Disorders and Disordered Eating</u>

Differential Diagnoses of the Wrist and Hand

Differential Diagnosis of Elbow Injuries

Dilemmas for the Team Physician: "What Would You Do...?"

Done in 30 Minutes!

The Dose-Response Issue in Exercise Prescription

Drills and Exercises to Improve Coordination

Dumbbell Training for Improved Athletic Performance

Dynamic Flexibility Training for Athletes

East-West Breathing: Back Breathing and the Deep Stabilizing System

Eating Your Way to Health and Weight Loss: Losing Weight the Right Way

Efficacy, Safety, And Mechanisms Of Blood Flow-Restricted Exercise

Efficiency: The Next Secret in Sports Training

EIM® and You: Fitness Professionals on the Front Line of the Physical Inactivity Epidemic

Elbow, Forearm, Wrist, and Hand

Electrotherapy for Pain Relief

Ergogenic Aids: The Top 15 Ergogenic Aids

The Essentials of Meta-Analysis: A Perspective for the Educator and Clinician

Exercise Heart R	ate Response	and Recover	y – <mark>Simple Bu</mark> t	t <mark>Important</mark>	Clinical
Measures					

Exercise Prescription for Hypertension

Exercise Prescription When There's No Exercise Test: The Talk Test

Exercise Testing and Exercise Prescription for the Elderly

Exercise Testing and Program Design: A Fitness Professional's Guide

Exercise Training Effects on Skeletal Muscle Blood Flow

Exercise, Why Does It Work?

<u>Exertional Compartment Syndrome—Current Research, Controversies, and Future Direction</u>

Fall Prevention Training: Improving Balance, Posture, and Gait With Kettlebells

Fantastic Functional Mat

Fascia: The Rising Star in Human Movement

Fatigue Mechanisms Determining Exercise Performance

Fit and Stressed: A Survival Guide

Fitness or Fatness: Which Is More Important For Health?

Fitness—Just for the Health of It

Fix the Part—Mend the Whole

Focus On Focus: Nutritional Factors Affecting Cognition During Physical Stress

From Perception to Reality: An Integrated Approach to Bodyweight Training

From the Classroom to Clinical Education: A Clinician's Approach to Teaching Evidence- Based Practice

Fundamentals of Core Training

Gait and Postural Stability: Theory and Clinical Application

The "Games-as-Aerobics" Approach to Physical Activity

General Principles of Exercise Prescription

Get	on	the	Small	Ball

Growth Plates: What's For Dinner? A Case-Based Approach to Pediatric Fractures

Healing Hunger

The Health Care Provider's Guide to the Effective Integration of Physical Activity

The Healthy House: A Novel Program for Pediatric Obesity

Heavy Breathing—The Science and Practice of Respiration During Resistance Training

Helping a Breast Cancer Survivor to Be a Thriver: Interventions Immediately After Primary Cancer Treatment

Helping Clients With Shoulder Pain

<u>Here Comes the Sun: An Update on Vitamin D and the Health and Performance of Athletes</u>

Here Today, Gone Tomorrow: The Conundrum of Sudden Cardiac Death

Hip and Pelvis Examination

Hip Injuries: Evaluation and Treatment

How to Get Quality Results with Submaximal Cycle Ergometer Fitness Tests

The Hows and Whys of Obesity

I Didn't Want to Eat, But My Hormones Made Me

The Influence of Genetic Factors on Health, Physical Activity, and Fitness

Injury Care at Your Fingertips: Upper-Extremity Techniques

Injury Prediction and Prevention: Lessons Learned in the U.S. Military

Injury Prevention and Performance Enhancement: The Science of Warm-up

Injury Prevention in Youth Sports: Sound Science vs. Sound Judgment

The Inner Unit

Integrated Back Rehabilitation—Regression to Progression

Integrated Systems Determinants of Exercise Intolerance

Integrating Clinical Reasoning	& EBP:	A Pedagog	<mark>gical Strateg</mark>	y for	Enhancing
Clinical Decision Making					

Integrating Evidence-Based Practice Into Your Setting

Integrating Fitness Components into a High School Physical Education Curriculum

<u>Interactions of the Most Commonly Prescribed Drugs in Orthopedics and Sports Medicine</u>

Into Thin Air: Optimizing Exercise Performance At High Altitude

Introduction to Function First Corrective Exercise and Program Design

Introduction to Kettlebell Training for Fitness Professionals

<u>It's Not a Simple Ankle Injury: The Long-Term Consequences of a Lateral Ankle-Sprain</u>

JAMS: Joint Alignment and Muscle Sequencing

KBell Kombo

Kettle Core

Kettlebell and Medicine Ball Complex Training

Kettlebell Complex Training

Kettlebell Group X Training

Kettlebell Special Ops

Kettlebell Total Body Blast

Kettlebell Ultimate Body Detonation

Kettlebells for Pre-/Post-Natal Clientele

The Movement Triad

Movements, Not Muscles: A Multi-Planar Approach to Training

Muscle-TECH: Elastic Resistance

Muscles and Movement in 3-D

Myofascial Matrix

The Nev	er-Ending	Looking	Glass	of M	lovement
			O TOO	O	to , clilette

New Dietary Approaches for Enhanced Vascular Performance

New Models to Study Gene Plasticity in Skeletal Muscle

No Bones About It! Osteoporosis Update

A Non-Shoulder Approach to the Shoulder Exam

Nursing Tools to Promote Healthy Change, Disc 1

Nursing Tools to Promote Healthy Change, Disc 2

Nutrition and Metabolism in Individuals with Special Needs

Nutrition and Obesity Trends

Nutrition for Optimal Performance

Nutritional Supplements

The Obesity Epidemic: Fact or Fiction?

Obesity in Children: Tackling a Growing Problem

The Obesity Paradox: Is It Time for a Paradigm Shift in Obesity Treatment?

Office Assessment of Core Strength in Runners

Office-Based Physical Activity Promotion: Current Evidence, Future Directions

Optimal Workouts Need Optimal Recovery

Oxygen—The "Movement-Molecule": From Precursors to Performance

A Pain in the Butt: Evidence-Based Approach to the Evaluation and Management of Gluteal Region Pain

Pars Fractures in Adolescent Athletes

Partner Medicine-Ball Training

Permission to Eat for Energy

Perspectives on Correct Approaches to Conditioning Athletes

Physical Activity and Mental Health

Physical Activity, Health, Health Care Reform, and Lifestyle Reform Revisited
Physical Activity—Why It's So Difficult to Shift the Population Needle
The Physical, Physiological, and Psychosocial Evolution of Underrepresented Populations in the Sport and Fitness Movement
The Pitching Athlete: Assessment of Mechanics, Injury Prevention, and Rehabilitation
Plyometrics for the Strength-Power Athlete
Postural Relationships to Athletic Injuries: Pilates as Prevention
Powering Performance: Lessons from Sports Drink Science
A Practical Approach to the Throwing Athlete "Beyond the Shoulder" /
Pre-Exercise Screening for Health/Fitness Facilities
Predictors of Exercise Compliance: Strategies to Improve Adherence to Exercise Programs
Preventing and Managing Common Running Injuries
Proper Technique in Administering a Stress Test
Pumping Nothing
Recent Advances in the Prevention and Treatment of Cardiovascular Disease
Resist-A-Ball® Boot Camp
Resistance Training: Benefits, Rationale, Safety, and Prescription
Resistance Training in Cancer Survivors
The Resting Metabolic Rate Debate
Return to Play Dilemmas in Sports Medicine
A Review of Popular Weight-Loss Supplements

The Role of Dietary Protein in the Treatment of Type 2 Diabetes

Secrets of Joint Mobility

The Role of the Exercise Professional with Post-Bariatric Surgery Patients

<u>Sex Differences in Human Thermoregulation: Implications for Athletes, Researchers, and Clinicians</u>

Simplifying the Low Back Evaluation With a Classification System

The Slow Component of VO2 Kinetics: Mechanistic Bases and Practical Applications

Small Ball Group Exercise Workout

Solutions for Improved Lumbo-Pelvic-Hip Function

S.O.S. (Seniors on Strength)

S.O.S. (Seniors On Strength)...The Sequel

Specificity of Training in the Water

The Sport Psychologist's Role at the Olympic Games: Mental Challenges for the Olympian

Sport Psychology and Return to Play: Does the Head Lag Behind the Knee? (Or Vice Versa?)

Sports Injury: Prevalence, Prevention, and Practice

A Sports Medicine Approach to Ergonomic Injuries

Sports Nutrition: Lessons from the Beijing Olympic Games

Sports Stretch With Resist-A-Ball®

Squatology

S.T.E.P. (Smooth Transitions With Extensive Progressions)

Step Thrills and Body Bar® Drills

Strength Training Without Weights: Vol. #1—Upper-Body Exercises

Strength Training Without Weights: Vol. #2—Lower-Body Exercises

Sustainability and Trajectories of Physical Function in Older Cancer Survivors

Swedish Massage Technique: Therapeutic Applications

Syndesmotic Ankle Sprains

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Take the Curl Out!

Taking Back Control of Your Athletic Training Practice

<u>Targeting the Hip: Strengthening the Hip for Patients With Patellofemoral Pain Syndrome</u>

Teaching Olympic-Style Exercises

Teaching Otoscope and Ophthalmoscope Techniques

Thoracic Mobility: The Missing Link in Your Trunk Stability Program

Thoracic Spine Asymmetries: Assessment, Intervention, and Why It Is Important

<u>To Stretch or Not to Stretch: The Role of Stretching in Injury Prevention and Performance</u>

The Top 10 Corrective Exercises

Top 10 Tips to Improve Your Diet

Top Toning With Tubing

Total Body Fit—Tubing Challenge!

Trainer's Toolbox: Exercise Complexity

Training Issues and Solutions for Older Adults

Treatment of Acute Spondylolysis: Current Trends and Controversies

Triple Play: Aquatic Total-Body Conditioning

A Two-Way Street: Reciprocity for a Successful MES Program

Understanding Aerobic Programming Basics

Understanding and Promoting Youth Physical Activity

<u>Unlocked & Unloaded—Multiplanar Movement</u>

Upper-Body Water Exercise Progressions

U.S. Initiatives for Physical Activity: How Do We Put Them All Together?

Use It or Lose It: How We Get to Be Who We Are

The Use of Clinical Prediction Rules in the Treatment of Cervical, Thoracic, and Lumber Spine: A Manual Therapy Approach, Disc 1

<u>The Use of Clinical Prediction Rules in the Treatment of Cervical, Thoracic, and Lumber Spine: A Manual Therapy Approach, Disc 2</u>

The Use of Personal Stories in Changing Health Behaviors: Theory to Practice

<u>Using Progressive Disclosure Problem-Based Learning in Athletic Training Education</u>

Using Sports Science as a Coaching Tool

Variable Resistance

Vitamins: Understanding the Basics

Water 4-1-1

Water Class Design

Water Exercise Progressions

Weighing the Truth About Exercise and Weight Control

Weight Loss: What Works, What Doesn't, and Why Diets Don't Work

Weight-Loss Wizardry: Can You Believe the Magic?

When School Makes You Worse: Academic Considerations in Concussion and Post-Concussion Syndrome Recovery

Whole Body Vibration: Shaking out the Evidence

Women and the Lumbo-Pelvic Puzzle

Women's Health Across the Lifespan

Health and Society in North America:

A 20th Century Medicine Man

The Amazonian rainforest and the people who know the secrets locked inside. These forest people have tapped its deepest mysteries. From plants, they cure their own infections and heal their wounds. There were explorer, Dr. Mark Plotkin is at a race against time with hectare of rainforest destroyed every minutes. He seeks to discover how Amazonian plants can help solve the mystery of disease.

Advocating For The Poor

Church Health Center advocating for the poor's health.

Aerobics of the Mind: Mental Fitness for Older Adults

The Aging Game: Helping to Prepare for Careers in Gerontology

Aging Well: Memory and Movement

Ancient Drugs

The quest for a world beyond our senses is one of the oldest and deepest yearnings of mankind. There is intriguing evidence that at the dawn of our earliest cultures, human beings were already experts at journeying beyond everyday consciousness. In southern France, the walls of limestone caverns are covered with magnificent paintings of long-extinct animals, created by hunters of the old stone age, some 25,000 years ago. But some paintings have defied interpretation. Deep within one cave, an enigmatic scene depicts a wounded bison and a mysterious human figure who lies on the ground apparently in a trance. Some scholars believe this painting may be the earliest portrait of the first human beings to experiment with altered consciousness: the mysterious figures known as shamans.

Antibiotics: The Wonder Drugs

Back Pain

Battling Obesity: Kids Taking Charge

Beauty Does Lie

Meet seven women who have a healthy outer appearance and live each day of their lives with these chronic illnesses in "Beauty Does Lie, The Untold Stories of Autoimmune Diseases". **Beloved Strangers: Caring for a Loved One With Alzheimer's Disease**

Better Aid Saves Lives: Too Many Cooks Spoil the Broth

Bird Flu Wars

The Boy Inside

Story of a boy with Asperger's syndrome.

Brain Attack: Importance of Immediate Treatment From a Stroke

Breathe Easy

BREATHE EASY COPD & ME

Bundle of Blues

About postpartum depression.

Cancer in Kids

Cancer Knockout

Caring at the End of Life

The Cell

Cervical Cancer and HPV

Childhood Obesity: How To Stop the Cycle

Children and Asthma

Children of the Stars

Children in China going to special school for kids with autism.

Code Gray

Nurses see a lot of tragedy and suffering. In some ways I picture the hospital as an institution which kind of draws and concentrates suffering into one place. And nurses, therefore, are specialists in suffering. And they kind of sweep it up, uh, uh, on the wards. And they come and talk with ethicists and say, "What am I supposed to do with all this suffering?"

Crystal Fear, Crystal Clear

Crystal meth

Death On Request

East/West Medicine

Ending AIDS: The Search for a Vaccine

Endless Questions

Psychology researchers all over the world are busy asking and answering questions about behavior. They're unlocking the mysteries of the brain, discovering how and why we think the way we do and at times, overturning our assumptions about human behavior.

Environmental Toxins: Protecting Kids From Mercury, Lead and Pesticides

Facing Death

Facing Ovarian Cancer: A Woman's Guide

Famous 4A

Famous 4A Department of Veterans' Affairs Palo Alto Hospice Care Center

Feel Like Yourself Again: Understanding Postpartum Depression and Other Mood Disorders

Final Call

Last year, more than 100 elderly people went to Mexico to buy a lethal drug, which they then smuggled back into Australia. Most of these elderly lawbreakers don't have a terminal or chronic illness. They plan to take the drug when they're tired of life, when they can no longer look after themselves.

Food Beware: The French Organic Revolution

Food for Thought

Generation Rx: Reading, Writing And Ritalin

Genetic Testing and Breast Cancer: Moral, Legal and Social Issues: Issues Related to Genetic Testing

The Green Houses Project: Remaking Elder Care in America

The Healing

3 FRIENDS: JONAS, ANDREAS, NIELS, 2 DIAGNOSES: MUSCULAR ATROPHY, SPINAL CORD INJURY, 2 ACCESSORIES: PACEMAKER, WHEELCHAIR, 3 HEALERS THE VOODOO PRIESTESS, 3 HEALERS THE PREACHER, 3 HEALERS THE QIGONG MASTER 4820 MILES ACROSS THE US...ONE HOPE A CURE FOR THE INCURABLE. THE HEALING BEGINS IN...MIAMI, FLORIDA

The Healing Arts

The Healing Attitude: The Empowered Patient

Healing Places: Part of the Body & Soul Series

Health and Happiness: Starting the Search

Holistic Aging

Home Delivery

In Sickness & In Health: Helping a Loved One Cope With an Illness

Introduction: Ethical Dilemmas 1: Genetic Testing and Breast Cancer: Moral,

Legal, and Social Issues

Introduction: Ethical Dilemmas 2

Invisible Armies

Measles is one of the diseases which help draw the map of the world. It kills children in vast numbers in developing countries, but it's a disease which still threatens we who live in so called advanced nations. Despite immunization measles is on it's way back in cities like Los Angeles because it's so easy to overwhelm the fragile protection of medicine.

Life Extended

Lifestyles of the Poor and Unknown

Littlest Patients: Neo-Natal

Living with AIDS

Making Mothers

Making Work Meaningful

Managing Your HMO

A Matter of Life or Death: Withdrawing Life Support

Memory Enhancement

Men In Danger

Our story begins in the early 1990's at the University Hospital of Copenhagen. Niels Shakkebaek, doctor and researcher, began to notice an increasing number of cases of testicular cancer and sterility. Shakkebaek posed the question, could there be something seriously wrong with the male reproductive system? He set himself a large-scale research project. In the library basement, Shakkebaek raided through registers going back to the 1930's and read over 60 surveys carried out all over the world. The conclusion he reached was edifying to say the least. In 50 years, the number of spermatozoids in the male population had decreased by 50%.

Mindful Eating

Miracle Babies

More Than Baby Blues: Unmasking Postpartum Depression

Nutritional Issues

Obesity

One in 2000

Story about TURNER'S SYNDROME.

The Open Road: America Looks at Aging

The Organ Trade: Life And Death For Sale

Organs for Sale

Osteoporosis and Bone Health: Understanding and Prevention

Overcoming Anger: Healing from Within

Overweight Teens: A Surgical Solution?

Positive Voices: Living with HIV/AIDS

Precious Lives, Meaningful Choices

Prosthetics

Raising Happy, Healthy Kids

The Realities of Predicting Breast Cancer Risk 2: Genetic Testing and Breast

Cancer: Moral, Legal and Social Issues

Respite Care: Caring for the Caregiver

The Role of the Biotechnology Industry: Genetic Testing and Breast Cancer: Moral,

Legal and Social Issues

Selling Sickness

Sex and Other Matters of Life & Death

Sex, Teens and Public Schools

Sickle Cell Disease

The Silent Killer: AIDS in South Africa

Slow Food Revolution

The Spectrum of Autism

Spiritual Caregiving: Finding Truth and Meaning

The Stem Cell Divide

Stolen Memories: Alzheimer's Disease

Stress, Weight Control & Emotional Eating

Stroke

Tears Are Not Enough: Living with Breast Cancer

Teen Drinking: Why Do They Do It?

Teen Pregnancy: What are the Consequences?

Teen Smoking: Why Do They Do It?

Tell Me Where It Hurts: A New Way to Look at Ordinary Aches and Pains

Transitions Through the Perimenopausal Years

Transplant

Twins: Children with Cochlear Implants

Two Films on Challenges in Nursing - Part 1 Perspectives of Hope

Two Films on Challenges in Nursing - Part 2 Nursing Shortage/Level III

Voices of People at Risk: Genetic Testing and Breast Cancer: Moral, Legal and Social Issues

Waking Up the Brain

The Way We Die

Weighing In: The Problems of Obesity

When the Brain Goes Wrong

Where Did I Put My Memory?