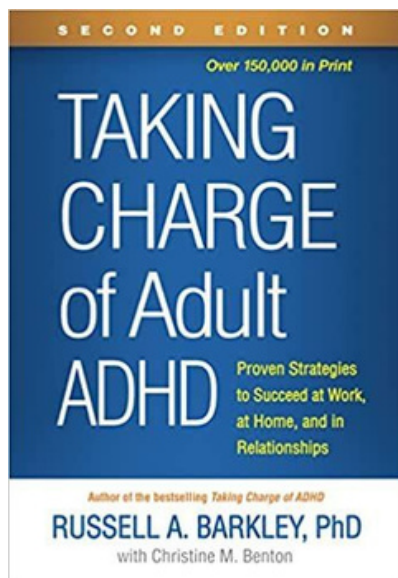


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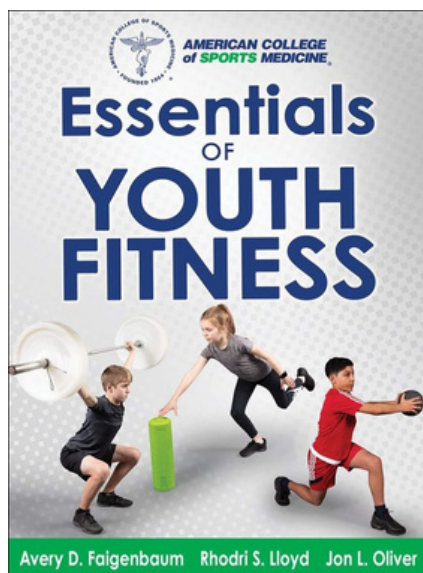
XANEIRO 2023





**TAKING CHARGE OF ADULT
ADHD. PROVEN STRATEGIES
TO SUCCEED AT WORK, AT
HOME, AND IN
RELATIONSHIP/
BARKLEY, RUSSELL A
020 BAR 8**

Muchas decenas de miles de lectores han encontrado la información y el apoyo necesarios en esta guía autorizada, ahora en una segunda edición revisada y actualizada. El destacado experto Russell A. Barkley explica cómo se ve el TDAH en adultos, cómo obtener una evaluación precisa y cómo los pacientes pueden controlar los síntomas y construir la vida que desean. Los lectores obtienen ejercicios prácticos para desarrollar habilidades, además de respuestas claras a las preguntas frecuentes sobre medicamentos y otros tratamientos. El Dr. Barkley ofrece estrategias paso a paso para superar desafíos en áreas específicas, como las relaciones, la crianza de los hijos, el trabajo, la administración del dinero y la conducción. Con los últimos recursos y datos sobre medicamentos, la segunda edición incluye discusiones nuevas o ampliadas sobre la atención plena, el autocontrol emocional, la administración del tiempo, la construcción de una carrera exitosa y el mantenimiento de un estilo de vida saludable

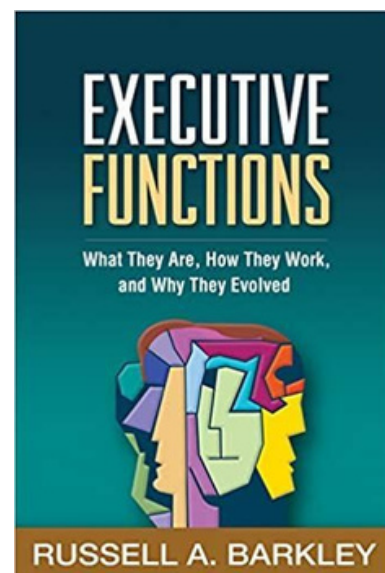


**ESSENTIALS OF YOUTH
FITNESS/LLOYD, RHODRI S.,
AUTOR: OLIVER, JON L
172 FAI 1**

Essentials of Youth Fitness es una guía práctica basada en evidencia para los profesionales del fitness y la fuerza y el acondicionamiento que trabajan con clientes más jóvenes. Respalado por el Colegio Americano de Medicina Deportiva (ACSM) y coautor de tres autoridades líderes en ciencia del ejercicio pediátrico, este libro de vanguardia refleja la investigación actual. Se basa en la comprensión moderna de que los jóvenes no son simplemente versiones más pequeñas de los adultos, sino que son una población especial con sus propias necesidades específicas.

Este es un recurso imprescindible para los profesionales que trabajan con clientes jóvenes, incluidos los candidatos que se preparan para el examen de certificación de Especialista en acondicionamiento físico para jóvenes del ACSM. Los lectores aprenderán las teorías científicas detrás de la capacitación de jóvenes y cómo aplicarlas para ayudar a diseñar programas efectivos que maximicen la creatividad, el compromiso y la diversión.

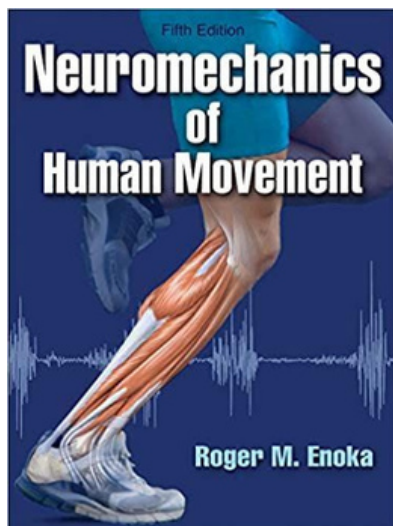
Este recurso seminal se divide en tres partes para cerrar sistemáticamente la brecha entre la ciencia y la práctica.



**EXECUTIVE FUNCTIONS:
WHAT THEY ARE, HOW THEY
WORK, AND WHY THEY
EVOLVED/RUSSELL A.
BARKLEY
020 BAR 9**

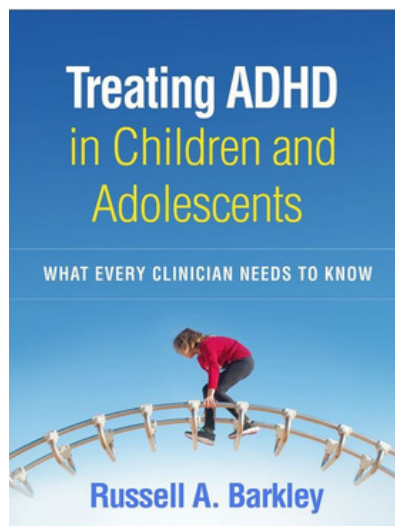
This groundbreaking book offers a comprehensive theory of executive functioning (EF) with important clinical implications. Synthesizing cutting-edge neuropsychological and evolutionary research, Russell A. Barkley presents a model of EF that is rooted in meaningful activities of daily life. He describes how abilities such as emotion regulation, self-motivation, planning, and working memory enable people to pursue both personal and collective goals that are critical to survival. Key stages of EF development are identified and the far-reaching individual and social costs of EF deficits detailed. Barkley explains specific ways that his model may support much-needed advances in assessment and treatment.





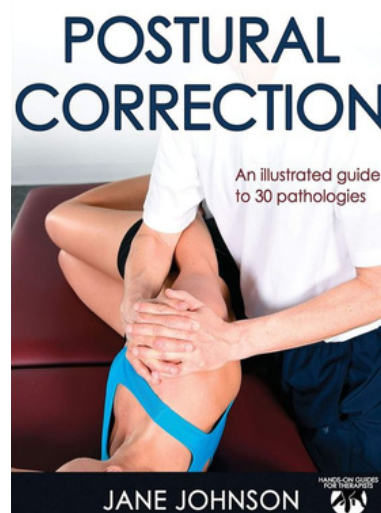
**NEUROMECHANICS OF HUMAN
MOVEMENT/ROGER M. ENOKA
200 ENO 4**

Neuromechanics of Human Movement, Fifth Edition, draws on the disciplines of neurophysiology and physics to explore how the nervous system controls the actions of muscles to produce human motion. This contemporary approach is much different from the traditional approach, which focuses solely on mechanics and does not consider the role of the sensorimotor system in the control of human movement. Authored by Roger Enoka, a widely recognized and esteemed scholar in neuromechanics, this influential text is an essential resource in biomechanics, motor learning, and applied physiology, making complex information accessible to students. With material based on updated research in the field, this fifth edition provides a scientific foundation to the study of human movement, and as such it uses precise terms and definitions when discussing ideas. An appendix showcases both the base and derived units of the metric system as well as other learning tools, including a glossary of terms and a comprehensive list of the equations presented throughout the text. The text includes 70 practical learning examples, giving students the opportunity to work through a variety of problems and explore current research and applications. Content is visually reinforced with 341 figures, including specific illustrations of the neuromechanics involved in sport and rehabilitation movements. References have been streamlined and moved to the end of each chapter to improve readability.



**TREATING ADHD IN CHILDREN
AN ADOLESCENTS. WHAT
EVERY CLINICIAN NEEDS TO
KNOW/RUSSEL A. BARKLEY
020 BAR 10**

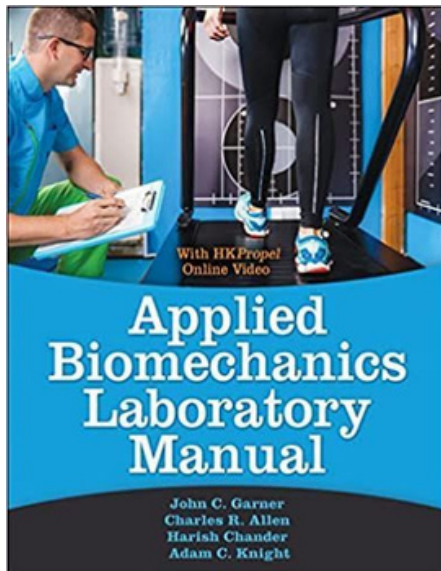
From foremost authority Russell A. Barkley, this book presents essential principles and practices for managing attention-deficit/hyperactivity disorder (ADHD) in children and teens. Barkley interweaves the best scientific knowledge with lessons learned from decades of clinical practice and research. He provides guidelines and clinical tips for conducting thorough, accurate assessments and developing and implementing science-based treatment plans. The book is grounded in Barkley's theory of ADHD as a disorder of executive functioning and self-regulation. Ways to collaborate successfully with parents and other professionals are highlighted throughout.



**POSTURA CORRECTION /
JANE JOHSON
174 JOH 1**

Postural Correction presents 30 of the most commonly occurring postural conditions in a comprehensive format, providing hands-on therapists and body workers the knowledge and resources to help clients address their malalignments. Focusing on treatment rather than assessment, it takes a direct approach and applies specific techniques to improve posture from an anatomical rather than aesthetic perspective. Primarily concerned with the lengthening of shortened tissues to help realign body parts. Postural correction offers a collective approach to remedying malalignment. Techniques vary for each posture correction, including deep tissue massage, simple passive stretches, soft tissue release, common trigger points, and gentle limb traction. Because weak or poorly functioning muscles may contribute to postural problems, the text notes what muscles need to be strengthened and includes recommendations on techniques. Suggestions also are made for those postures that are difficult to correct with hands-on techniques, such as scoliosis, genu valgum (knock knees), and genu varum (bow legs).

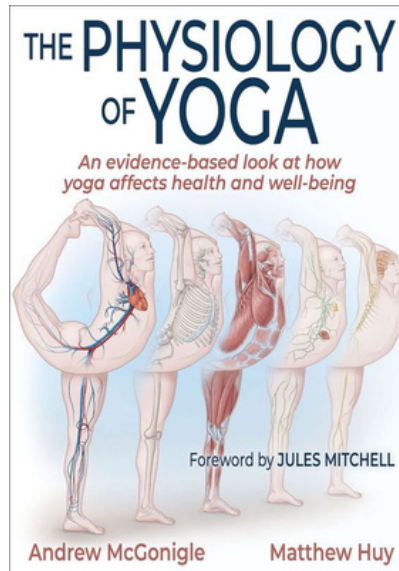




**APPLIED BIOMECHANICS
LABORATORY MANUAL / JOHN
C GARNER
200 GAR 1**

Applied Biomechanics Laboratory Manual With HKPropel Online Video provides guided opportunities for students to connect their conceptual understanding of biomechanics to practical applications. As readers progress through 13 easy-to-follow experiential-based learning labs, they will gain insight into how these mechanical principles relate to areas such as sport performance, athletic injury, ergonomics, and rehabilitation. This manual engages students with full-color images as well as visual aids. It is an ideal primary or supplemental text for any biomechanics and kinesiology curriculum.

Applied Biomechanics Laboratory Manual comprises 13 laboratory chapters that offer over 30 lab activities. Each laboratory chapter provides at least one complete lesson, including objectives, key terms, and introductory content that set the stage for learning. Each lab activity is broken down into step-by-step procedures, providing guidance for those new to lab settings so that they may complete the process with confidence. Related online learning tools delivered through HKPropel include digital versions of the forms found in the book as well as online video clips that simulate the experience of performing many of the lab activities.

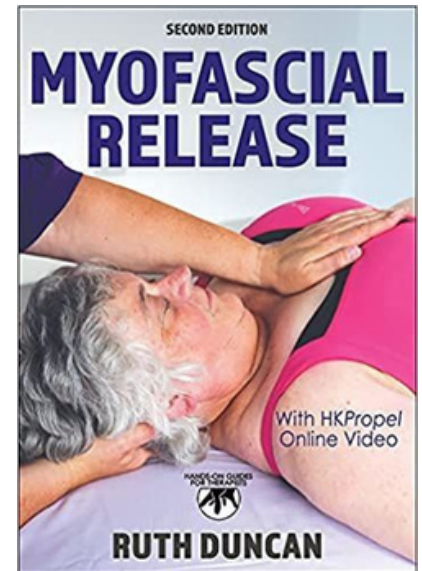


**THE PHYSIOLOGY OF YOGA /
ANDREW MCGONIGLE,
MATTHEW HUY
145 MCG 1**

While many people practice yoga simply because it helps them feel good, the physiological basis for yoga's effects on the body and mind is often unknown or misunderstood. Understanding these physiological concepts can help to deepen your yoga practice.

The Physiology of Yoga separates speculation from fact by examining how the body responds and adapts to yoga within many systems of the body: musculoskeletal, nervous, respiratory, cardiovascular, lymphatic, immune, endocrine, reproductive, and digestive. Straightforward explanations guide you in sorting through conflicting information about what yoga really can help you achieve and in evaluating whether certain yoga methods provide benefits to any or all of those systems.

You can experiment with concepts through Try It Yourself sidebars, which focus on mindful movement, meditation, and breathing. The 14 Myth or Fact sidebars explore popular claims about yoga, such as whether a shoulder stand can stimulate the thyroid or if twists can detoxify the liver. You'll get the most current research to determine the validity of various claims so you can avoid practices that could be harmful or counterproductive and can decide for yourself what works for your practice.

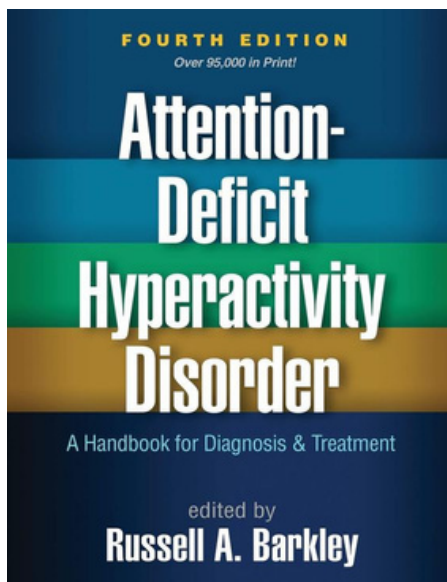


**MYOFASCIAL RELEASE / RUTH
DUNCAN
153 DUN 2**

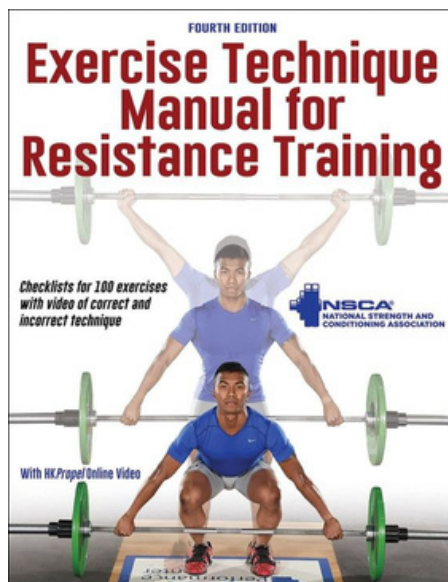
Myofascial Release, Second Edition With HKPropel Online Video, offers a dynamic approach to fascial and soft tissue work suitable for all students embarking on a career in hands-on therapy as well as for experienced therapists looking to add skills to their treatments. Ruth Duncan, an advanced myofascial release therapist, proprietor, instructor, lecturer, national committee member and John F. Barnes protégé, shares her expertise to offer in-depth descriptions of myofascial techniques and their applications.

This scientifically grounded approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities, allowing therapists to incorporate a range of treatments.





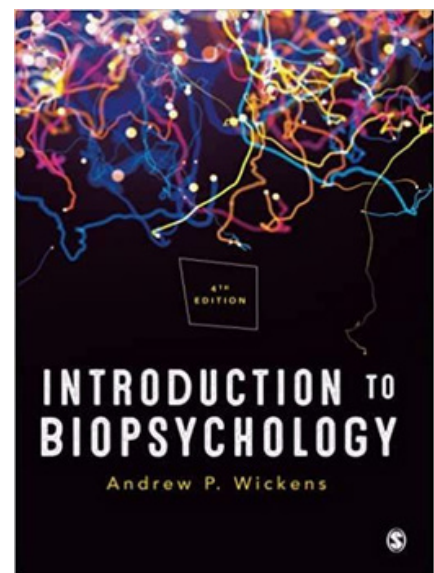
ATTENTION-DEFICIT
HYPERACTIVITY DISORDER /
RUSSELL A. BARKLEY
020 BAR 7



EXERCISE TECHNIQUE MANUAL
FOR RESISTANCE TRAINING /
221 EXE 2

Created by the National Strength and Conditioning Association (NSCA), Exercise Technique Manual for Resistance Training, Fourth Edition With HKPropel Online Video, is a practical resource for current and aspiring strength and conditioning professionals and personal trainers. With unmatched visual demonstration of a variety of free weight and machine exercises, the text is a valuable tool for those preparing for an NSCA certification exam and for others who design programs for athletes and clients of all ages and fitness levels. This updated reference is the most comprehensive collection of resistance training technique available. The revised fourth edition contains the following:

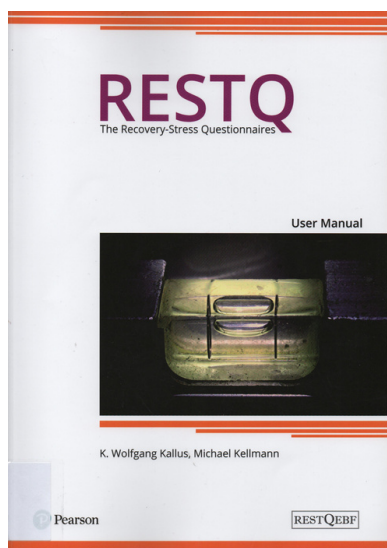
- An additional 30 exercises that expand the coverage to 100 total exercises, each with a step-by-step checklist that teaches safe and effective exercise technique
- Two or more full-color photos of each resistance training exercise that distinctly show correct technique
- Online video clips for each resistance training exercise that demonstrate proper technique in action and highlight common errors



INTRODUCTION TO
BIOPSYCHOLOGY /ANDREW P.
WICKENS
020 WIC 1

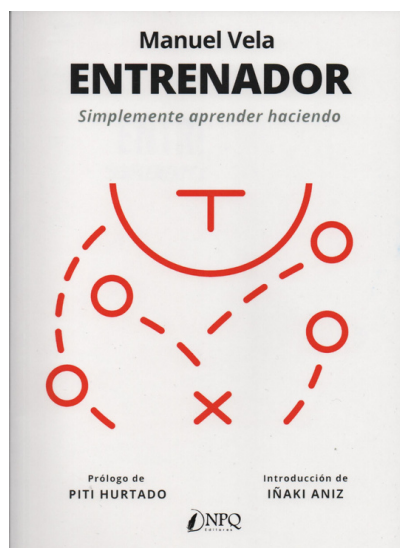
Everything you need to know about brain and behaviour – from sensory systems, eating disorders and sleep to drugs, language and memory. This fourth edition has been fully updated throughout, and includes new figures and diagrams, revised learning features, and clear explanations of over 330 key terms.





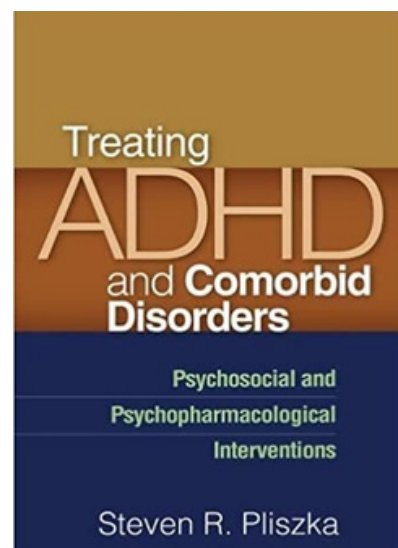
**RECOVERY-STRESS
QUESTIONNAIRES
KELLMANN, MICHAEL;
KALLUS, K. WOLFGANG
227 KAL 1**

¿The RESTQ was developed to measure the frequency of current stress symptoms along with the frequency of recovery-associated activities. Through the simultaneous assessment of stress and recovery, a differentiated picture of the current recovery-stress state can be provided. Five forms of the RESTQ are available. A general version (RESTQ-Basic) with seven stress scales and five recovery scales is the foundation for the specific versions for athletes (RESTQ-Sport), for coaches (RESTQ-Coach), for adolescents (RESTQ-CA) and for the work context (RESTQ-Work). All versions contain scales measuring specific aspects of stress and recovery in their field. The modular structure is the unique feature of the RESTQ. Each version has its specific time frame of three or seven days/nights. A Likert-type scale is used with values ranging from 0 (never) to 6 (always) indicating how often the respondent participated in various activities or experienced relevant states. The profile of the RESTQ scales provides valuable information immediately on areas where improvement is needed. The questionnaire is useful for research on stress and recovery and ideal for applied settings. While the manual is provided in English, English and German speaking samples have been used to provide data of psychometrics. The German questionnaires are available as print version; the English versions are available on enquiry.



**ENTRENADOR. SIMPLEMENTE
APRENDER HACIENDO/
MANUEL VELA
021 VEL 1**

El presente libro no pretende ser un manual de entrenamiento al uso, sino una forma de entender la educación y la formación de la persona a través de la práctica deportiva. Su finalidad es facilitar la labor a aquellos que se dedican a acercar el aprendizaje del deporte a los demás, pero no encontrarás en él una guía de ejercicios ni de respuestas, sino una invitación a la reflexión y a la búsqueda de tu propio camino como formador. Es un manual que deja de lado las satisfacciones inmediatas para centrarse en una formación global a medio y largo plazo. José Arellano Galiano Maestro y entrenador de balonmano



**TREATING ADHD AND
COMORBID DISORDERS /
STEVEN R. PLISZKA
020 PLI 1**

Children and adolescents with attention-deficit/hyperactivity disorder (ADHD) frequently experience co-occurring problems with aggression, mood swings, tics, anxiety, or depression. Organized around detailed case presentations, this highly informative book helps the clinician make sound decisions when assessing and treating the full range of ADHD comorbidities. Experienced child psychiatrist Steven Pliszka offers straightforward guidance on how to avoid common diagnostic errors, develop an individualized medication regimen, minimize health risks and side effects, collaborate successfully with parents, and tailor psychosocial treatments to each family's needs. A reproducible structured interview facilitates sorting out symptoms and distinguishing between different comorbid disorders.

