

Chapter 1 : Sample Career Astrology Report

Career potentials in physical activity / [by] Bryant J. Cratty. GV C7 The effects of self feedback or the cooperating teacher as the source of feedback for training physical education student teachers in applied behavior by Sharon K. Davis.

The student will also examine and apply various stress management strategies and coping behaviors. Students will study the exciting opportunity to positively impact our society through promoting health and fitness. The student will also examine trends and career potentials related to exercise, fitness, health, and sport sciences. Throughout the course, the student will participate in cardiovascular, flexibility, muscular strength and endurance, body composition, and stress testing. Students will use the results of this assessment to develop a personalized wellness plan. Students will examine modern concepts of disease: Students will observe game coverage and demonstrate effective time management skills. Furthermore, students will demonstrate a working knowledge of surface anatomy, basic first aid, and be able to complete an injury evaluation form. This course does not meet the health care provider requirements for the certified nursing assistant program. Through lectures, discussions, projects and practical training room experience students will gain knowledge and confidence in dealing with athletic-related injuries. Emphasis will be placed on live and video analysis to prepare students for providing specific, contingent, and appropriate skill feedback along with confidence in taking the PRAXIS video analysis exam. This course explores the stereotypes, misconceptions, and social elements of a changing sports landscape. Emphasis will focus on understanding learning, perception, motivation, memory and other variables affecting motor skill development across the lifespan. The student will develop a philosophical basis for working with athletes and learn the essentials of motivation, conditioning, discipline, and communication with players of various ages and sports. Attention will focus on teaching skills and strategies of different positions in addition to learning rules and philosophies of the game. Attention will focus on teaching skills and strategies of different positions in addition to covering rules and philosophies of the game. In addition, students will understand basic training principles and demonstrate correct techniques and teaching progressions for a wide variety of training exercises. Students will identify the corresponding muscles used in exercises and be able to apply assessment information into training programs for athletes of different ages and abilities. Students will develop time management skills and be able to do injury evaluations and suggest rehabilitation options for athletes. Students will explore how social and psychological variables influence participation and performance in sport and physical activity, and how participation in sport and physical activity affect the psychological well-being of the individual. Included are practice experiences in testing functional movement, health-related fitness, skill-related fitness, affective and psychological variables. Experience in reading, synthesizing, and reporting current exercise research will also be gained in this course. Emphasis will be on injury recognition, evaluation, and basic therapeutic interventions. Students will observe and participate in activities designed to include individuals with disabilities in sport and physical activity. As a result, students will recognize that individuals are entitled to and benefit from participation in physical activity programs. Students will also learn how to obtain and evaluate current, authoritative information regarding nutrition. Furthermore, students will gain critical thinking skills valuable for assessing the nutritional habits, consumer decisions, and nutritional behaviors of their patients. Particular attention will be on how cultural and psycho-social factors influence food choices, as well as how food choice impacts health, exercise, fitness, and sport performance. Through development of a specific skill analysis project, students will gain an in-depth understanding about how and why our joints move as they do. Students will develop experience and confidence in creating personal fitness prescriptions and programs based on results of fitness testing and other relevant information. It is expected that the student register for the certification towards the end of the semester, with this course going through the details of the exam as preparation. Identification of an internship site and confirming a site supervisor are expected outcomes of this class. Students will become a critical consumer of new information and emerging trends while developing skills in designing research that translates to evidence-based practices in exercise and sport

science. Students will gain experience and confidence in creating personal fitness prescriptions and programs based on results of fitness testing and other relevant information. Through synthesis and presentation of a current research project, the student will show competence and confidence necessary to be an effective contributor in the fitness industry. Students will also develop skills in dealing with acute injury situations and developing rationale to deal with these challenges. In addition to an orientation to the expectations for the internship experience, students will examine their career goals, develop and refine their resume and cover letter, practice interviewing techniques, review ethical scenarios, evaluate their skills and values, and identify the internship setting where they will best accomplish these goals. Throughout this experience Concordia students apply the knowledge they gained through technical, laboratory, and theoretical classes. The internship experience leads to connection with professionals in fitness clubs and sports labs; these networking opportunities shape and lead our students to employment after graduation.

Chapter 2 : Exercise and Sports Science (ESS) < Concordia University

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Compare Careers in Physical Education An interest in athletics, exercise, or sports can lead to a variety of different careers within the sports and exercise industries. You might choose to pursue a career in coaching at the high school, college, or even professional level. Other career options include fitness trainers, recreation workers, physical education instructors, physical therapists, sports medicine, human kinetics, sports nutritionists, and even sport psychologists. Explore your many options as you choose a career in the sports or exercise industry. The foundation for many of these sports and exercise careers is the study of kinesiology. Kinesiology encompasses the study of physical activity and how it affects health and the quality of life. A student studying kinesiology can prepare to enter careers such as coaching, fitness training, physical education instruction, sports medicine, physical therapy, corporate fitness instruction, and sports management. The field of physical therapy offers many different opportunities as well. Physical therapists have the ability to partner with patients as they work to improve health or increase mobility. Physical therapists may utilize exercise machines in a clinical setting during therapy sessions with patients. Physical therapists can also help patients avoid conventional treatments such as pain medication and surgery by utilizing other therapeutic options such as therapy with exercise machines. Sports medicine is a broad field of study that involves a medical practice specializing in preventing, diagnosing, and treating athletic injuries. A physician specializing in sports medicine could work as a team doctor on a college or professional sports team. Olympic or professional athletes also need physicians specializing in sports medicine. Exercise science is connected with the practice of sports medicine because exercise science involves understanding physical movement and how the human body responds and adapts to it. Explore the following resources with information about various careers in the realm of physical education and fitness: Choosing a Career in Sport, Fitness, and Exercise: Explore possible careers in sports, such as coaching, or sports medicine, such as sport psychology, as presented by the American Kinesiology Association. A sport manager has the job of managing a sport or activity, including tasks such as leading, evaluating, organizing, and budgeting. A major in kinesiology can equip a student to be a college coach, an athletic trainer, or a fitness instructor. Still Strong, Still Growing: Job Prospects for Fitness Professionals: The American College of Sports Medicine presents information about the job prospects within the fitness industry. Find the best ellipticals to stay physically active and keep moving. The Florida Department of Education presents typical courses of study for becoming a recreation worker. A recreation worker might work with a parks and recreation department, organizing activities for a community. The American Physical Therapy Association provides an overview of the physical therapist career, including responsibilities, practice settings, and conditions treated. A physical therapist helps patients by relieving pain, restoring mobility, helping to improve balance and coordination, promoting fitness, and helping to restore function. Physical Therapy as a Career: Midwestern University explains how physical therapists assist patients to restore mobility and function of their bodies. Explore the occupational outlook of physical therapists, as presented by the U. Bureau of Labor Statistics. Learn salary information and details about typical work environments of physical therapists. What is Sports Psychology? A sports psychology career focuses on helping athletes improve their mindset to enable them to improve their sports performance. A sport psychologist often turns a personal passion for sports into a career of helping athletes improve performance, deal with pressures, and enhance mental skills. Professionalization of Exercise Physiology: The American Society of Exercise Physiologists presents information about the exercise physiologist career, including salary and the licensing process. An Evolving Field of Study: Kinesiology is the study of physical activity and how it affects health. Studying kinesiology prepares a student for a career in physical education or fitness instruction. Becoming a Physical Education Teacher: Learn about the education and experience necessary to become a physical education instructor. Alternative Career Paths in Physical Education: Explore the current

trends in education that drive a physical education career, as presented by the U. Education Resources Information Center. A sports dietician works to educate and counsel people about nutrition in conjunction with activity and exercise. How to Become a Sports Nutritionist: Learn about being a sports nutritionist, which involves counseling athletes about nutrition and diet to achieve athletic goals.

Chapter 3 : Physical activity “ setting yourself goals - Better Health Channel

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If you wish to go directly to your personalized interpretations, skip this section and return to it at a later time. The personal information begins on page 5. This report interprets your birth chart from the point of view of career factors in the horoscope. The material is drawn from four sources: Many of the interpretations assume that you know your birth time accurately within a few minutes. The sunrise chart provides an informative general report for anyone born on the same date and in the same place on earth and offers a valuable perspective on vocational issues. Clicking on the Unknown time button calculates the Moon and planets for Noon for the place of birth, but places them in a solar houses chartwheel. The unknown time report omits interpretations for time-sensitive points. This material is based on large statistical samples. If contradictory traits appear in the report, it is likely that both traits are aspects of your personality, but they are in conflict or vie with each other for expression. Astrology affords one of many perspectives on career potential. You should weigh the contents of this report with other sources of information such as your school record, job experience, vocational testing, your own sense of your likes and dislikes, and input from people who know you well. Astrology can guide you by suggesting options, but you alone have the ultimate responsibility to decide on a career path. The birth chart outlines your potentials “ what you may become depending on how you develop your talents and confront your challenges and liabilities. It also helps you to identify your essential needs and chief motivations. The chart can both validate what you know of yourself and suggest further possibilities. It is up to each of us to weigh these factors in deciding on a career path that will be satisfying and promote personal growth. There are many paths open to each of us; our final destination depends on the choices we make along the way. The natal horoscope taken in its entirety is a symbol of the person as a whole. Jung called this type of symbol a mandala. The signs of the zodiac represent twelve basic needs and their corresponding challenges that must be met in the course of human development. A particular planet can occupy any of the twelve signs and thus has available twelve different modes signs for expressing its fundamental planetary drive or energy. The houses of the horoscope symbolize the twelve broad areas of life where we seek to fulfill our basic needs. The planets signify the fundamental urges, drives, energies, or functions of the human personality. Each planet occupies a particular sign and a particular house. In addition, the planets make connections among themselves the aspects that clarify how these energies connect with each other. Soft aspects sextiles, trines, and conjunctions of harmonious planets show natural abilities and things that come our way easily without much toil. Hard aspects squares, oppositions, and conjunctions of inharmonious planets show challenges and talents that require work to develop but that may lead to significant achievements. In vocational astrology the second, sixth, and tenth houses are the most important. The second house indicates what resources talents, values, money, and assets are at our disposal for developing our self-worth and making a living. The sixth house symbolizes the work environment, our co-workers, and the type of day-to-day labor involved. The tenth house is the quintessential house of career and shows where we can become successful and achieve recognition in the eyes of the world. Pay careful attention to the second, sixth, and tenth houses when reading this report. Consider the signs on their cusps, the planets ruling those signs, and the planets within those houses. Also consider the strengths and weaknesses of this type of information. A computer-generated interpretation can only list and describe the individual astrological factors in your chart, but it cannot synthesize them into a coherent story. You will need to put everything together into a meaningful whole that best fits your life experience and personal development. At some point, you may wish to consult a professional astrologer for further insight into your birth map. An important key is to pay close attention to any themes that come up repeatedly in the report. Such recurring themes represent significant needs that must be met for you to have a satisfying career. In addition, because the planet Saturn is so closely linked to what we do in the world, it is especially useful to study the information about Saturn in your chart. In several places, there are lists of various occupations taken from the astrological literature. These job lists

should be understood merely as illustrations of general principles rather than as specific recommendations of a career to pursue. It is not possible to pinpoint a single specific vocational choice in a horoscope. Each house represents a different area of life, and the sign of the zodiac on the cusp of each of the houses describes how we express the matters governed by that house. In vocational astrology, the most relevant houses are the First House whose cusp is the Ascendant, the Second House of income, the Sixth House of daily work, and the Tenth House of Career whose cusp is the Midheaven. The houses are derived from your exact date, time, and place of birth. The Rising Sign or Ascendant The Ascendant is the sign of the zodiac that intersects the eastern horizon at the moment of birth. It is closely linked to our sense of personal identity and reflects how we present ourselves to the world. Cardinal signs are outgoing and initiate activity; Fixed signs consolidate, build, and resist change; and Mutable signs are adaptable and make way for a new cycle. Fire signs are intuitive and inspirational; Earth signs are practical and dependable; Air signs are mental and communicative; and Water signs are sensitive and emotional. Yin signs are receptive and inner directed, whereas Yang signs are assertive and outer directed. With Aries rising, you tend to be outgoing and assertive when it comes to getting your needs met. You take charge when you have to, and you are generally straightforward and direct in dealing with others. You enjoy taking on challenges and generating new ideas, but you may be a little weak on the follow-through. You work well in a crisis or under pressure and prefer to have the freedom to pursue your own interests. You would do well in a career that allows you freedom and independence to pioneer, make new discoveries, and explore uncharted territory. Aries is a crusading warrior who thrives on competition and doing battle. You value your independence and generally do not like being in a subordinate position. Your pioneering spirit, leadership, enthusiasm, and penchant for taking risks are ingredients for a successful career. An Aries Ascendant may suggest work that involves dexterity, the use of force, and vigorous physical activity. Typical Aries occupations include Mars-ruled activities such as sports, police work, the military, firefighting, mechanics, carpentry, iron work, dealing in firearms, etc. Many surgeons, engineers, politicians, and architects have this placement. The career must furnish an outlet for the independence and physical energy of Mars. A number of Aries natives are drawn to journalism. In afflicted charts, there may be extreme risk-taking, criminal activity, impulsive or compulsive behavior, or trouble with the law. Some notable people with an Aries Ascendant include F. The sign, house, and aspects of Mars, which rules Aries, will give further clues about your self-assertive drives. The same holds true of the decan ruler s indicated below. Your Ascendant lies between 0 and 10 degrees of Aries. You are likely to have leadership potential and to be a person who is especially assertive, outgoing, active, and energetic. You are fond of competition, challenge, and vigorous physical activity. Athletic talent is often present. Capricorn Midheaven Our vocation is shown by the tenth house, the sign and decan of its cusp which is the Midheaven or MC in most house systems , the ruler s of the tenth, any planets therein, and any aspects involving tenth house planets, the tenth house ruler s , or the MC. Good business acumen, organizational skill, and administrative ability are common. As a person with Midheaven in Capricorn, you are serious, ambitious, and disciplined about your work. You set high standards, and you value respect and recognition. You have a highly developed sense of responsibility and a willingness to proceed patiently and persistently along the road to accomplishment. Your career will probably involve a fairly long period of apprenticeship aimed at the mastery of basic skills. The desire for success and prestige may motivate you to pursue a profession like law, medicine, osteopathy, or dentistry. You might aspire to a top position in business, politics, the law, education, management, the military, a large corporation, government, or public service. Your no-nonsense thinking can lead to success in academics, mathematics, accounting, banking, systems analysis, computer programming, research, science, or engineering. Your desire for tangible or practical results may draw you to factory work, building, farming, physical education, architecture, or some type of craftsmanship. In afflicted charts, career setbacks are likely to be due to excessive ambition, problems accepting authority, status seeking, the calculated manipulation of others, or settling for mediocrity. The sign, house, and aspects of Saturn, which rules Capricorn, will give further clues about career potentials in your chart. The same holds true for the decan ruler s described below. The Capricorn emphasis indicates ambition, leadership, organizational skill, and persistence in pursuing your goals. There is often an interest in mathematics, banking, finance, publishing, building, architecture, real estate, and

contracting. Taurus Second House Cusp Income and resources are shown by the second house, the sign and decan of its cusp, the ruler s of this house, any planets therein, and by any aspects involving second house planets, the second house ruler s , or the cusp of the second house. With Taurus on the second cusp, you value job security and a steady income. You are capable of hard work and have the patience, persistence, and diligence to proceed in stepwise fashion and to deal with intricate details. When necessary, you can be counted on to put your nose to the grindstone. You may prefer a job that has a set routine and produces something of practical value because you like seeing the tangible results of your efforts. Administrative and organizational ability is common. Taurus is also connected with construction, bodily comforts, material goods, and things of the earth. You have a good head for business and finance, which could make you a fine accountant, banker, auditor, investor, stockbroker, or financial manager. Your interest in the human body and meeting basic human needs could lead to a career in medicine, the social services, physical fitness, massage, culinary arts, or similar pursuits. This is an excellent position for home building, real estate, gardening, farming, mining, the natural sciences, and other occupations connected with the earth. Through its rulership by Venus, Taurus can indicate creative, musical, or artistic ability as well as an interest in matters of beauty, decoration, and adornment.

Chapter 4 : Careers in Science

Career potentials in physical activity. 4. Career potentials in physical activity. by Bryant J Cratty Print book: English. Englewood Cliffs, N.J.: Prentice.

The Benefits of Physical Activity Regular physical activity is one of the most important things you can do for your health. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum Guidelines, try to do as much as you can. Even 60 minutes a week of moderate-intensity aerobic activity is good for you. The bottom line is “the health benefits of physical activity far outweigh the risks of getting hurt. If you want to know more about how physical activity improves your health, the section below gives more detail on what research studies have found. Both diet and physical activity play a critical role in controlling your weight. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. For more information see our section on balancing calories. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to achieve or maintain a healthy weight. To maintain your weight: Work your way up to minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. To lose weight and keep it off: Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. The CDC has some great tools and information about nutrition, physical activity and weight loss. For more information, visit [Healthy Weight](#). But following the Guidelines and getting at least minutes a week 2 hours and 30 minutes of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels. **Top of Page Reduce Your Risk of Type 2 Diabetes and Metabolic Syndrome** Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with to minutes 2 hours to 2 hours and 30 minutes a week of at least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be. **Already have type 2 diabetes?** Regular physical activity can help control your blood glucose levels. To find out more, visit [Diabetes and Me](#). Physically active people have a lower risk of colon cancer than do people who are not active. Physically active women have a lower risk of breast cancer than do people who are not active. Reduce your risk of endometrial and lung cancer. Although the research is not yet final, some findings suggest that your risk of endometrial cancer and lung cancer may be lower if you get regular physical activity compared to people who are not active. Improve your quality of life. If you are a cancer survivor, research shows that getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness. Research shows that doing aerobic, muscle-strengthening and bone-strengthening physical activity of at least a moderately-intense level can slow the loss of bone density that comes with age. But research shows that people who do to minutes of at least moderate-intensity aerobic activity each week have a lower risk of hip fracture. Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing to 2 hours and 10 minutes to 2 hours and 30 minutes a week of moderate-intensity, low-impact aerobic activity can not only improve your ability to manage pain and do everyday tasks, but it can also make your quality of life better. **Build strong, healthy muscles.** Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give

you even more benefits, no matter your age. Top of Page Improve Your Mental Health and Mood Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial. Top of Page Improve Your Ability to do Daily Activities and Prevent Falls A functional limitation is a loss of the ability to do everyday activities such as climbing stairs, grocery shopping, or playing with your grandchildren. How does this relate to physical activity? Aerobic and muscle-strengthening activities can help improve your ability to do these types of tasks. Are you an older adult who is at risk for falls? Research shows that doing balance and muscle-strengthening activities each week along with moderate-intensity aerobic activity, like brisk walking, can help reduce your risk of falling. Top of Page Increase Your Chances of Living Longer Science shows that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers. This is remarkable in two ways: Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week. You can put yourself at lower risk of dying early by doing at least minutes a week of moderate-intensity aerobic activity. Everyone can gain the health benefits of physical activity – age, ethnicity, shape or size do not matter.

Chapter 5 : Careers That Require Good Physical Fitness | blog.quintoapp.com

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Chapter 6 : Career Potentials in Physical Activity: Bryant J. Cratty: blog.quintoapp.com: Books

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Chapter 7 : Careers in Sport, Fitness, and Exercise -

Kinesiology encompasses the study of physical activity and how it affects health and the quality of life. A student studying kinesiology can prepare to enter careers such as coaching, fitness training, physical education instruction, sports medicine, physical therapy, corporate fitness instruction, and sports management.

Chapter 8 : Formats and Editions of Career potentials in physical activity [blog.quintoapp.com]

A complete resource for anyone aspiring to a vocation focused on sport and fitness, offers chapters written by experts in their respective fields with information on job descriptions, working conditions, salary ranges, responsibilities, key skills, and required certifications for 36 professions.

Chapter 9 : Holdings : Career potentials in physical activity / | York University Libraries

Ensure you read through the pre-exercise self-screening tool before you embark on a physical activity or exercise program, particularly if you are over 40 years, overweight, haven't exercised in a long time or suffer from a chronic medical condition.