Impact Evaluation in Practice, Second Edition

First published in 2011, it has been widely used across the development and academic communities. The book incorporates real-world examples to present practical guidelines for designing and implementing impact evaluations. Readers will gain an understanding of impact evaluations and the best ways to use them to design evidence-based policies and programs. The updated version covers the newest techniques for evaluating programs and includes development practitioners. First published in 2011, it has been widely used across the development and academic communities. The book incorporates real-world examples to present practical guidelines for designing and implementing impact evaluations. Readers will gain an understanding of impact evaluations and the best ways to use them to design evidence-based policies and programs. The updated version covers the newest techniques for evaluating programs and includes development practitioners.

Designing Data-Intensive Applications

Martin Kleppmann 2017-03-16 Data is at the center of many challenges in system design today. Difficult issues need to be ripped out, such as scalability, consistency, reliability, efficiency, and maintainability. In addition, we have an overwhelming variety of tools, including relational databases, NoSQL databases, streams or batch processors, and message brokers. What are the right choices for your application? This book addresses those questions.

Essentials of Strength Training and Conditioning

NSCA - National Strength & Conditioning Association 2021-06-01 Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as how to apply them to athletic performance and youth sports. The new edition of Essentials of Strength Training and Conditioning, Fourth Edition, reflects all the latest developments in the field, with new chapters on nutrition, exercise physiology, and testing and assessment. The evidence-based approach and state-of-the-art coverage of the book make it the perfect resource for the CSCS exam as well as for students who are preparing for careers in health and fitness. The fourth edition of Essentials of Strength Training and Conditioning, Fourth Edition, reflects all the latest developments in the field, with new chapters on nutrition, exercise physiology, and testing and assessment. The evidence-based approach and state-of-the-art coverage of the book make it the perfect resource for the CSCS exam as well as for students who are preparing for careers in health and fitness.

Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. The evidence-based approach and state-of-the-art coverage of the book make it the perfect resource for the CSCS exam as well as for students who are preparing for careers in health and fitness.