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# Access PDF THOMPSON PUBLISHING EXERCISE SCIENCE WORKBOOK ANSWERS

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## **XT7L9A - PITTS JESUS**

An illustrated manual for using physical movement and alignment to resolve chronic pain and tension and work with the emotions • Includes 90 exercises to work with emotions through the body and support the neck, shoulders, lower back, feet, and overall posture as well as breathing and voice • Explains how to listen to the body's signals to discover our physical and emotional blindspots--the weaknesses and misalignments at the root of our discomfort • Draws on Zen shiatsu, Rolfing, yoga, and Gestalt psychotherapy to explain how transformation

of physical structure corrects imbalances in the unconscious mind Developed by Cathy Thompson through her many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, Rolfing, yoga, and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. In this practical manual, Thompson and her protégé-daughter Tara Thompson Lewis provide a deep understanding of body mechanics and how to work with emotions through the body.

They explore how to listen to the body's signals to discover our physical and emotional blindspots--the weaknesses and misalignments at the root of our discomfort--and explain how transformation of your physical structure can correct imbalances in the unconscious mind caused by repressed memories and emotional traumas. Offering illustrated instructions for 90 corrective alignment exercises, the authors show how to release body tensions, realign the body's dynamic structure, work with the deep postural muscles, and support the neck, shoulders, lower back, and feet to strengthen the

emotional and physical body as well as improve singing, dancing, yoga, and posture while sitting at the computer. They also explore breathing and bodywork practices to release the vocal mechanism and free the voice for more fluid and powerful self-expression. By recognizing and releasing the deeper emotional triggers beneath our physical complaints, the Thompson Method allows you to resolve chronic pains, increase body awareness and free movement, and create the foundation for good health and well-being.

A genuine system of spiritual knowledge should have all the characteristics of a scientific theory. It should provide a logically consistent description of reality, and it should entail procedures which can be used to verify important features of this description. The system should be in agreement with existing mechanistic theories insofar as they are valid, but it may be expected to clash with many elements of the modern scientific world view that rest on unsound speculation and extrapolation. Most importantly, the system should contain practical methods of obtaining absolute information

about the ultimate meaning and purpose of life. In this book the author tries to make a positive contribution by describing such a system of spiritual knowledge. This means that he introduces a specific system of theory and practice that has been expressed in a particular language and handed down in a particular cultural tradition. Since a practical science must exist in concrete form, it is not possible for me to avoid these details. Nonetheless, his concern is with general principles that are universally applicable. His purpose is to demonstrate the possibility of a scientific system of spiritual knowledge by describing an actual example of such a system. The author does not want to pass judgment on other systems or become embroiled in any kind of sectarian controversy.

Introduction -- History of exercise science -- Reading and interpreting the literature in exercise science -- Measurement in exercise science -- Anatomy in exercise science -- Exercise physiology -- Epidemiology -- Athletic training -- Exercise and sport nutrition -- Biomechanics -- Motor control and motor learning -- Exercise and sport psychology.

Lippincott® Connect Featured Title Purchase of the new print edition of this Lippincott® Connect title includes access to the digital version of the book, plus related materials such as videos and multiple-choice Q&A and self-assessments. Presenting an engaging, up-to-date overview of exercise science and its related fields, ACSM's Introduction to Exercise Science, 4th Edition, guides students to success throughout their courses and delivers a robust exploration of potential careers for today's exercise science professionals. This full-color resource combines a succinct, accessible approach with the proven expertise of the American College of Sports Medicine -- the leading authority in exercise science and sports medicine -- to establish a practical understanding of how human movement assists individuals in their pursuit of good health, appropriate levels of physical activity and exercise, and successful sport and athletic performance. Each chapter illustrates the importance and practical relevance of key topics and provides an insider's view of the profession through fascinating interviews and online video profiles and

field trips. Updated to meet the needs of today's emerging professionals, this 4th Edition incorporates new resources that emphasize application and help students make a confident transition to practice. NEW! Project-Based Learning Questions challenge students to integrate and apply their knowledge to commonly encountered scenarios. Video, audio, and in-text interviews with exercise science professionals highlight the challenges and rewards of increasingly popular exercise science careers. Thinking Critically Questions drive discussion and deepen understanding of concepts. Review Questions provide valuable self-assessment opportunities. Learning Objectives keep students focused on essential chapter takeaways. Key Terms boxes clarify essential terminology at a glance. Lippincott® Connect features: Full access to the digital version of the book with the ability to highlight and take notes on key passages for a more personal, efficient study experience. Carefully curated resources, such as interactive diagrams, audio and video tutorials, and self-assessment, all designed to facilitate further com-

prehension. Lippincott® Connect also allows users to create Study Collections to further personalize the study experience. With Study Collections you can: Pool content from books across your entire library into self-created Study Collections based on discipline, procedure, organ, concept or other topics. Display related text passages, video clips and self-assessment questions from each book (if available) for efficient absorption of material. Annotate and highlight key content for easy access later. Navigate seamlessly between book chapters, sections, self-assessments, notes and highlights in a single view/page.

The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any

health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

The Science of Nutrition, Third Edition offers the best combination of text and media to help students master the toughest nutrition concepts in the course, while providing the richest support to save instructors time. This thoroughly current, research-based nutrition text is uniquely organized around the highly regarded applied approach, which organizes vitamins and minerals based on their functions within the body and is easily seen in the organization of the micronutrient (vitamin and mineral) chapters. Rather than requiring rote memorization, the authors present the micronutrients based on their functions (such as fluid and electrolyte balance, antioxidant function, bone health, energy metabolism, and blood health and immunity), so that students can fully understand their effects on the body.

Tom's story of stamina and faith is a story for everyone. No matter your background, age, or obstacles in life, you can overcome your past and Kick Start your future.

ACSM's Clinical Exercise Physiology adapts and expands upon the disease-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom textbook. This new resource offers research-based coverage of more than 35 conditions commonly seen in practice—from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are organized by disease types and then divided into sections that cover specific conditions from a pathological and etiological perspective. To provide a complete view of clinical exercise physiology, the book also covers important considerations and foundational elements, such as screening, pharmacology, and electrocardiography. As an American College of Sports Medicine publication, the text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise sci-

ence organization in the world.

This book provides a straightforward look at human anatomy and its relation to movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The Manual of Structural Kinesiology makes important information readily available to students through a combination of logical presentation and concise writing style.

Reflecting the unsurpassed quality and excellence synonymous with the American College of Sports Medicine, ACSM's Clinical Exercise Physiology, second edition, provides an evidence-based approach to exercise as intervention for more than 35 conditions commonly encountered in practice — from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are logically organized by disease types and divided into sections that cover specific conditions from a pathological and etiological perspective, with additional coverage of important considerations and foundational elements — such as screening, phar-

macology, and electrocardiography — ensuring a complete view of clinical exercise physiology. Fully aligned with ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition, and updated throughout with new content and learning tools, this second edition provides total support for success in advanced undergraduate or graduate clinical exercise physiology courses, as well as the ACSM's Clinical Exercise Physiology certification exam.

The essential guide to kinesiology, sport and exercise science

Cardiac problems in athletic individuals are rare, but when they occur can be devastating. This book provides a definitive review of current practice and thinking surrounding the often difficult and life-changing practice of sports cardiology. Topics which remain a challenge for practitioners, athletes and families are investigated, including cardiovascular screening, exercise participation prescription, and prevention strategies for sudden cardiac arrest. Also given are medical guidelines for diagnosis, management and treatment of specific cardiac illnesses. Based on their earlier work Exercise and

Sports Cardiology (2001), editors Paul Thompson and Antonio Fernandez have provided an updated, improved 3-part reference work for cardiologists, physicians, coaches, trainers, medical students and researchers with a comprehensive go-to reference for modern day concerns in the expanding field of sports cardiology research and treatment.

The instant New York Times bestseller! From one of America's most beloved sportswriters and the bestselling author of Pappyland, a collection of true stories about the dream of greatness and its cost in the world of sports. "Wright Thompson's stories are so full of rich characters, bad actors, heroes, drama, suffering, courage, conflict, and vivid detail that I sometimes think he's working my side of the street - the world of fiction." - John Grisham  
There is only one Wright Thompson. He is, as they say, famous if you know who he is: his work includes the most read articles in the history of ESPN (and it's not even close) and has been anthologized in the Best American Sports Writing series ten times, and he counts John Grisham and Richard

Ford among his ardent admirers (see back of book). But to say his pieces are about sports, while true as far as it goes, is like saying Larry McMurtry's Lonesome Dove is a book about a cattle drive. Wright Thompson figures people out. He jimmys the lock to the furnaces inside the people he profiles and does an analysis of the fuel that fires their ambition. Whether it be Michael Jordan or Tiger Woods or Pat Riley or Urban Meyer, he strips the away the self-serving myths and fantasies to reveal his characters in full. There are fascinating common denominators: it may not be the case that every single great performer or coach had a complex relationship with his father, but it can sure seem that way. And there is much marvelous local knowledge: about specific sports, and times and places, and people. Ludicrously entertaining and often powerfully moving, *The Cost of These Dreams* is an ode to the reporter's art, and a celebration of true greatness and the high price that it exacts. How do you learn A&P best? Whatever your learning style...by reading, listening, or doing, or a little bit of each...the 3rd Edition of this new approach

to anatomy & physiology is designed just for you. Tackle a tough subject in bite-sized pieces. A seemingly huge volume of information is organized into manageable sections to make complex concepts easy to understand and remember. You begin with an overview of the body, including its chemical and cellular structures, then progress to one-of-a-kind portrayals of each body system, grouped by function. Full-color illustrations, figures, sidebars, helpful hints, and easy-to-read descriptions make information crystal clear. Each unique page spread provides an entire unit of understanding, breaking down complex concepts into easy-to-grasp sections for today's learner. *Fitness Professional's Handbook, Seventh Edition With HKPropel Access*, provides current and future fitness professionals with the knowledge to screen participants, conduct standardized fitness tests, evaluate the major components of fitness, and prescribe appropriate exercise. The text uses the latest standards, guidelines, and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of

clients and populations. This full-color text incorporates information from the 10th edition of ACSM's Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for adults, older adults, children, and those with special needs. The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need- and goal-specific physical activity and fitness programs. Every chapter has been updated, allowing readers to explore the newest theories and research findings and apply them to real-world situations. The following are among the most significant changes to the seventh edition: Related online content delivered via HKPropel that includes an online video library containing 24 video clips to help readers better apply key techniques covered in the book, as well as fillable forms that students can use beyond the classroom A new chapter, "Training for Performance," helps professionals expand their practice

to work with recreational athletes who have performance-related goals New information, including the consequences of exercise-induced muscle damage (rhabdomyolysis), devices used to track physical activity and estimate energy expenditure (e.g., accelerometers), relative flexibility and the role of lumbopelvic rhythm in back function, the importance of progression in an exercise prescription, and the professional standard of care associated with HIIT programs reflects recent topics of interest and research Updated statistics on CVD and CHD from the American Heart Association, adult and childhood obesity, and the prevalence of COPD, asthma, bronchitis, and emphysema ensure accurate representation of data With a comprehensive and practical approach, this text enables readers to help individuals, communities, and groups gain the benefits of regular physical activity in a positive and safe environment. It provides background to the field, scientific fundamentals, and up-to-date recommendations to help readers better understand the role of physical activity in the quality of life and guidelines for screening, testing, supervising, and modi-

fying activity for various populations. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately. The HAL 2.0 teacher's manual (in print form) is designed to help get you started. It provides a high-level overview of how to implement the various components, and it breaks down key-teaching and learning strategies for each section of the student textbook. By instruction, it's ultimate purpose is to help more teachers and students succeed in Health and Physical Education and truly enjoy their H&PE experience both as teachers and as learners."--Page 6.

Exploring Exercise Science is written from a practical standpoint. It blends scientific elements such as metabolic responses to exercise or the amount of force needed to generate an overhand throw with professional issues such as legal liability and employment opportunities. Each chapter is written by a leading expert in the field. Most books only present an overview, but Exploring Exercise Science integrates these concepts with practical information concerning types of employment possibili-

ties and the certifications required to work in a specific area. The distinct approach of this textbook brid.

**A REVOLUTIONARY PROGRAM FOR UTILIZING "WEARABLE" WEIGHTS TO TAKE YOUR GYM-FREE WORKOUT TO THE NEXT LEVEL** Are you ready to take your body-weight workouts to the next level? This book shows how wearable weights can supercharge every exercise for the ultimate in fat burning and muscle building. The program in *Weighted Vest Workouts* offers a far more effective approach to total-body fitness, yet maintains the convenience of do-anywhere body-weight workouts, including:

- Functional, gym-free exercises
- Tips for weighted vests, ankle and wrist weights
- Incremental routines from gentle to hardcore
- Clear instructions with 100s of step-by-step photos

Showing how to safely and effectively work out at home, *Weighted Vest Workouts* takes standard moves like push-ups, pull-ups, sit-ups and burpees to a whole new level, guaranteeing a more remarkable transformation in strength, stamina and cardio health.

ACSM's Resources for the Personal Trainer provides a broad introduction to

the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

Cooking is a kind of science—you have to get the measurements right to make everything work. It takes math. In *Culinary Math*, you'll discover how numbers, ratios, and other math help make tasty foods you can cook yourself.

"This is a textbook for undergraduate Exercise Physiology courses"—Provided by publisher.

This book provides a straightforward look at human anatomy and its relation to movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The *Manual of Structural Kinesiology* makes important information readily available to students through a combina-

tion of logical presentation and a concise writing style.

This unique laboratory text provides multi-task, hands-on learning experience for students preparing for professions in physical education, exercise science, health promotion, coaching, physical therapy, athletic training, and sports medicine. The primary emphasis of the book is to expose the student to the concepts and principles of exercise testing and provide experience in the administration of such tests. Organized into succinct lessons, the text is structured in a manner that is meaningful, practical, and easily understood by the student. The laboratories are organized around the scientific method, with research questions, data collections, and conclusions. Each chapter begins with objectives and a pre-laboratory assignment which helps prepare the student for the upcoming laboratory experience. Equipment needs are outlined where necessary. Book jacket.

*Exercise Science: An Introduction to Health and Physical Education* was developed for the Grade 12 Physical Education curriculum (PSE4U). It offers a unique blend of anatomy and physiology, combined

with social and historical aspects of Canadian sport. This workbook was developed in association with the Ontario Physical and Health Education Association (OPHEA). It is one hundred percent Canadian content. No more photocopying! This inexpensive Student Workbook/Lab Manual contains exercises and test material linked to the curriculum expectations, and will benefit students and teachers alike.

Exploring Exercise Science is written from a practical standpoint. It blends scientific elements such as metabolic responses to exercise or the amount of force needed to generate an overhand throw with professional issues such as legal liability and employment opportunities. Each chapter is written by a leading expert in the field. Most books only present an overview, but Exploring Exercise Science integrates these concepts with practical information concerning types of employment possibilities and the certifications required to work in a specific area. The distinct approach of this textbook bridges the gap between subject material and how that information is used in the workplace. Students

interested in employment in specific areas of exercise science have the opportunity to truly understand what is required in pursuit of their long-term goals.

The book publishing industry is going through a period of profound and turbulent change brought about in part by the digital revolution. What is the role of the book in an age preoccupied with computers and the internet? How has the book publishing industry been transformed by the economic and technological upheavals of recent years, and how is it likely to change in the future? This is the first major study of the book publishing industry in Britain and the United States for more than two decades. Thompson focuses on academic and higher education publishing and analyses the evolution of these sectors from 1980 to the present. He shows that each sector is characterized by its own distinctive 'logic' or dynamic of change, and that by reconstructing this logic we can understand the problems, challenges and opportunities faced by publishing firms today. He also shows that the digital revolution has had, and continues to have, a profound impact on the book pub-

lishing business, although the real impact of this revolution has little to do with the ebook scenarios imagined by many commentators. Books in the Digital Age will become a standard work on the publishing industry at the beginning of the 21st century. It will be of great interest to students taking courses in the sociology of culture, media and cultural studies, and publishing. It will also be of great value to professionals in the publishing industry, educators and policy makers, and to anyone interested in books and their future.

A "New York Times" best-seller and a National Book Award finalist, "The Year We Left Home" chronicles the lives of the Erickson family as the children come of age in 1970's and '80's America.

Books fulfil myriad functions in our lives. They provide information, foster our enthusiasms and spark our memories. But these personal treasures also add colour and a true sense of personality to our homes. Books Make a Home explores the important role they play as Decoration, as well as functional items. Author and bibliophile Damian Thompson tours the rooms of the home in turn - Living Rooms, Home Libraries &

Studies, Kitchens, Bedrooms & Bathrooms, Corridors & Staircases and Children's Spaces – discovering a host of techniques for stacking, shelving and closeting volumes, and illustrating how each space can be brought to life by books. Alongside inspirational photography is a wealth of practical design solutions for each space and every size of collection. You will learn how to make the best use of existing storage and create new space for an ever-growing collection; how to combine books with other personal effects to create eye-catching displays; and helpful feature spreads will illustrate how to organize and care for your books. Beautifully presented and elegantly written, scattered with quotes from famous readers throughout, *Books Make a Home* is an insightful guide to enjoying books with the eye as well as with the mind.

Hunter S. Thompson, “smart hillbilly,” boy of the South, born and bred in Louisville, Kentucky, son of an insurance salesman and a stay-at-home mom, public school-educated, jailed at seventeen on a bogus petty robbery charge, member of the U.S. Air Force (Airmen Se-

cond Class), copy boy for *The National Observer*, et cetera. From the outset he was the Wild Man of American journalism with a journalistic appetite that touched on subjects that drove his sense of justice and intrigue, from biker gangs and 1960s counterculture to presidential campaigns and psychedelic drugs. He lived larger than life and pulled it up around him in a mad effort to make it as electric, anger-ridden, and drug-fueled as possible. Now Juan Thompson tells the story of his father and of their getting to know each other during their forty-one fraught years together. He writes of the many dark times, of how far they ricocheted away from each other, and of how they found their way back before it was too late. He writes of growing up in an old farmhouse in a narrow mountain valley outside of Aspen—Woody Creek, Colorado, a ranching community with Hereford cattle and clover fields . . . of the presence of guns in the house, the boxes of ammo on the kitchen shelves behind the glass doors of the country cabinets, where others might have placed china and knickknacks . . . of climbing on the back of Hunter's Bultaco Matador

trail motorcycle as a young boy, and father and son roaring up the dirt road, trailing a cloud of dust . . . of being taken to bars in town as a small boy, Hunter holding court while Juan crawled around under the bar stools, picking up change and taking his found loot to Carl's Pharmacy to buy Archie comic books . . . of going with his parents as a baby to a Ken Kesey/Hells Angels party with dozens of people wandering around the forest in various stages of undress, stoned on pot, tripping on LSD . . . He writes of his growing fear of his father; of the arguments between his parents reaching frightening levels; and of his finally fighting back, trying to protect his mother as the state troopers are called in to separate father and son. And of the inevitable—of mother and son driving west in their Datsun to make a new home, a new life, away from Hunter; of Juan's first taste of what “normal” could feel like . . . We see Juan going to Concord Academy, a stranger in a strange land, coming from a school that was a log cabin in the middle of hay fields, Juan without manners or socialization . . . going on to college at Tufts; spending a crucial week

with his father; Hunter asking for Juan's opinion of his writing; and he writes of their dirt biking on a hilltop overlooking Woody Creek Valley, acting as if all the horrible things that had happened between them had never taken place, and of being there, together, side by side . . . And finally, movingly, he writes of their long, slow pull toward reconciliation . . . of Juan's marriage and the birth of his own son; of watching Hunter love his grandson and Juan's coming to understand how Hunter loved him; of Hunter's growing illness, and Juan's becoming both son and father to his father . . .

A revelatory and timely look at how technology boosts our cognitive abilities—making us smarter, more productive, and more creative than ever. It's undeniable—technology is changing the way we think. But is it for the better? Amid a chorus of doomsayers, Clive Thompson delivers a resounding "yes." In *Smarter Than You Think*, Thompson shows that every technological innovation—from the written word to the printing press to the telegraph—has provoked the very same anxieties that plague us today. We panic that life will never be the

same, that our attentions are eroding, that culture is being trivialized. But, as in the past, we adapt—learning to use the new and retaining what is good of the old. *Smarter Than You Think* embraces and extols this transformation, presenting an exciting vision of the present and the future.

The fifth edition of *Introduction to Exercise Science* introduces students to every core area of study in the discipline. It comprises concise chapters which introduce the history, key lines of inquiry relating to both health and performance, technology, certifications, professional associations, and career opportunities associated with each area. No other book offers such a wide-ranging, evidence-based introduction to exercise science. Written by leading and experienced experts, chapters include: reading and interpreting literature measurement in exercise science anatomy in exercise science exercise physiology exercise epidemiology athletic training exercise and sport nutrition biomechanics motor control exercise and sport psychology. Packed with pedagogical features; from journal abstract examples to study questions and further

reading suggestions; and accompanied by a website including practical lab exercises, *Introduction to Exercise Science* is a complete resource for a hands-on introduction to the core tenets of exercise science. It is an engaging and invaluable textbook for students beginning undergraduate degrees in Kinesiology, Sport & Exercise Science, Sports Coaching, Strength & Conditioning, Athletic Training, Sports Therapy, Sports Medicine, and Health & Fitness.

An important and compelling book on the viral dissemination of misinformation in today's world. We are being swamped with dangerous nonsense. From 9/11 conspiracy theories to Holocaust denial to alternative medicine, we are all experiencing an epidemic of demonstrably untrue descriptions of the world. For Damian Thompson, the misinformation industry is wreaking havoc on the once-lauded virtues of science and reason. Unproven theories and spurious claims are forms of "counterknowledge," and, helped by the Internet, they are creating a global generation of misguided adherents who repeat these untruths and lend them credence. Thompson explores our

readiness to accept falsehoods and the viral role of technology in spreading quack remedies, pseudo-history, and creationist fanaticism. Following in the footsteps of Richard Dawkins's *The God Delusion*, Sam Harris's *The End of Faith*, and Christopher Hitchens's *God Is Not Great*, *Counterknowledge* is a brilliant defense of scientific proof in an age of fabrication.