

# Health & Fitness Journal of Canada

Copyright © 2009 by the CSEP Health & Fitness Program of BC

Volume 2

May 31, 2009

Number 1

## Table of Contents

1	<b>Title Page</b>
2	<b>Table of Contents</b>
3-4	<b>The Editor's Welcome</b> Shannon S.D. Bredin
<b>THE PRACTITIONER'S CORNER</b>	
5-8	<b>Physical Activity during Breast Cancer Treatment</b> Madeleine Noble and V. Roni Jamnik
9-12	<b>High Intensity Exercise can be an Effective Training Strategy for the General Population</b> Nami Osakabe and V. Roni Jamnik
13-19	<b>Plyometric Training for Health-Related Fitness</b> Melissa Crawford and V. Roni Jamnik
20-22	<b>The ABC's of Back Health</b> Lauren Grenier and V. Roni Jamnik
<b>THE PATIENT'S PERSPECTIVE</b>	
23-24	<b>A Transplant Patient's Journey</b> Carrie Jung
<b>NOTES FOR FITNESS AND HEALTH PROFESSIONALS</b>	
25-28	<b>Careers Opportunities for Exercise Science/Kinesiology Graduates</b> Norman Gledhill and V. Roni Jamnik