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5H3H9C - TRISTIAN JILLIAN

Designing Resistance Training Programs, Fourth Edition, is a guide to developing individualized training programs for both serious athletes and fitness enthusiasts. In this updated and expanded fourth edition, two of the world's leading experts on strength training explore how to design scientifically based resistance training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world. Fleck and Kraemer provide readers with a thorough understanding of the process of designing resistance training programs from both scientific and practical per-

spectives. As with previous editions, the fourth edition includes comprehensive tables that compare data and conclusions from research on core topics related to design of resistance training programs. By summarizing research and content for the reader, these tables offer a study guide, on-the-job reference, or starting point for further research. Designing Resistance Training Programs, Fourth Edition, is the only resource available that presents the body of research in the field in this organized and comprehensive format. The fourth edition has been thoroughly revised to present the most current information while retaining the studies that are the basis for concepts, guidelines, and ap-

plications in resistance training. Meticulously updated and heavily referenced, the fourth edition contains the following updates: • A full-color interior provides stronger visual appeal for the text. • Sidebars focus on a specific practical question or an applied research concept, allowing readers to connect research to real-life situations. • Multiple detailed tables summarize research from the text, offering an easy way to compare data and conclusions. • A glossary makes it simple to find key terms in one convenient location. • Newly added instructor ancillaries make the fourth edition a true learning resource for the classroom. Designing Resistance Training Programs, Fourth

Edition, begins by outlining the principles of resistance training and exercise prescription, and examines the various types of strength training, including isometrics and eccentric training. This is followed by a discussion of resistance training from a physiological perspective and an overview of how resistance training programs interact with the other conditioning components such as aerobic, interval, plyometric, and flexibility training. Readers will then explore advanced training techniques, how to manipulate training variables in a long-term resistance training program, and ways to plan rest into long-term training that minimizes losses in fitness or performance gains. An important text for students, researchers, and practitioners, this textbook offers the information and tools to help readers evaluate resistance training programs and better understand the context and efficacy of new data findings in this ever-changing field. Designing Resistance Training Programs, Fourth Edition, is an essential resource for understanding the science behind resistance training and designing evidence-based resistance

training programs for any population. This text provides the tools for understanding and designing resistance training programs for almost any situation or need.

Active Training has become a classic book in the field of training and development and a standard text on graduate-level HRD programs. It turned instructional design on its head by shifting the emphasis away from the instructor and on to the learner. A lot has happened in the training field in the last 10 years since the previous edition was written and this new edition -- the third significant update in 25 years -- adds sections to comprehensively cover new learning technologies and applications, including social media, m-learning, and creating affordable media; addresses the evolving role of trainers, including onboarding, leading change, coaching managers, mentoring, internal consulting, and building teams; tackles new business realities and challenges, including doing more with less, globalization, and working with multi-generational workforces; and offers best practices for new trainer tasks, skills, and knowledge, including working with the C-suite, en-

gaging and retaining employees, developing leaders, vendor management, and working with SMEs. Revisions include updated workplace examples, new and revised templates and worksheets, updated theory and research sections, and expanded guidelines on evaluating and training ROI, extending the value of training programs, and managing Active Training programs to show state-of-the-art applications. What will continue to set these books apart is the relevance of dozens of new examples, the wisdom and impact of fresh practical tips, and the rigor and expertise supporting dozens of exercises and techniques.

I was pleased to review Dan's new book - pleased because he addresses an old topic in a new way. He is making no assumptions for trainers who are not fully experienced and seasoned. He takes them step-by-step through practical and realistic methods to set up training graduates to actually be on-the-job performers. Enjoy, learn and be inspired. Jim Kirkpatrick, PhD Senior Consultant, Kirkpatrick Partners, USA Daniel Bixby's approach to Product Training for technical experts is practical, relevant and exactly what any-

one who is required to train others on technical content really needs. He writes with candor and with a sense of ease, making the reader feel as though he is right there with you helping to develop your training competency. A must read for anyone on your team required to provide technical training to others! Jennifer Alfaro Chief Human Resources Officer, USA An expert guide to developing and delivering technical product training programs While there are many books on talent development, leadership training, and internal training program development, there are precious few offering subject matter experts (SME's) guidance on training others to get the most out of their products. Written by a training expert with many years of experience working at top technology companies, *Product Training for the Technical Expert* fills that yawning gap in the training literature by providing technical experts with a comprehensive handbook on becoming effective product training instructors. When new technology is rapidly transformed into products for popular consumption, technical experts, such as engineers, and other sub-

ject matter experts, are the ones tasked with instructing the public on their use. Unfortunately, most them have little or no prior experience or training in adult education and don't have a clue about how to transfer their knowledge to others. In this book, author Daniel W. Bixby draws upon his vast experience developing and delivering training programs at Honeywell, Delphax, Telex, Bosch, and TE Connectivity, among other technology companies, to arm SMEs with the knowledge and skills they need to add "Product Training Specialist" to their resumes. Addresses an area of training too often overlooked and ignored in the professional literature Equips SMEs with the tools they need to become effective product instructors Covers both the educational and business aspects of product training for SMEs Packed with tables, illustrations, problem-and-solution sets, tutorials, enlightening real-world examples, worksheets, and group or self-study questions Features a companion website with worksheets and other valuable tools:

www.wiley.com/go/bixby
ert A must-have professional development resource

for students and experienced technical experts alike *Product Training for the Technical Expert* is an ideal guide forengineers, product managers, product marketing managers, and technical instructors looking to expand their repertoires and hone their skills. It also makes an excellent course text for graduate-level engineering programs.

Step-by-step explanations and applications of principles, methods, and skills pertaining to effective, rewarding pedagogy based on a nonauthoritarian, nonpermissive, and mutually respectful teacher-student relationship. Reprint. 15,000 first printing.

This new edition builds on the strengths of the popular first edition, providing an interesting, practical discussion of the interrelationship between communication and the field of training and development. It incorporates new material on cultural diversity in the workplace and the role of teams and team leaders, while expanding its coverage of such topics as needs assessments and the use of computers in training and development. Written in a lively, conversational style, *Communication Training and Development, Second Edition*

tion, covers all facets of the field, from the background skills trainers need to the nuts and bolts of preparing, conducting, and evaluating a program. Numerous anecdotes based on the authors' considerable consulting experience make the information relevant and memorable.

Every year, some 10,000 people attend Lyons's clinics to learn the secrets contained in this complete training program for horses and trainers of all skill levels, by one of America's most popular and trusted trainer-instructors. This book is about the practical act of WRITING STRENGTH PROGRAMS, an activity that many people do on a daily basis and that forms a component of their professional services. The content for this book was developed over thirty years of practical personal experience in strength training, studying the art and science of strength training, and professional experience in writing strength programs. In brief it was written from practical experience for people who wanted to know practical guidelines of HOW TO WRITE Strength Training Programs. There are many fine texts available about the science of writing

strength training programs - not so many about the practice of writing these programs. This is how the book is presented. It is broken into three parts. Part A takes you, point by point, through the steps you should consider when writing a strength training program. When you come upon a step that you would like further information or clarity on, you will find it in Section B. Part B is a summary of the variables and related issues in strength training programs. It is arranged alphabetically for ease of reference. Part C provides samples of how I write strength programs. If you want further information on the exercises used in these and other examples throughout this book, refer to the partner text *How to Teach Strength Training Exercises*. This book covers every aspect of strength training program design. It walks you through how to design strength training programs using a 35 step model. Note that this book was first published in 1998, and we will leave you, the reader, to resolve any thoughts about books published since then with the same or similar content. *How to Write Strength Training Programs* really is what the

sub-title says - a practical guide for coaches and athletes. It provides the reader with a unique insight into the theories and methods Coach King uses when he writes strength training program. We have also found that non-coaches, those serious about designing their own training programs - have found value in this book.

Just as you can lead a horse to water, but it won't necessarily drink, so you can give an employee training, but he may not actually learn...unless, of course, the trainer uses this insightful new book. *Turning Training into Learning* provides a specific, tested method for making sure training equals real learning. Written for anyone who must train others, this step-by-step guide shows exactly how to create a program that engages trainees and ensures that they remember and use what they've learned when they get back to work. Readers learn how to: * Analyze exactly what a particular trainee needs * Establish a safe environment where questions are welcomed * Demonstrate to learners why the training is relevant to them * Understand the process by which adults learn * Place real learning within the con-

text of the traditional training cycle: assessment, design, delivery, and evaluation.

Discover how today's corporations are benefiting from accelerated learning to speed training time, improve results, and reduce costs. Accelerated learning is the use of music, color, emotion, play, and creativity to involve the whole student and enliven the learning experience. The Accelerated Learning Handbook is the first definitive book to explain state-of-the-art accelerated learning techniques to trainers and teachers, and features 40 techniques designed to save money while producing far better results. Leading expert Dave Meier provides an overview of the background and underlying principles of accelerated learning, and reviews the latest supporting research results. Training professionals will look to The Accelerated Learning Handbook to: Improve the long-term value of training Cut course development time by half Discover tips for music- and computer-based learning

This book presents time saving strategies, tactics, and a host of job aids to get the best result from the corporate learning

function. It will serve both as a must-have reference tool and as a practical survival guide for workplace learning professionals who face unique challenges in accomplishing their responsibilities. Several strategies and tactics are offered to organize the roles and responsibilities of the training function. There's authoritative advice, too, for managing the function including staff management, communicating expectations, setting the learning agenda, coaching subject matter experts, hiring consultants and vendors, managing content, working with learning portals, setting up and managing a learning resource center, marketing and building internal support for training, and integrating learning into the business.

Federal law now requires that institutions provide training for anyone caring for or using laboratory animals. This volume provides the guidelines and resources needed to coordinate a quality training program, as well as to meet all legal requirements. A core module for all personnel takes no more than four hours to present. Most staff then proceed to one or more additional skills-development modules including

the species-specific module that can be customized to any species in use at the institution, the pain management module, and the surgery module. The volume provides content information for required topics--from ethics to record keeping--and lists sources of additional publications, audiovisual programs, and computerized teaching aids. Included are: Ready-to-use teaching outlines, with detailed instructions for presenting material. Practical guidelines on logistics, covering scheduling, budgeting, and more. Guidelines on how to design training for adults and how to work with investigators who may resist taking training courses. This practical guidebook will be necessary for research institutions, particularly for staff members responsible for training coordination.

YOUR DEFENSIVE HANDGUN TRAINING PROGRAM (BOOK) Another great performance enhancing product from Shooting-Performance (www.shooting-performance.com), Your Defensive Handgun Training Program is a cutting edged functional training program designed to develop the skills needed to survive a high stress encounter while using the

most commonly carried weapon system in the U.S., the handgun. If you are armed and carry a handgun daily (CCW holders, Law Enforcement Officers, etc.), get the tools to prepare yourself for the fight of their life. This book is your answer! While there are numerous "tactical" handgun books out there, some with good material, most do not address the "how to train" question. This book is different, and includes a full training program including training drills and a schedule to follow. The techniques in this book can be applied to any type of handgun, so no matter what you carry, this program is for you! Training drills or technique alone do not address the complex needs of someone during a high stress encounter where lethal force might be needed, and this book contains an entire program dedicated to all aspects of training for a fight. THIS STEP-BY-STEP GUIDE TO MAXIMUM PERFORMANCE INCLUDES: * Carry Gun Selection and Modification* Legal Considerations (written by Marty Hayes)* Mental Preparation* Physical Preparation* Firearm Skills Development* Alternate Methods of Training* The Training Design Cy-

cle* High Performance Handgun Marksmanship and Manipulation Techniques* Close Quarters Techniques* Low Light Techniques* And much more! For the total immersion experience please strongly consider buying the DVD set or Vimeo Download (<https://vimeo.com/ondemand/defensive-handgun>) that was designed to be used in this program!

Training the Best Dog Ever, originally published in hardcover as The Love That Dog Training Program, is a book based on love and kindness. It features a program of positive reinforcement and no-fail techniques that author Dawn Sylvia-Stasiewicz used to train the White House dog, Bo Obama, and each of Senator Ted Kennedy's dogs, among countless others. Training the Best Dog Ever relies on trust and treats, not choke collars; on bonding, not leash-yanking or reprimanding. The five-week training program takes only 10 to 20 minutes of practice a day and works both for puppies and for adult dogs that need to be trained out of bad habits. Illustrated with step-by-step photographs, the book covers hand-feeding; crate and

potty training; and basic cues—sit, stay, come here—as well as more complex goals, such as bite inhibition and water safety. It shows how to avoid or correct typical behavior problems, including jumping, barking, and leash-pulling. Plus: how to make your dog comfortable in the world—a dog that knows how to behave in a vet's office, is at ease around strangers, and more. In other words, the best dog ever.

It is no secret that the online learning industry is booming. But with a mass influx of course creators and marketers jumping into the 'educational gold rush' to make money, the critical components of developing quality and effective training are being lost. Anyone can create and sell online courses to a global marketplace today, at minimal expense and from their own spare rooms - which is a great thing for everyone. However, if you aspire to create transformational online or face to face training programs that engage and enrich your learners; it is vital that you design and develop your programs with the fundamental theory and principles of adult learning and course creation in mind. Training that does not satisfy your learn-

ers, or follow quality educational practices, will attract negative reviews, a bad reputation and refund requests - something that no course creator or 'edupreneur' wants to face. With the learning industry becoming a rapidly more competitive field, survival in this lucrative market is about creating remarkable training that has the learner experience at its core. This book has been especially designed by multiple-award winning, qualified education professional, Sarah Cordiner for the modern day, quality-conscious course creator, edupreneur and training manager who cares about their learner experience. It is for those who want to plan, prepare and deliver transformational training that changes the lives of those that they teach. By presenting timeless theories, principles, frameworks, processes and practices for designing, developing and delivering highly effective training programs, this book will help you create learning that will positively impact your learners - and your business.

Designing and Developing Training Programs is filled with practical information, best practices, and proven strategies. This-

book will help both new and experienced trainers design and develop training programs that achieve results for both individuals and their organizations while meeting the challenges of today's fast-paced, rapidly changing learning environment. Created to be easy-to-use, Designing and Developing Training Programs covers a wide range of topics, including how to: Ensure that training is needed, relevant, and cost-effective; Analyze the needs and characteristics of the audience; Write behavioral learning objectives; Select the right content and design activities that help people learn; Develop effective learning materials; Create a program evaluation; Design virtual and remote training programs. Praise for Designing and Developing Training Programs "Janis Fisher Chan is truly a master designer, having an uncanny ability to help people to truly think. Her book is of real service to anyone in the field of training." —Manfred Kets de Vries, Raoul de Vitry d'Avaucourt, Chaired Clinical Professor of Leadership Development and director, INSEAD Global Leadership Centre "What makes Janis Chan's book so exceptional is the variety of challenging, content-re-

lated exercises that bring the concepts 'up close and personal' into the reader's life and work." —Sharon Bowman, Author, Training from the BACK of the Room!

Training Program Evaluation (TPE) is a systematic method for identifying and correcting training program deficiencies by collecting and analyzing information on the training objectives, soldier test performance, and the process used in training and testing the soldiers. TPE is documented in four job aids that include: (1) procedures for planning the training program evaluation; (2) guidance in using and evaluating the information provided in the lesson plans; (3) forms and procedures for observing training and testing as they are conducted; (4) methods for analyzing training, testing, and performance data in order to identify training program deficiencies; and (5) guidance in modifying training programs on the basis of problems discovered during training program evaluation. This job aid (Research Product 81-18) provides guidelines for conducting overall evaluation, including guidance on using the other three job aids. The other three job aids in the set are: Re-

search Product 81-15, A Job Aid for the Systematic Evaluation of Lesson Plans; Research Product 81-16, A Job Aid for the Structured Observation of Training; and Research Product 81-17, A Job Aid for Modifying Ineffective or Inefficient Training Programs.

Annotation Wouldn't it be great if you heard comments like This is the best darn workshop I have ever attended. at the end of every training session you present? That's the goal of the newly revised and updated Training Trilogy, Third Edition to provide the classroom trainer with practical and real-world ideas for designing and delivering training that meets the real needs of participants and keeps them excited, engaged and learning. The book begins where your job as a trainer does with needs assessment. Part one examines basic statistics and other vital information on how to design surveys and conduct interviews. You'll also learn ways to present your needs assessment information to management and associates. The next step is designing the program. Part two looks at how to create fun learning experiences that keep

learners involved, interested, challenged and motivated throughout the training session. The book ends with the steps to becoming effective in the classroom. You'll learn about all the things required to prepare for your training program and how to involve the participants from beginning to end of your presentation.

How to Measure Training Results presents practical tools for collecting and measuring six types of data critical to an overall evaluation of training. This timely resource: Includes dozens of reproducible tools and processes for training evaluation Shows how to measure both financial and intangible/non-financial results Leaders want to see changes in behavior as a result of what people have learned and may expect these new behaviors to deliver results for the business. With the third edition of this book, readers have an opportunity to update their understanding of this classic evaluation framework and to learn from the case studies about how to effectively apply the framework to a variety of learning programs. Readers are presented with the tools and the know-how to tell their own story of val-

ue creation.---Foreword by Merrill C. Anderson, Ph.D, Chief Executive Officer, MetrixGlobal, LLC

SUPERANNO Leading experts Avery Faigenbaum and Wayne Westcott guide you in developing safe, effective, and enjoyable training programs for ages seven to eighteen. Advice will help kids safely develop a strong musculoskeletal system that can help them improve their health and fitness and also withstand the rigors of sport participation. Includes the most up-to-date information in the areas of nutrition, hydration, and recovery to maximize the effects of strength training and minimize the risks of overtraining. Original.

Bruce Klatt's The Ultimate Training Workshop Handbook was written for those who want to excel as trainers, and to offer maximum value both to client/employers and workshop participants. Focusing on success in front of the group and based on Klatt's 25 years of experience, this comprehensive guide takes you from the contracting stage through evaluating results. It shows you how to prepare yourself and your clients, and how to construct the workshop.

This new, third edition of Jack Phillips's classic Handbook of Training Evaluation and Measurement Methods shows the reader not only how to design, implement, and assess the effectiveness of HRD programs, but how to ultimately measure their return on investment (ROI). Each chapter has been revised and updated to include additional research, expanded coverage, and new examples of Dr. Phillips's case studies. Seven entirely new chapters have also been added, focusing largely on ROI.

Lead learning in your organization! Here's a great resource to link program planning to project management that helps in decision making to product workplace training programs on time and within budget.

Structured On-the-Job Training offers a practical, easily applicable approach to a crucial but often frustrating process. Designed for managerial, technical, and awareness training, the book offers a six-step program that combines the consistency and reliability of formal classroom training with the relevance of learning in the actual work setting. This revised and updated edition is the perfect blueprint for business suc-

cess through planned training on-the-job.

While upbeat lingo abounds about "complementing strategic objectives" and "driving productivity," the fact is that most training does not make a significant enough impact on business results, and when it does, training professionals fail to make a convincing case about the value added to the bottom line. The vaunted "business partnership model" has yet to be realized—and in tough economic times, when the training budget is often the first to be cut, training is on trial for its very existence. Using a courtroom trial as a metaphor, Training on Trial seeks to get to the truth about why training fails and puts the business partnership model to work for real. Readers on both sides of the "courtroom" will learn how to stop viewing training as a cost center, and bridge the gulf between what learning functions deliver and what business units need to execute their strategies. A thought-provoking read for trainers and business unit leaders alike, Training on Trial provides a new application of the Kirkpatrick Four-Level Evaluation Model and a multitude of tips

and techniques that allow lessons learned to be put into action now.

Trainers are always on the lookout for a quick, easy-to-use guide to help them through the process of designing, producing, implementing, delivering, and evaluating training programs. Training Design & Delivery is intended to be that simple, single-source guide for every trainer, training manager, and even the occasional trainer. Author Geri McArdle provides an easy-to-understand 20-step training system model, along with dozens of useful standard forms and client memorandums, step-by-step methodology checklists, and other job aids. It features a comprehensive trainer's toolkit that provides tips and techniques on subjects ranging from internal consulting to course construction, to games and retention exercises. After reading this book you will be able to answer the three most critical questions facing any training professional: What content should be included? How should the material be taught and delivered? How can you ensure that the training is working?

This highly specific and practical guide to the design, development, and evaluation of training pro-

grams integrates traditional instructional design practices with newer findings from educational research and applied cognition, and from recent advances in computer-based training. Integrates the major principles and methodologies from the fields of training, instructional design, cognitive psychology, and human factors engineering. Considers cognitive task analysis, rapid prototyping, user testing, principles of document and interface design, development of multimedia training programs. Features a chapter on litigation issues. For industry personnel responsible for developing training programs, and for students in courses on training and instructional design.

"All learning leaders want their organizations to be perceived as great, but what makes a "great" training organization? How does a training organization achieve greatness, particularly from the perspective of the corporate execs, learners, and any customers, clients and partners that interact with it? This book presents findings that are based on the data, information, and experiences shared with Training Industry, Inc. by several hun-

dred learning professionals over a five-year span, from 2008 to 2012. These eight process capabilities, outlined below, have been identified as the key functions in the design, delivery and management of corporate workforce training. Strategic Alignment: Designing learning programs that align with business objectives; Content-Development: Designing, developing, managing and maintaining content; Delivery: Managing a network of instructors and delivering content using multiple modalities; Diagnostics: Identifying causes of problems and making recommendations; Reporting & Analysis: Defining business metrics and reporting the data to make business improvements; Administrative Services: Scheduling, registering and performing other learning operations and support functions; Technology Integration: Integrating learning technologies with each other or with other corporate applications; Portfolio Management: Managing, rationalizing, maintaining and updating large portfolios of programs. This book consists of eight sections, focusing on each of the process capabilities in detail and presenting practice ratings data. In addition,

individual practices are explained further, noting specific procedures or scenarios and how they are best executed, all supported by best practices and advice from learning leaders."--Publisher's website.

Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

The second edition of this bestselling book, 'Return on Investment in Training and Performance Improvement Programs,' guides you through a proven, results-based approach to calculating the Return on Investment in training and performance improvement programs. Jack Phillips has composed user-friendly ROI calculations, plus: *ten post-program data collection methods *ten strategies for determining the amount of improvement that is directly linked to training programs *ten techniques for converting both hard and soft data to monetary values 'Return on Investment in Training and Performance Improvement Programs, Second Edition'

continues as a primary reference for learning how to utilize ROI to show the contribution of training, education, learning systems, performance improvement, and change initiatives throughout organizations. The book also details implementation issues, provides worksheets, and pinpoints non-monetary program benefits. A case study takes the reader through the ROI process step-by-step.

Current and emerging trends in the domains of health management and the work sector, the abundance of new consumer products pervading the marketplace, and the desires of many older adults to undertake new learning experiences means that older adults, like their younger counterparts, will need to continually engage in new learning and training. Thus, understanding the challenges that older people face when confronted with new learning and training programs and developing potential strategies to overcome them is imperative. A comprehensive state-of-the-science review, *Designing Training and Instructional Programs for Older Adults* explores a broad range of issues, from the implications of theories of learn-

ing for designing instruction for older adults to adapting current perspectives on methods of instructional design to accommodate the capabilities and limitations of older learners. The authors provide an understanding of today's older adults—their demographics, their needs, the challenges facing them, and a realistic appraisal of their abilities and limitations—as a basis for how current knowledge about training and instructional design should be shaped and applied to best accommodate this population of learners. They discuss topics such as retention and transfer of training, sequencing the order of instruction, e-learning, multimedia training formats, and the assessment and evaluation of training programs from the perspective of issues relevant to older learners. They also highlight the challenges presented by this very heterogeneous group that varies tremendously in backgrounds, skills, knowledge, and abilities. Focusing on how learning occurs, the authors' balanced coverage makes the book readable and enlightening across a wide spectrum of professionals and academics, including human factors/ergo-

nomics specialists, gerontologists, managers, educators, undergraduate and graduate students, and the design community. The book supplies concise recommendations that will have direct impact on the design of instructional programs and for those individuals who are responsible for the training and performance of older people.

Training and Development in Organizations introduces students to the field of training and development, showcasing how the role and function of training within an organization supports the organization's efforts at fulfilling its mission. Focusing on six themes – strategic view; training paradigm; training model; types of training; rubrics; and andragogy, a theory focused specifically on the adult learner – the author offers an applied approach to designing and implementing a training program. Readers will learn about different types of training programs, ranging from simple to complex, while a model program design demonstrates the critical elements associated with designing a program, such as subjects, time frame, learning objectives, and more. Practical exercises and thought-provoking

end of chapter questions help students learn how to apply the concepts successfully, while Chapter Twelve specifically includes a variety of practical exercises for use in application-oriented assignments. Undergraduate students of human resource management, and training and development, as well as business managers seeking to develop their training knowledge, will appreciate this commonsense treatment of the subject.

The content of medical education knowledge transfer is compounded as med-

ical breakthroughs constantly impact treatment, and new diseases are discovered at an increasingly rapid pace. While much of the knowledge transfer remains unchanged throughout the generations, there are unique hallmarks to this generation's education, ranging from the impact of technology on learning formats to the use of standardized patients and virtual reality in the classroom. The Handbook of Research on the Efficacy of Training Programs and Systems in Medical Education is an essential reference source that focuses on key con-

siderations in medical curriculum and content delivery and features new methods of knowledge and skill transfer. Featuring research on topics such as the generational workforce, medical accreditation, and professional development, this book is ideally designed for teachers, physicians, learning practitioners, IT consultants, higher education faculty, instructional designers, school administrators, researchers, academicians, and medical students seeking coverage on major and high-profile issues in medical education.