

Mp4 Videos

Pelet, Jean-Eric

Strength Training Exercises Óscar Morán, 2020-07-05 Who is this book for? Anybody who wants to learn about strength training and improve their technique and results. Beginners, for the clarity of the graphics and videos. Intermediate and advanced practitioners, for its help in polishing technique and overcoming stagnation Doctors and physiotherapists for its scientific rigor Teachers, trainers and gym monitors for its didactic approach Gym owners and manufacturers of fitness apparatus for its constructive criticism of machines Sports enthusiasts of all kinds for its versatility Anybody who cares about their health for its philosophy It contains 300 videos More than 400 exercises, including explanations of technique and detailed illustrations for each Explanations to help you organize your weekly workout routine and decide which muscles to train together and in what order Advice on proper breathing technique, common mistakes to avoid and tips for beginners and advanced strength training practitioners alike Descriptions of the main muscles worked in the exercises and their variants Explanations of weight lifting theory and the best way to plan and organize your workouts and training season Anatomical descriptions of the main muscle groups Glossary of technical terms Descriptions of bodily movements and the muscles involved Table of training percentages and repetitions Tips, advice and recommendations to overcome stagnation Description, prevention and treatment of common injuries

The Book of Everything Guus Kuijer, 2012-04-01 Faith is joy is love is hope in this novel of exquisite power and everyday miracles, reminiscent of Barbara Kingsolver's THE POISONWOOD BIBLE. Thomas can see things no one else can see. Tropical fish swimming in the canals. The magic of Mrs. Van Amersfoort, the Beethoven-loving witch next door. The fierce beauty of Eliza with her artificial leg. And the Lord Jesus, who tells him, just call me Jesus. Thomas records these visions in his

Book of Everything. They comfort him when his father beats him, when the angels weep for his mother's black eyes. And they give him the strength to finally confront his father and become what he wants to be when he grows up: Happy.

ECCWS 2021 20th European Conference on Cyber Warfare and Security Dr Thaddeus Eze, 2021-06-24 Conferences Proceedings of 20th European Conference on Cyber Warfare and Security

Handbook of Biometric Anti-Spoofing Sébastien Marcel, Julian Fierrez, Nicholas Evans, 2023-02-23 The third edition of this authoritative and comprehensive handbook is the definitive work on the current state of the art of Biometric Presentation Attack Detection (PAD) – also known as Biometric Anti-Spoofing. Building on the success of the previous editions, this thoroughly updated third edition has been considerably revised to provide even greater coverage of PAD methods, spanning biometrics systems based on face, fingerprint, iris, voice, vein, and signature recognition. New material is also included on major PAD competitions, important databases for research, and on the impact of recent international legislation. Valuable insights are supplied by a selection of leading experts in the field, complete with results from reproducible research, supported by source code and further information available at an associated website. Topics and features: reviews the latest developments in PAD for fingerprint biometrics, covering recent technologies like Vision Transformers, and review of competition series; examines methods for PAD in iris recognition systems, the use of pupil size measurement or multiple spectra for this purpose; discusses advancements in PAD methods for face recognition-based biometrics, such as recent progress on detection of 3D facial masks and the use of multiple spectra with Deep Neural Networks; presents an analysis of PAD for automatic speaker recognition (ASV), including a study of the generalization to unseen attacks; describes the

results yielded by key competitions on fingerprint liveness detection, iris liveness detection, and face anti-spoofing; provides analyses of PAD in finger-vein recognition, in signature biometrics, and in mobile biometrics; includes coverage of international standards in PAD and legal aspects of image manipulations like morphing. This text/reference is essential reading for anyone involved in biometric identity verification, be they students, researchers, practitioners, engineers, or technology consultants. Those new to the field will also benefit from a number of introductory chapters, outlining the basics for the most important biometrics. This text/reference is essential reading for anyone involved in biometric identity verification, be they students, researchers, practitioners, engineers, or technology consultants. Those new to the field will also benefit from a number of introductory chapters, outlining the basics for the most important biometrics.

Human-Computer Interaction: Concepts, Methodologies, Tools, and Applications

Management Association, Information Resources, 2015-10-02 As modern technologies continue to develop and evolve, the ability of users to interface with new systems becomes a paramount concern. Research into new ways for humans to make use of advanced computers and other such technologies is necessary to fully realize the potential of 21st century tools. Human-Computer Interaction: Concepts, Methodologies, Tools, and Applications gathers research on user interfaces for advanced technologies and how these interfaces can facilitate new developments in the fields of robotics, assistive technologies, and computational intelligence. This four-volume reference contains cutting-edge research for computer scientists; faculty and students of robotics, digital science, and networked communications; and clinicians invested in assistive technologies. This seminal reference work includes chapters on topics pertaining to system usability, interactive design, mobile interfaces, virtual worlds, and more.

E-Learning 2.0 Technologies and Web Applications in Higher Education Pelet, Jean-Eric, 2013-12-31
Once considered the traditional approach to education, brick and mortar institutions are no longer the norm due to e-learning technologies. Populations are turning into ubiquitous human beings, and educational practices are reflecting this change. *E-Learning 2.0 Technologies and Web Applications in Higher Education* compiles the latest empirical research findings in the area of e-learning and knowledge management technologies assessment. Highlighting specific comparisons and practices of e-m-learning and knowledge management technologies, this book is an essential guide for professionals and academics who want to improve their understanding of the strategic role of e-learning at different levels of the information and knowledge society.

The Definitive Guide to HTML5 Video Silvia Pfeiffer, 2011-08-04
Plugins will soon be a thing of the past. *The Definitive Guide to HTML5 Video* is the first authoritative book on HTML5 video, the new web standard that allows browsers to support audio and video elements natively. This makes it very easy for web developers to publish audio and video, integrating both within the general presentation of web pages. For example, media elements can be styled using CSS (style sheets), integrated into SVG (scalable vector graphics), and manipulated in a Canvas. The book offers techniques for providing accessibility to media elements, enabling consistent handling of alternative representations of media resources. *The Definitive Guide to HTML5 Video* dives deep into the markup that is introduced for media element support in browsers. You'll explore the default user interface offered through browsers for media elements, as well as the JavaScript API provided to control their behavior. You'll also learn how to account for H.264 and Ogg Theora codecs.

Boost Your Business with Google Gemini Video Advertising M.B. Chatfield, *Boost Your Business with Google Gemini Video Advertising* Master the art of video advertising with Google Gemini

In today's competitive digital landscape, businesses need to be able to reach their target audiences and drive results effectively. Google Gemini is a powerful advertising platform that can help businesses of all sizes achieve their marketing goals. Boost Your Business with Google Gemini Video Advertising is the essential guide for businesses that want to use Google Gemini video advertising to boost their business. Here are some of the key takeaways from Boost Your Business with Google Gemini Video Advertising: Google Gemini video advertising is a powerful platform that can help businesses of all sizes achieve their marketing goals. To create successful Google Gemini video campaigns, businesses need to understand the platform's capabilities and features, target their audience effectively, and track the performance of their campaigns. Boost Your Business with Google Gemini Video Advertising provides a comprehensive guide to using Google Gemini video advertising to boost your business. This book is a valuable resource for any business that wants to use Google Gemini video advertising to achieve its marketing goals. Order your copy today and start boosting your business with Google Gemini video advertising!

Azure DevOps Server 2019 Cookbook Tarun Arora,Utkarsh Shighihalli,2019-05-03 Over 70 recipes to effectively apply DevOps best practices and implement Agile, Git, CI-CD & Test automation using Azure DevOps Server (TFS) 2019 Key FeaturesLearn improving code quality using pull requests, branch policies, githooks and git branching designAccelerate the deployment of high quality software by automating build and releases using CI-CD Pipelines.Learn tried and tested techniques to automate database deployments, App Service & Function Deployments in Azure.Book Description Azure DevOps Server, previously known as Team Foundation Server (TFS), is a comprehensive on-premise DevOps toolset with a rich ecosystem of open source plugins. This book is your one stop guide to learn how to effectively use all of these Azure DevOps services to go from zero to DevOps. You will start by

building high-quality scalable software targeting .NET, .NET core or Node.js applications. You will learn techniques that will help you to set up end-to-end traceability of your code changes from design through to release. Whether you are deploying software on-premise or in the cloud in App Service, Functions, or Azure VMs, this book will help you learn release management techniques to reduce release failures. Next, you will be able to secure application configuration by using Azure KeyVault. You will also learn how to create and release extensions to the Azure DevOps marketplace and reach million developer ecosystem for feedback. The working extension samples will allow you to iterate changes in your extensions easily and release updates to the marketplace quickly. By the end of this book, techniques provided in the book will help you break down the invisible silos between your software development teams. This will transform you from being a good software development team to an elite modern cross functional software development team. What you will learn

Set up a team project for an Agile delivery team, importing requirements from ExcelPlan, track, and monitor progress using self updating boards, Sprint and Kanban boards

Unlock the features of Git by using branch policies, Git pull requests, forks, and Git hooks

Build and release .NET core, SQL and Node.js applications using Azure Pipeline

Automate testing by integrating Microsoft and open source testing frameworks

Extend Azure DevOps Server to a million developer ecosystem

Who this book is for

This book is for anyone looking to succeed with DevOps. The techniques in this book apply to all roles of the software development lifecycle including developers, testers, architects, configuration analysts, site reliability engineers and release managers. If you are a new user you'll learn how to get started; if you are an experienced user you'll learn how to launch your project into a modern and mature DevOps enabled software development team.

ICT with Intelligent Applications Jyoti Choudrie, Parikshit Mahalle, Thinagaran Perumal, Amit

Joshi,2022-09-30 This book gathers papers addressing state-of-the-art research in all areas of information and communication technologies and their applications in intelligent computing, cloud storage, data mining and software analysis. It presents the outcomes of the Sixth International Conference on Information and Communication Technology for Intelligent Systems (ICTIS 2022), held in Ahmedabad, India. The book is divided into two volumes. It discusses the fundamentals of various data analysis techniques and algorithms, making it a valuable resource for researchers and practitioners alike.

HTML5 Unleashed Simon Sarris,2013 Offers information on using HTML5 to create web apps and solutions that deliver state-of-the-art media content and interactivity with new audio, video, and canvas elements.

Learn Adobe Animate CC for Interactive Media Joseph Labrecque,Rob Schwartz,2016-03-16 Knowing the industry-standard animation and interactivity tool Adobe Animate CC (previously known as “Flash Professional”) can help you get a foothold in the exciting web design and mobile app-development world. Learn Animate CC by building cool creative projects that will teach you how to: Design and animate vector artwork Compose an animated greeting card using HTML5 Build a promotional video with text and images animated in 3D Construct a working digital clock using ActionScript Design and code an interactive quiz for mobile devices This study guide uses more than 6 hours of video integrated with text to help you gain real-world skills that will get you started in your career designing and building interactive media using Adobe Animate CC. It lays the foundation for taking the Adobe Certified Associate (ACA) exam in Interactive Media Using Adobe Flash Professional CC (name correct at press time) and helps prepare you for an entry-level position in a competitive job market. Purchasing this book gives you access to valuable online extras. Follow the instructions in the

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Microsoft PowerPoint 2019 and 365 Training Manual Classroom in a Book TeachUcomp ,2021-10-29 Complete classroom training manuals for Microsoft PowerPoint 2019 and 365. Contains 213 pages and 102 individual topics. Includes practice exercises and keyboard shortcuts. You will learn introductory through advanced concepts – from creating simple yet elegant presentations to adding animation and video and customization. Topics Covered: Getting Acquainted with PowerPoint

1. The PowerPoint Environment 2. The Title Bar 3. The Ribbon 4. The “File” Tab and Backstage View 5. The Quick Access Toolbar 6. Touch/Mouse Mode 7. The Scroll Bars 8. The Presentation View Buttons 9. The Zoom Slider 10. The Status Bar 11. The Mini Toolbar 12. Keyboard Shortcuts

Creating Basic Presentations 1. Opening Presentations 2. Closing Presentations 3. Creating New Presentations 4. Saving Presentations 5. Recovering Unsaved Presentations 6. Inserting New Slides 7. Applying Slide Layouts 8. Slide Sections 9. Working with PowerPoint File Formats 10. AutoSave Online Presentations 11. Reuse Slides in PowerPoint Using Presentation Views 1. Normal View 2. Outline View 3. Slide Sorter View 4. Notes Page View 5. Slide Show View 6. Reading View

Using Text 1. Adding Text to Slides 2. Basic Object Manipulation 3. Font Formatting 4. Paragraph Formatting 5. Applying Custom Bullets and Numbering 6. Using Tabs 7. Setting Text Options 8. Checking Spelling

Using Pictures 1. Inserting Pictures Saved Locally 2. Inserting Online Pictures 3. Basic Graphic Manipulation 4. Using Picture Tools 5. Using the Format Picture Task Pane 6. Fill and Line Settings 7. Effects Settings 8. Size and Properties Settings 9. Picture Settings 10. Alt Text

Drawing Objects 1. Inserting Shapes 2. Formatting Shapes 3. The Format Shape Task Pane 4. Inserting WordArt Using SmartArt 1. Inserting and Manipulating SmartArt 2. Formatting SmartArt

Inserting Charts, Tables, and Objects 1. Inserting Charts 2. Inserting Tables 3. Inserting Objects

Inserting Video and Audio 1. Inserting Videos 2. Inserting Audio 3. Recording Audio 4. Screen Recording

Collaborating In PowerPoint 1. Collaborating on a Presentation 2. Using Classic Comments in PowerPoint 3. Using Modern Comments in PowerPoint 4. Comparing Presentations

Using Themes 1. Applying Themes 2. Customizing Theme Colors 3. Customizing Theme Fonts 4. Changing Theme Effects 5. Customizing Theme Background Styles

Applying Animation 1. Adding Slide Transition Animation 2. Adding Object Animation 3. Animating Multimedia Playback

Slide Shows 1. Start a Slide Show 2. Slide Show Pointer Options 3. Using Custom

Shows 4. Set Up Show 5. Record a Slide Show 6. Rehearsing Timings 7. Subtitles in a Slide Show 8. Save a Slide Show as a Video 9. Save as Show 10. Publish to Stream 11. Hide a Slide in a Slide Show 12. Rehearse with Coach Zooms, Links, and Actions 1. Using Zooms 2. Using Links 3. Using Actions Printing Your Presentation 1. Changing Slide Size 2. Setting the Slide Header and Footer 3. Previewing and Printing Presentations 4. Check Accessibility 5. Create a PDF Document Using Presentation Masters 1. Using Slide Masters and Slide Layouts 2. Using the Notes Master 3. Using the Handout Master 4. Saving a Presentation Template Helping Yourself 1. Using PowerPoint Help 2. The Tell Me Bar and Microsoft Search PowerPoint Options and Export Options 1. Setting PowerPoint Options 2. Creating an Animated GIF 3. Package a Presentation for CD 4. Exporting Handouts to Word

HTML5 Digital Classroom Jeremy Osborn,AGI Creative Team,2011-09-13 This training package - complete with full-color book and instructional video - is the easiest way to learn HTML5! HTML5 boasts extensive new features that allow you to create dynamic web pages and present users with amazing multimedia experiences, and this one-of-a-kind training package is your guide to creating websites that wow! HTML5 Digital Classroom provides step-by-step instruction to help you gain the essential HTML5 knowledge you need to master the latest HTML5 specifications. This book-and-video package will have you creating web pages and web applications using HTML5, styling using CSS3, and working effectively with JavaScript and jQuery like a pro. This personal training course uses a full-color book plus video tutorials to teach you how to design compelling websites and web apps, develop your coding skills, and take full advantage of the new web standards for creating rich multimedia experiences. This book starts at a foundational level with an introduction to HTML5 before moving on to more advanced topics like creating HTML5 forms, using geo location, implementing drag-and-drop, utilizing the Canvas element to create 2D and 3D graphics, and more. Includes 15 lessons in full-color

covering introductory to advanced HTML5 topics plus video tutorials and sample files that allow you to test your skills and work at your own pace Fully updated for the latest HTML5 specifications and browser capabilities Covers the basics of creating web pages with HTML5, formatting text and layouts with CSS3, using web fonts, understanding HTML5 markup, and optimizing your site for viewing on mobile devices Explains more advanced concepts like working with video and audio, taking advantage of offline storage, using the Canvas element, enhancing your website with JavaScript and jQuery, and incorporating best practices for web coding into your workflow Get comfortable with writing and reviewing HTML5 compliant code and put your web development skills to work today with HTML5 Digital Classroom. NOTE: DVD and other supplementary materials are not included as part of eBook file. These materials are available for download upon purchase.

Adobe Flash Professional CC Classroom in a Book (2014 release) Russell Chun, 2014-08-06 The fastest, easiest, most comprehensive way to learn Flash Professional CC (2014 release) Classroom in a Book®, the best-selling series of hands-on software training workbooks, offers what no other book or training program does—an official training series from Adobe Systems Incorporated, developed with the support of Adobe product experts. Adobe Flash Professional CC Classroom in a Book contains 10 lessons that cover the basics, providing countless tips and techniques to help you become more productive with the program. You can follow the book from start to finish or choose only those lessons that interest you. In addition to learning the key elements of the Flash Professional interface, this completely revised CC (2014 release) edition covers new features, including the Variable Width stroke tool, the new Motion Editor panel, and improved export to Web Standards formats like HTML5 and SVG. Purchasing this book gives you access to the downloadable lesson files you need to work through the projects in the book, and to electronic book updates covering new features that Adobe

releases for Creative Cloud customers. For access, goto www.peachpit.com/redeem and redeem the unique code provided inside this book. “The Classroom in a Book series is by far the best training material on the market. Everything you need to master the software is included: clear explanations of each lesson, step-by-step instructions, and the project files for the students.” Barbara Binder, Adobe Certified Instructor Rocky Mountain Training

HTML5 for Flash Developers Matt Fisher,2013-01-01 A step by step guide with detailed examples.Experienced Flash AS3 programmers who are making the switch to Javascript and HTML5.

Recent Advances in Electrical Engineering, Electronics and Energy Miguel Botto Tobar, Henry Cruz, Angela Díaz Cadena,2021-03-24 This book constitutes the proceedings of the XV Multidisciplinary International Congress on Science and Technology (CIT 2020), held in Quito, Ecuador, on 26–30 October 2020, proudly organized by Universidad de las Fuerzas Armadas ESPE in collaboration with GDEON. CIT is an international event with a multidisciplinary approach that promotes the dissemination of advances in Science and Technology research through the presentation of keynote conferences. In CIT, theoretical, technical, or application works that are research products are presented to discuss and debate ideas, experiences, and challenges. Presenting high-quality, peer-reviewed papers, the book discusses the following topics: • Electrical and Electronic • Energy and Mechanics

The Nook Book Patrick Kanouse,2012 Covers NOOK Simple Touch, NOOK Tablet, and NOOK Color--Cover.

NSCA's Essentials of Sport Science NSCA -National Strength & Conditioning Association,Duncan French,Lorena Torres Ronda,2021-01-27 Within the domain of sport, the application of science is more apparent than ever before. Not only are universities and academic

institutions scientifically investigating sport as one element of human performance, but professional teams, sporting organizations, and private training companies are embracing approaches that use scientific principles to help their athletes and teams gain a competitive edge in sporting competition. The potential for applying science to sport training and sport performance is vast. There is a demand for sport scientists who can collect and convert data into valuable information—information that drives decision making and directly influences performance outcomes. To address this growing need, the world-renowned National Strength and Conditioning Association developed the Certified Performance and Sport Scientist (CPSS) certification, along with the must-have reference for anyone in the field. NSCA's *Essentials of Sport Science* features contributions from 52 globally recognized experts and thought leaders from the field of sport science. It is the only resource to go beyond sport science's foundations—physiology, biochemistry, biomechanics, nutrition, and skill acquisition—to address the use of statistics and broader fields of data science, analytics, and technology management. Readers will explore every aspect of the sport scientist's role: understanding training theory, performing needs analyses, conducting athlete monitoring and assessment, managing data and analytics, and educating and disseminating information. The integration of these technical skills will guide sport scientists in drawing conclusions that can be used to manipulate training methods and shape competition strategies for the betterment of athletes' health, well-being, and performance. NSCA's *Essentials of Sport Science* offers a holistic overview of the technical expertise, skills, and knowledge required to operate effectively as a modern-day sport scientist. Further, it will help prepare candidates for the NSCA's CPSS certification exam and aid all sport scientists in acquiring and using the best available evidence—at the right time, in the right environment, and for the right individual—to maximize their performance.

The 2021 Web Almanac Eric A. Meyer, Shuvam Manna, Nishu Goel, Alex Lakatos, Jono Alderson, Andrea Volpini, Eric Portis, Doug Sillars, Ingvar Stepanyan, Barry Pollard, Patrick Stox, Tomek Rudzki, Ian Lurie, Alex Tait, Scott Davis, Olu Niyi-Awosusi, Gary Wilhelm, Katriel Paige, Sia Karamalegos, Yana Dimova, Victor Le Pochat, Saptak Sengupta, Tom Van Goethem, Nurullah Demir, Jamie Indigo, Dave Smart, Ashley Berman Hale, Christian Liebel, Demian Renzulli, Alon Kochba, Tom Robertshaw, Artem Denysov, John Teague, Kevin Farrugia, Navaneeth Krishna, Lode Vandevenne, Moritz Firsching, Jyrki Alakuijala, Leonardo Zizzamia, Jessica Nicolet, Dominic Lovell, 2021-12-01 The Web Almanac is an annual research project by the web development community to better understand how the web is built and experienced. Industry experts and a team of peer reviewers and data analysts research the state of the web, one chapter at a time, focused in areas of web page composition, user experience, content publishing, and content delivery. The result is a richly detailed report brimming with insightful analysis written by subject matter experts built on a solid foundation of statistics aggregated over millions of top websites.

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