“The writing style is easy to read, and it clearly translates technical information into a reader-friendly format.”
—Physical Therapy (review of third edition)


The student-friendly fourth edition of Motor Learning and Performance: A Situation-Based Learning Approach outlines the principles of motor skill learning, develops a conceptual model of human performance, and shows students how to apply the concepts of motor learning and performance to a variety of real world settings. Straightforward explanations of motor skill concepts and accompanying research are reinforced with both ordinary and extraordinary examples of motor skill activities, such as driving a car, playing the banjo, and mountain climbing. By applying the concepts of motor learning to familiar scenarios, the material comes alive for students, leading to better retention of information and greater interest in the application of motor performance and learning in their everyday lives and future careers.

Motor Learning and Performance: A Situation-Based Learning Approach, Fourth Edition with Web Study Guide
Richard A. Schmidt, PhD, and Craig A. Wrisberg, PhD
©2008 • Hardback • 416 pp
$83.00 ($89.95 CDN, £49.95 UK, €59.90 EURO)
$44.00 ($47.95 CDN, £34.95 UK, €41.90 EURO)

Includes an online student study guide with lab activities!
The online study guide will help students understand and apply theories and research findings with the following tools:
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$27.00 ($28.95 CDN, £21.50 UK, €25.80 EURO)

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$304.00 ($327.95 CDN, £243.95 UK, €292.70 EURO)

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To further solidify their understanding, students are provided with a key code with new texts allowing them to access an interactive online student resource containing 33 lab activities that can be printed, 21 learning exercises, and more than 200 video clips with footage focusing on infants, toddlers, young children, adolescents, and adults performing fundamental motor skills. Selected video clips are also used with many of the lab activities to provide visual examples of developmental levels.
The online student resource is also available as a separate component • ISBN 978-0-7360-8296-9
$30.00 ($31.95 CDN, £23.95 UK, €28.70 EURO)
The classic, comprehensive introduction to motor control and learning

**Audiences:** A text for graduate and upper-level undergraduate courses in motor control and learning. Also a reference for academic libraries and professionals working in human movement fields.

Significantly updated, the fifth edition of *Motor Control and Learning: A Behavioral Emphasis* combines text, figures, and practical examples to explain this complex topic in a clear and comprehensive manner. This outstanding introduction to the field focuses on motor behavior that can be observed directly as well as the many factors that affect the quality of these performances and the ease with which they can be learned. Additionally, the text examines some of the neurological and biomechanical processes that create complex movement behaviors, reflecting the convergence toward a shared understanding of complex movement behaviors across the fields of motor behavior and motor learning, motor control, and biomechanics.

Motor Control and Learning, Fifth Edition, frames the important issues, theories, people, and research from the field in a reader-friendly way. Schmidt and Lee, respected researchers and authors, continue to refresh this classic and comprehensive text through the following features:

- More than 280 new references and approximately 50 pages of new content
- Expanded information on attention, human motor performance, and the learning process
- New research highlight boxes, which present issues relevant to the chapter’s topic in a reader-friendly way
- Historical highlight boxes that present the historical connection to certain concepts and principles of motor behavior
- New end-of-chapter study tools, including a summary, student assignments, Web resources, and notes to help students grasp important concepts and prepare for exams
- A new image bank for professors that provides access to all the images in the text for use in handouts and PowerPoint presentations

The text presents the complex topic of motor control and learning in a precise manner that students can easily understand. New and updated diagrams offer visual explanations, and practical examples illustrate key concepts and provide concrete suggestions for application. Sidebars throughout the text provide more detailed treatment of specific research to ensure comprehension. The fifth edition features a logical progression wherein later chapters build on earlier chapters, resulting in a consistent framework of ideas about motor skills.

**Motor Control and Learning: A Behavioral Emphasis, Fifth Edition**  
Richard A. Schmidt, PhD, and Timothy D. Lee, PhD  
©2011 • Hardback • 592 pp  
$94.00 ($101.95 CDN, £59.95 UK, €71.90 EURO)  
$52.00 ($55.95 CDN, £41.95 UK, €50.30 EURO)

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**Use attentional focus to speed learning**

Attention and Motor Skill Learning explores how a person’s focus of attention affects motor performance and, in particular, the learning of motor skills. It synthesizes the knowledge coming from recent research examining the effects of attentional focus on motor performance and learning, and it provides practical implications for both instructional and rehabilitative settings. The book also explains how directing attention to an external focus can speed the learning process and lead to more effective performance of motor skills.

**Attention and Motor Skill Learning**  
Gabriele Wulf, PhD  
©2007 • Hardback • 224 pp • ISBN 978-0-7360-6270-1  
$61.00 ($65.95 CDN, £39.95 UK, €47.90 EURO)
Learn the building blocks of motor behavior

**Audiences:** A textbook for undergraduates; a reference for guidance counselors, university placement centers, and libraries.

Motor behavior is a fascinating field of study with real-world applications in a variety of careers. *Fundamentals of Motor Behavior* provides students with an excellent introductory-level look at the opportunities in this exciting area. Engaging and reader-friendly, the text will enable those with little or no background in motor behavior to see the objectives that researchers and practitioners in the field pursue, the career options available, and the education required for pursuing a career in the field.

One of the many strengths of *Fundamentals of Motor Behavior* is its focus on the real-world application of the information presented. The text takes concepts taught in advanced motor behavior courses and shows how they are relevant to everyday living. With this approach, even students who know nothing about motor behavior will feel comfortable learning new terms and material.

*Fundamentals of Motor Behavior*
Jeffrey T. Fairbrother, PhD
©2010 • Paperback • 184 pp
Print: 978-0-7360-7714-9
$29.00 ($30.95 CDN, £19.95 UK, €23.90 EURO)
$16.00 ($16.95 CDN, £13.95 UK, €16.70 EURO)

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**Vision and Goal-Directed Movement**

**Audiences:** A reference for researchers and a supplemental text for upper-level undergraduate or graduate-level courses.

To interact with the environment, an individual must code, store, and translate spatial information into the appropriate motor commands for achieving an outcome. Working from this premise, *Vision and Goal-Directed Movement: Neurobehavioral Perspectives* discusses how visual perception, attention, and memory are linked to the processes of generating voluntary movements, the text allows students to better understand how the brain generates control signals and how the peripheral apparatus executes them.

*Vision and Goal-Directed Movement: Neurobehavioral Perspectives*
Digby Elliott, PhD, and Michael Khan, PhD, Editors
©2010 • Hardback • 456 pp
$69.00 ($74.95 CDN, £51.95 UK, €62.30 EURO)
$38.00 ($40.95 CDN, £33.95 UK, €40.70 EURO)

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**Examine the control and coordination of voluntary movements**

**Audiences:** A text for upper-level undergraduate and graduate courses.

*Neurophysiological Basis of Movement, Second Edition*, has been thoroughly updated and expanded, making it more comprehensive and accessible to students. With eight new chapters and 130 pages of fresh material, this second edition covers a wide range of topics, including movement disorders and current theories of motor control and coordination. By emphasizing the neurophysiological mechanisms relevant to the processes of generating voluntary movements, the text allows students to better understand how the brain generates control signals and how the peripheral apparatus executes them.

*Neurophysiological Basis of Movement, Second Edition*
Mark L. Latash, PhD
©2008 • Hardback • 440 pp • ISBN 978-0-7360-6367-8
$74.00 ($79.95 CDN, £49.95 UK, €59.90 EURO)

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**Study the impact of vision on controlled movement**

**Audiences:** A reference for researchers and a supplemental text for upper-level undergraduate or graduate-level courses.

To interact with the environment, an individual must code, store, and translate spatial information into the appropriate motor commands for achieving an outcome. Working from this premise, *Vision and Goal-Directed Movement: Neurobehavioral Perspectives* discusses how visual perception, attention, and memory are linked to the processes of generating voluntary movements, the text allows students to better understand how the brain generates control signals and how the peripheral apparatus executes them.

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**Scientific evidence of perception-action coupling in sport**

**Audiences:** A reference for researchers and a supplemental text for upper-level undergraduate or graduate-level courses.

*Perception, Cognition, and Decision Training: The Quiet Eye in Action* presents three innovations and applies them to a variety of sports and settings. The first is the vision-in-action method of recording what athletes actually see when they perform. The second is the quiet eye phenomenon that has a solid research foundation and has attracted considerable media attention. The third innovation is decision training to identify not only how athletes make performance decisions but also how to facilitate visual perception and action to enhance performance. Author Joan Vickers takes the next step by integrating all three innovations into a system for helping athletes improve. Together, these advances provide scientific evidence of the effectiveness of perception–action coupling in athletes’ training.

*Perception, Cognition, and Decision Training: The Quiet Eye in Action*
Joan N. Vickers, PhD
©2007 • Hardback • 280 pp • ISBN 978-0-7360-4256-7
$74.00 ($79.95 CDN, £49.95 UK, €59.90 EURO)

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First text to combine the fields of motor learning and development

**Audiences:** A textbook for undergraduate courses combining the study of motor learning and motor development. A reference for academic libraries, motor behavior specialists, and activity program developers.

Based on the latest research from the field, *Motor Learning and Development* explains how motor development affects motor learning and provides a framework for establishing programs that facilitate skill acquisition for all learners. This first-of-its-kind undergraduate text serves as a primary resource for integrating this broad range of material within a single course. *Motor Learning and Development* examines the development of movement skill in humans from infancy to older adulthood and how differing motor, cognitive, and social abilities affect when, why, and how an individual learns motor skills.

Readers will learn how to prepare, develop, and implement developmentally appropriate movement programs. The text examines concepts such as these:
- Structuring the learning environment to positively influence the physical, instructional, and affective factors in motor learning
- Setting goals and introducing motor skills through the use of demonstrations, verbalizations, attention directing, and physical guidance
- Designing and structuring effective practice sessions
- Types of feedback and their functions as well as effective feedback scheduling

*Motor Learning and Development*

Pamela S. Haibach, PhD, Greg Reid, PhD, and Douglas H. Collier, PhD
©2011 • Hardback • Approx. 440 pp

$69.00 ($74.95 CDN, £55.99 UK, €67.20 EURO)

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Relate growth to physical activity and performance

The second edition of *Growth, Maturation, and Physical Activity* is the most comprehensive text on the subject. This edition features outlines at the beginning of each chapter that allow students to review major concepts, ten lab activities, and discussions that span current problems in public health.

*Growth, Maturation, and Physical Activity, Second Edition,* covers many topics, including techniques for the assessment of body composition, the study of skeletal muscle, the human genome, the hormonal regulation of growth and maturation, clarification of dietary reference intakes, and the study of risk factors for several adult diseases.

*Growth, Maturation, and Physical Activity, Second Edition*
Robert M. Malina, PhD, Claude Bouchard, PhD, and Oded Bar-Or, MD
©2004 • Hardback • 728 pp • ISBN 978-0-88011-882-8
$84.00 ($90.95 CDN, £54.95 UK, €65.90 EURO)

Learn about motor abilities during the first two years of life

*Infant Motor Development* is the first text to concentrate on motor development during infancy—the stage in which the greatest qualitative changes in the life span occur. The text integrates information from a variety of disciplines to encourage a broad understanding of infant motor development. It combines theory with application to provide the most current account of infant motor ability and disability—including the latest prenatal research—all in one comprehensive resource. *Infant Motor Development* presents criteria for selecting the most appropriate assessment tool and intervention strategies to improve the motor functioning of infants with particular problems.

*Infant Motor Development*
Jan P. Piek, PhD
©2006 • Hardback • 344 pp • ISBN 978-0-7360-0226-4
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**Expert Performance in Sports: Advances in Research on Sport Expertise**
Janet L. Starkes, PhD, and K. Anders Ericsson, PhD, Editors
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**Innovative Analyses of Human Movement**
Nicholas Stergiou, PhD, Editor
©2004 • Hardback • 344 pp • ISBN 978-0-7360-4467-7
$92.00 ($98.95 CDN, £64.95 UK, £77.90 EURO)
47 narratives show how motor control and learning affect everyday actions

Audiences: A supplemental text for undergraduate and graduate motor behavior, motor learning, and motor control courses. Also a reference for academic libraries and researchers.

Motor Control in Everyday Actions presents 47 true stories that illustrate the phenomena of motor control, learning, perception, and attention in sport, physical activity, home, and work environments. At times humorous and sometimes sobering, this unique text provides an accessible application-to-research approach to spark critical thinking, class discussion, and new ideas for research. The stories in Motor Control in Everyday Actions illustrate the diversity and complexity of research in perception and action and motor skill acquisition. More than interesting anecdotes, these stories offer concrete examples of how motor behavior, motor control, and perception and action errors affect the lives of both well-known and ordinary individuals in various situations and environments.

Readers will be entertained with real-life stories that illustrate how research in motor control is applicable to real life:

- Choking Under Pressure examines information processing and how it changes under pressure.
- The Gimme Putt shows how Schmidt’s law can be used to predict the accuracy of golf puts.

Motor Control in Everyday Actions
Timothy D. Lee, PhD
©2011 • Hardback • 248 pp
$39.00 ($41.95 CDN, £31.99 UK, €38.40 EURO)
$21.00 ($22.95 CDN, £16.99 UK, €20.40 EURO)

Examine variability across various disciplines

Movement System Variability synthesizes the latest research in the study of variability in the human movement system and provides an in-depth, multidisciplinary analysis for researchers in human movement sciences and related fields. The unique dynamical systems perspective of the text adds a new theoretical interpretation to the role of variability in movement behavior and provides fresh insights into the nature and function of variability.

Movement System Variability
Keith Davids, PhD, Simon Bennett, PhD, and Karl Newell, PhD, Editors
©2006 • Hardback • 376 pp • ISBN 978-0-7360-4482-0
$71.00 ($76.95 CDN, £49.95 UK, €59.90 EURO)

The only interdisciplinary text devoted to qualitative analysis

Qualitative Analysis of Human Movement, Second Edition, is the only available textbook entirely devoted to qualitative analysis. It includes more than 50 references from the field and several examples of the application of qualitative analysis. The interdisciplinary approach, supplemented by the interactive CD-ROM that illustrates the qualitative analysis process with exercise and video clips, deftly shows how to blend practical experience with theoretical sport science to improve human movement.

Qualitative Analysis of Human Movement, Second Edition
Duane V. Knudson, PhD, and Craig S. Morrison, EdD
©2002 • Hardback with CD-ROM for PC • 264 pp
$60.00 ($64.95 CDN, £42.95 UK, €51.50 EURO)

An in-depth application of constraints to movement skill acquisition

Dynamics of Skill Acquisition: A Constraints-Led Approach provides a comprehensive analysis of the evolution of the constraints-led perspective. It is the first text to outline the development of a conceptual model of coordination and control within a multidisciplinary framework, capturing the various interlocking scales of analysis and the many subsystems involved in producing behavior.

Dynamics of Skill Acquisition: A Constraints-Led Approach
Keith Davids, PhD, Chris Button, PhD, and Simon Bennett, PhD
©2008 • Hardback • 264 pp • ISBN 978-0-7360-3686-3
$68.00 ($72.95 CDN, £47.95 UK, £57.50 EURO)

Bring empowerment to motor skill learning

Ecological Task Analysis and Movement presents the Ecological Task Analysis (ETA) model, which offers strategies for replacing authoritarian practices by promoting student choice and an empowerment approach to learning. The text not only helps researchers design methodologically sound studies to test ETA principles, but it also shows practitioners how to apply these principles in coaching, teaching, or therapy.

Ecological Task Analysis and Movement
Walter E. Davis, PhD, and Geoffrey D. Broadhead, PhD, Editors
©2007 • Hardback • 344 pp
$79.00 ($84.95 CDN, £54.95 UK, £65.90 EURO)
$41.00 ($43.95 CDN, £32.99 UK, £39.60 EURO)
Motor Control (MC) provides a multidisciplinary, international forum for the exchange of scientific information on the control of human movement across the life span, including issues related to motor disorders. To this end, MC publishes clinical, experimental, modeling, and theoretical studies from a variety of disciplines, including biomechanics, kinesiology, neurophysiology, neuroscience, psychology, physical medicine, and rehabilitation. The journal is expanding in scope to include more papers based on modeling and experimental studies that utilize cells, tissues, and organ systems.

Many of the articles in Motor Control focus on the field of voluntary movement, including a category of articles on the history of the field. Recent issues of MC have also addressed topics such as how the brain solves redundancy problems, the effects of low-dose alcohol consumption on postural control, and visual feedback control in human locomotion during avoidance of obstacles that change size. Future articles will continue to examine the controversial issue of motor synergies.

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*Motor Control is the official journal of the International Society of Motor Control.*

Authoritative coverage of current issues in biomechanics

The Journal of Applied Biomechanics (JAB) is a quarterly journal devoted to the study of musculoskeletal or neuromuscular biomechanics in human movement, sport, and rehabilitation with application to clinical problems, sports and exercise, mathematical modeling, gait analysis, neural control, and orthopedics. The journal contains research articles, technical notes, review articles, and other pertinent information highlighting current advances in the field. JAB accepts articles that pertain to research studies on the effect and control of the forces that act on and that are produced by the human body. It also publishes reviews on topics of applied biomechanics and is divided into six editorial sections: biomechanical modeling, clinical biomechanics, gait and posture mechanics, musculoskeletal biomechanics, neuromuscular biomechanics, and sport mechanics.

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*The Journal of Applied Biomechanics is an official journal of the International Society of Biomechanics.*

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**Audiences:** An undergraduate-level text for students in sport and exercise science, kinesiology, exercise physiology, biomechanics, or physiotherapy programs; also a reference for graduate students and professionals.

*Structure and Function of the Musculoskeletal System, Second Edition,* integrates anatomy and biomechanics to describe the intimate relationship between the structure and function of the musculoskeletal system. The second edition includes nearly 700 detailed, full-color illustrations showing key structures and biomechanical properties of the musculoskeletal system. Following a systematic approach, *Structure and Function of the Musculoskeletal System* covers topics such as these:

- The basic composition and function of the musculoskeletal system
- Mechanical concepts and principles that underlie human movement
- Functional anatomy of the skeletal, connective tissue, articular, and neuromuscular systems
- Mechanical characteristics of musculoskeletal components
- Structural adaptation of musculoskeletal components
- The etiology of musculoskeletal disorders and injuries

*Structure and Function of the Musculoskeletal System, Second Edition*
James Watkins, PhD
©2010 • Hardback • 408 pp
$82.00 ($88.95 CDN, £59.50 UK, €71.40 EURO)
$44.00 ($47.95 CDN, £39.95 UK, €47.90 EURO)

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"...A clear, interesting, and informative text... ideally suited for a first course in biomechanics." — Athletic Therapy Today (review of first edition)

**Audiences:** A text for undergraduate sport biomechanics courses; a reference for graduate students, sport biomechanists, exercise scientists, athletic trainers, and sport physical therapists.

Like the groundbreaking first edition, *Biomechanics of Sport and Exercise, Second Edition,* introduces exercise and sport biomechanics in simple and concise terms rather than focusing on complex math and physics. The text allows readers to discover the principles of biomechanics through observation of common activities. By observing ordinary activities firsthand, readers will be able to develop functional and meaningful explanations, resulting in a deeper understanding of the underlying mechanical concepts. This practical approach combines striking visual elements with clear and concise language to encourage active learning and improved comprehension.

*Biomechanics of Sport and Exercise, Second Edition*
Peter M. McGinnis, PhD
$80.00 ($85.95 CDN, £49.95 UK, €59.90 EURO)

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FREE to course adopters and available online at [www.HumanKinetics.com/biomechanicsofsportandexercise](http://www.HumanKinetics.com/biomechanicsofsportandexercise)
- Instructor guide • Test package

Learn the fundamental concepts of electromyography

**Audiences:** Reference for exercise scientists in motor control and biomechanics, biomedical engineers, physical therapists, occupational therapists, athletic trainers, motor development specialists, and researchers.

*Essentials of Electromyography* provides the perfect starting point for those who plan to use EMG because it aids in the comprehension of issues ranging from handling noise contamination to the area, slope, and variability of the EMG signal. The text is also a solid reference for practitioners who use EMG.

The text provides a solid review of the relationship between human anatomy and EMG as well as how EMG is applied to clinical areas. It showcases over 160 figures and many qualitative explanations to communicate the principles of EMG, the biophysical basis of EMG, and the appropriate applications of EMG.

*Essentials of Electromyography*
Gary Kamen, PhD, and David A. Gabriel, PhD
©2010 • Hardback • 280 pp
$58.00 ($62.95 CDN, £41.95 UK, €50.30 EURO)
$31.00 ($32.95 CDN, £26.95 UK, €32.30 EURO)

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The image bank is also available for purchase • ISBN 978-0-7360-7746-0 • $195.00 ($210.95 CDN, £156.99 UK, €188.40 EURO)
“Finally, an authoritative text that provides a scientific foundation for understanding the mechanics of musculoskeletal injury.”

—Roger M. Enoka, University of Colorado at Boulder (review of first edition)

**Audiences:** A text for upper-undergraduate courses in exercise science, kinesiology, human movement studies, physical education, biomechanics, physical therapy, occupational therapy, and athletic training; a reference for professionals and researchers in these fields.

*Biomechanics of Musculoskeletal Injury, Second Edition,* presents clear, accessible explanations of the biomechanical principles of injury and how injuries affect the normal function of muscles, connective tissue, and joints. Packed with more than 400 illustrations, the text provides a solid foundation for in-depth study with a comprehensive examination the mechanical aspects of injury and the concept of injury as a stimulus for beneficial tissue adaptations as well as how injury affects the normal function of the human musculoskeletal system. It looks at mechanical parameters such as force, stress and strain, stiffness, and elasticity and their application to tissue mechanics and injury; how connective tissues respond to mechanical loading; and how lifestyle choices might lessen the chance or severity of injury. The text also describes how the principles of mechanical load and overload, use and overuse, level and progression of injury, and the many contributory factors involved in injury combine to form a backdrop for viewing specific musculoskeletal injuries.

*Biomechanics of Musculoskeletal Injury, Second Edition*
William C. Whiting, PhD, and Ronald F. Zernicke, PhD
©2008 • Hardback • 360 pp • ISBN 978-0-7360-5442-3
$74.00 ($79.95 CDN, £49.95 UK, €59.90 EURO)

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Integrate biomechanics and neurophysiology in the study of human movement

**Audiences:** A text for upper-undergraduate and graduate courses in biomechanics or motor control; a reference for professionals in biomechanics, motor behavior, neuroanatomy, and muscle physiology as well as musculoskeletal and neuromuscular rehabilitation specialists.

*Neuromechanics of Human Movement, Fourth Edition,* provides a scientific foundation to the study of human movement by exploring how the nervous system controls the actions of muscles to produce human motion in relation to biomechanical principles. Throughout the text, the content is visually reinforced with more than 750 illustrations and contains more than 1,500 updated references and suggested reading lists for each chapter.

This fourth edition contains significant content updates:
- New coverage of electromyography (EMG) that demonstrates the connection between the nervous system and the muscles
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*Neuromechanics of Human Movement, Fourth Edition*
Roger M. Enoka, PhD
$81.00 ($86.95 CDN, £54.95 UK, €65.90 EURO)

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Examine human movement using a quantitative biomechanical analysis

**Audiences:** An upper-undergraduate or graduate-level text for students in advanced biomechanics courses; a reference for professionals studying human movements.

*Biomechanical Analysis of Fundamental Human Movements* takes a unique approach by focusing on activities and then identifying the biomechanical concepts that best facilitate understanding of those activities. The text’s scientific and mathematical focus allows readers to gain an understanding of human biomechanics that will enhance their ability to estimate or calculate loads applied to the body as a whole or induced individual structures.

Fundamental human activities and their variations are analyzed using a specific seven-point format that helps readers identify the biomechanical concepts that explain how the movements are made and how they can be modified to correct problems.

*Biomechanical Analysis of Fundamental Human Movements*
Arthur E. Chapman, PhD
©2008 • Hardback • 320 pp • ISBN 978-0-7360-6402-6
$84.00 ($90.95 CDN, £55.95 UK, €67.10 EURO)
Modify technique to achieve optimal performance

**Audiences:** A textbook for students enrolled in sports science curriculums who have already completed a structural anatomy course. A reference for those interested in studying components of athletic ability.

*Applied Anatomy and Biomechanics in Sport, Second Edition*, relies on current research findings and proven methods in developing physical athletic performance to help readers learn to recognize and use appropriate methods to develop optimal physical qualities for skilled performance. The text categorizes 30 international sports into nine distinct groups organized by common features. Within each group, techniques that improve performance are analyzed with specific examples given from a variety of international coaches.

The applied nature of the content is enhanced through a building-block approach that facilitates the understanding of the elements of human performance and how the interaction of those elements can be fine-tuned. Using this text, readers can integrate and apply the elements of body structure, body composition, assessment, physiology, and biomechanics to assess current capabilities and enhance the performance of athletes.

*Applied Anatomy and Biomechanics in Sport, Second Edition*
Timothy R. Ackland, PhD, Bruce C. Elliott, PhD, and John Bloomfield, PhD, Editors
©2009 • Hardback • 376 pp • ISBN 978-0-7360-6338-8
$60.00 ($64.95 CDN, £42.95 UK, €51.50 EURO)

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“**This is a fine blend between science and practical application by a credible author. The author is in a unique position to share his own valuable research and clinical experience to advance the treatment of alleviating low back disorders.**”

—Doody’s Book Review

**Audiences:** A reference for physical and occupational therapists, sport and orthopedic physicians, rehabilitation specialists, athletic trainers, and fitness specialists. Also useful for students as a primary or secondary resource on low back disorders.

In *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*, internationally recognized low back specialist Stuart McGill presents original research to quantify the forces that specific movements and exercises impose on the low back, dispels myths regarding spine stabilization exercises, and suggests prevention approaches and strategies to offset injuries and restore function.

With *Low Back Disorders, Second Edition*, you will

- gain valuable information on measured loading of the back during specific activities and apply it to avoid common—but counterproductive—practices in back rehabilitation;
- learn how to analyze each patient’s or client’s unique physical characteristics and lifestyle factors to tailor preventive measures and treatments to individual needs;
- learn how to help patients and clients progress through the stages of rehabilitation: corrective exercise, stability or mobility, endurance, and strength; and
- acquire the information necessary to design an effective injury-prevention program.

*Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*
Stuart McGill, PhD
©2007 • Hardback • 328 pp • ISBN 978-0-7360-6692-1
$63.00 ($67.95 CDN, £42.95 UK, €51.50 EURO)

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**Reduce injury risk and increase physical capability in sport settings**

**Audiences:** A reference for biomechanists, exercise physiologists, ergonomists, physical and occupational therapists, athletic trainers, sports physicians, personal trainers, and fitness specialists. Also a text for physical therapy students.

*Ergonomics in Sport and Physical Activity: Enhancing Performance and Improving Safety* is the first text to provide an in-depth discussion of how the principles of ergonomics can be applied in the context of sport and other physical activities to reduce injury and improve performance. The text blends concepts from biomechanics, physiology, and psychology as it shows how ergonomics is applied to physical activity.

This comprehensive text outlines methods for assessing risk in and procedures for dealing with stress, eliminating hazards, and evaluating challenges posed in specific work or sport environments. It discusses issues such as the design of effective equipment, clothing, and playing surfaces; methods of assessing risk in situations; and staying within appropriate training levels to reduce fatigue and avoid overtraining. The text not only examines sport ergonomics but also discusses ergonomic considerations for physically active special populations.

*Ergonomics in Sport and Physical Activity: Enhancing Performance and Improving Safety*
Thomas Reilly, PhD, DSc, FEngS, FIBiol
©2010 • Hardback • 304 pp • ISBN 978-0-7360-6932-8
$59.00 ($63.95 CDN, £40.95 UK, £49.10 EURO)
$29.00 ($30.95 CDN, £26.95 UK, £32.30 EURO)
Implement and interpret functional testing methods

*Audiences*: A reference for physical therapists, athletic trainers, fitness professionals, physicians, and chiropractors.

*Functional Testing in Human Performance* offers clinicians the first-ever compilation of information on clinical and data-based functional testing for sport, exercise, and occupational settings. This unique text serves as a primary resource for accurate assessment of individuals’ functional abilities in order to develop program prescriptions to enhance their performance.

Each test is organized in a step-by-step manner outlining the purpose of the test, equipment needed, testing procedure, interpretation of results, and the data to suggest normative values, reliability, and validity for each test. Specific details and recommendations on performing performance-oriented tests for sports, occupation, and fitness are also provided. To enhance understanding, a companion DVD features live-action demonstrations of 40 of the most advanced tests. Icons on those test pages indicate they are modeled on the DVD.

The text also includes case studies that illustrate a variety of situations—including testing for a client recovering from a lower-extremity injury, discussing preseason testing for a large group of athletes, and presenting the study of a client in an occupational setting. These cases include detailed statistical analysis and normative data, offering clinicians the opportunity to consider the application of functional testing and implementation strategies adaptable to their specific practice setting.

*Functional Testing in Human Performance*
Michael P. Reiman, PT, and Robert C. Manske, PT
©2009 • Hardback with DVD • 328 pp • ISBN 978-0-7360-6879-6
$77.00 ($82.95 CDN, £56.95 UK, €68.30 EURO)

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