

# NEW TITLES



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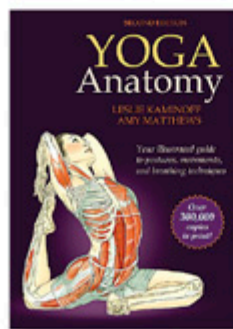
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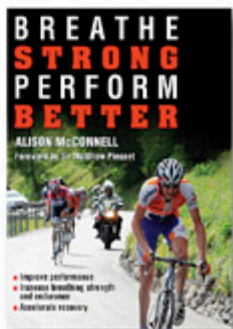
NEW TITLES

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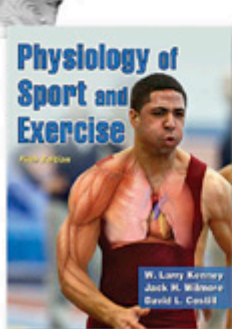
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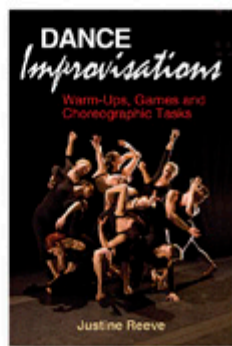
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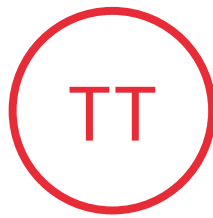


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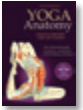













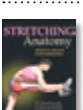





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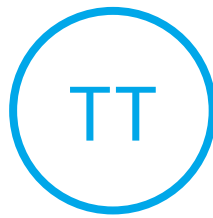
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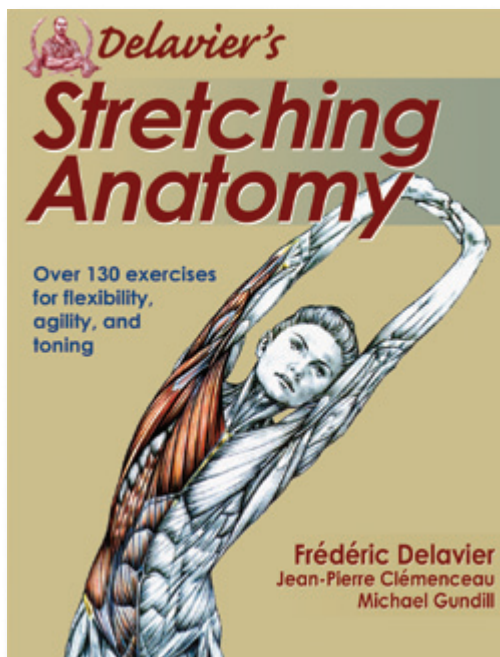


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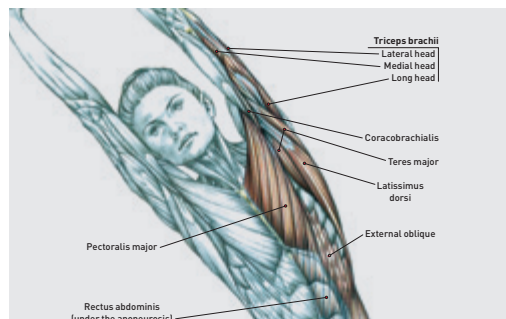
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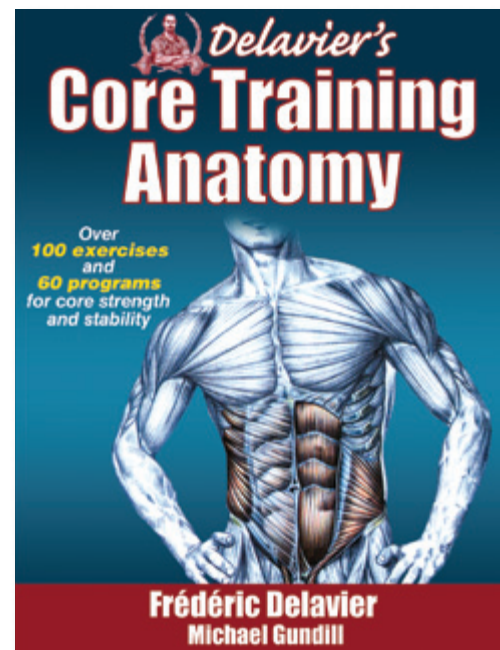
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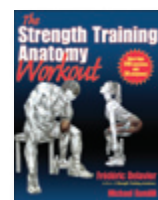


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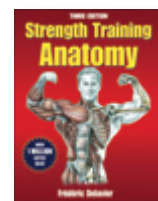
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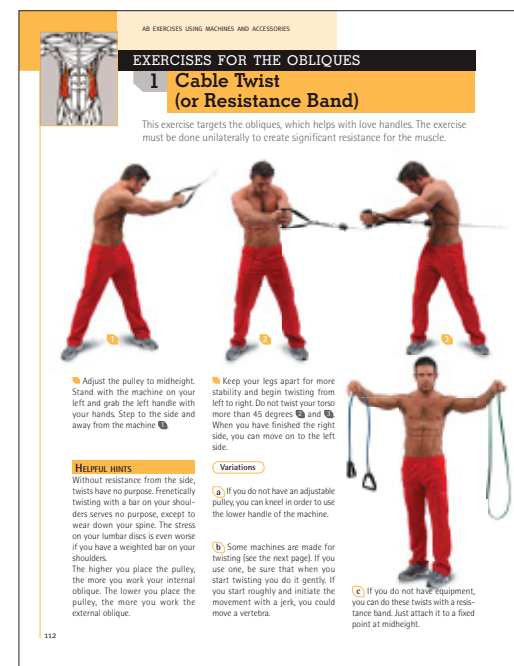


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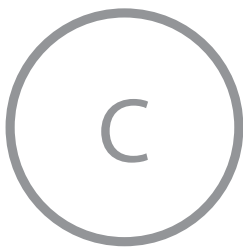
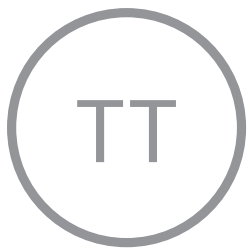
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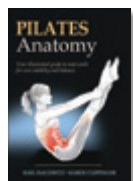
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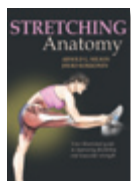


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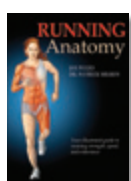


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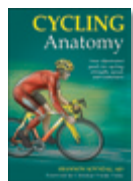


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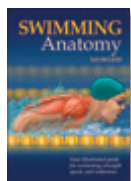


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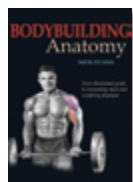


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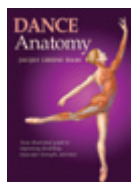


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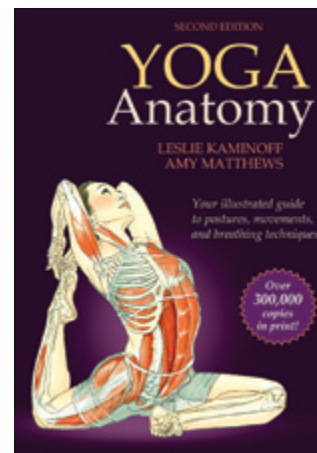
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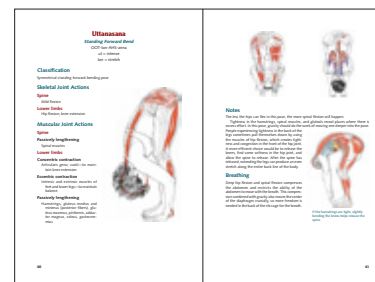
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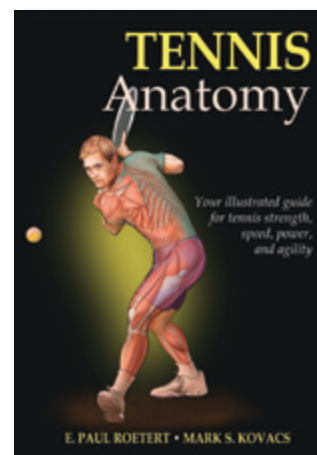
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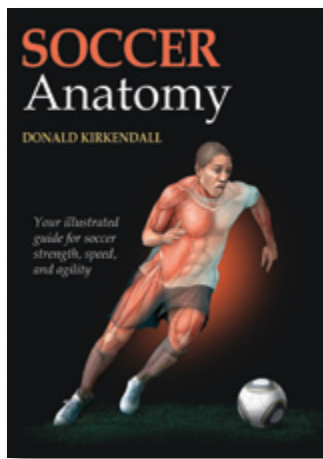
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CHAPTER 5

### Bag Drills

reference to the tackle area where the more experienced player is likely to be more powerful against the bodyweight of an opponent than in the tackle proper. It is also suggested that 'tackles' indicate that the difference in power might be between a number of different playing areas that depend largely on their fitness or muscular strength. As a player becomes more experienced and their strength increases, their ability to be the player to receive strength may be probably adapted the strategy of increasing power initially by increasing the muscular strength and then by increasing the speed of movement. Once a high level of maximal strength has been reached and further large gains in strength are less likely to occur, it may be difficult to increase power by increasing the fitness level; rather, power is increased by increasing the speed at which each load is lifted. (Baker 2002). Note that from a 50% of 1 up to 90% that maximum the average mechanical power output.

Strength levels are improved in the gym by the use of the major muscle groups like used in Powerlifting and Olympic Weightlifting as well as other more specific strength and conditioning 'gym' lifts. The address and hence a shift in the absolute speed of power bodyweight exercises around the tackle, kick, ruck and play the ball must also be practiced as well as the supporting training such as aerobic and proprioceptive. The type of exercises were thought to be significant in contributing to the increase in power for 10% players throughout a one year period (Baker 2002). To be successful, all of these forms of strength training must form part of the practice week even for the experienced player. Games of the rugby and prop exercises will be practiced 'home on base', others will involve players with tackle suits. Exercises using tackle suits, tackle bags and wrestling equipment can also be used. The use of power of rugby union will also require wearing some within the week. Strength training to see the scope of this book and upon long and varied activities will not be discussed further.

Therefore, using a game approach appears to be a win-win situation. The players are motivated to play and are progressively increased in work capacity. It is also suggested that 'tackles' indicate that the difference in power might be between a number of different playing areas that depend largely on their fitness or muscular strength. As a player becomes more experienced and their strength increases, their ability to be the player to receive strength may be probably adapted the strategy of increasing power initially by increasing the muscular strength and then by increasing the speed of movement. Once a high level of maximal strength has been reached and further large gains in strength are less likely to occur, it may be difficult to increase power by increasing the fitness level; rather, power is increased by increasing the speed at which each load is lifted. (Baker 2002). Note that from a 50% of 1 up to 90% that maximum the average mechanical power output.

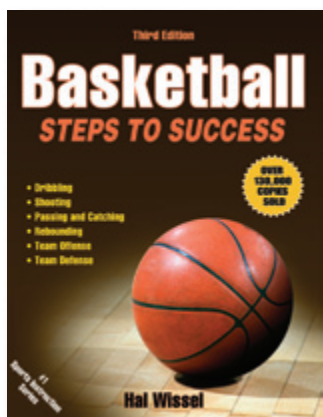
Strength levels are improved in the gym by the use of the major muscle groups like used in Powerlifting and Olympic Weightlifting as well as other more specific strength and conditioning 'gym' lifts. The address and hence a shift in the absolute speed of power bodyweight exercises around the tackle, kick, ruck and play the ball must also be practiced as well as the supporting training such as aerobic and proprioceptive. The type of exercises were thought to be significant in contributing to the increase in power for 10% players throughout a one year period (Baker 2002). To be successful, all of these forms of strength training must form part of the practice week even for the experienced player. Games of the rugby and prop exercises will be practiced 'home on base', others will involve players with tackle suits. Exercises using tackle suits, tackle bags and wrestling equipment can also be used. The use of power of rugby union will also require wearing some within the week. Strength training to see the scope of this book and upon long and varied activities will not be discussed further.

*'Any serious coach should make room for Rugby Games & Drills on their bookshelf. The wide variety of games and drills it provides are suitable for coaching players of any age and cover the fundamental playing skills and facets of conditioning needed to contest and enjoy modern rugby. This book is set to become the coach's most invaluable assistant.'*

ROB ANDREW, RFU DIRECTOR OF OPERATIONS, FORMER ENGLAND AND BRITISH & IRISH LIONS, FLY HALF, COACH



C



### Basketball, 3<sup>rd</sup> Edition

Hal Wissel  
ISBN 978-1-4504-1488-3  
£14.99 / €18.00

Hal Wissel, renowned college and professional coach, shooting instructor and special consultant to the NBA, covers the entire progression of technical and tactical development needed to become a complete player. From essential footwork to key principles of defence, this guide details the skills and tactics needed to excel in today's game. Shooting off the catch and creating shots off the dribble, running two and three-player offensive plays and many more topics in the book will prepare players to succeed in every situation on the court.



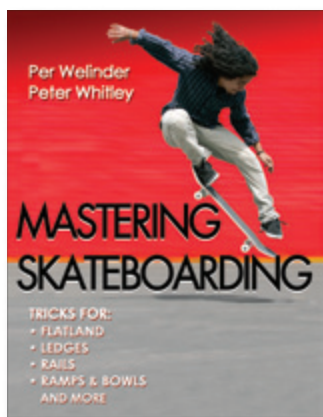
### Steps to Success Series

The *Steps to Success* series breaks down all the major skills into clear steps before teaching readers how to use them effectively. See the full range at [humankinetics.com/stepstosuccess](http://humankinetics.com/stepstosuccess)

*'A must-read for players and coaches at every level of play.'*

HUBIE BROWN, ABC/ESPN NBA ANALYST, TWO-TIME NBA COACH OF THE YEAR

C



### Mastering Skateboarding

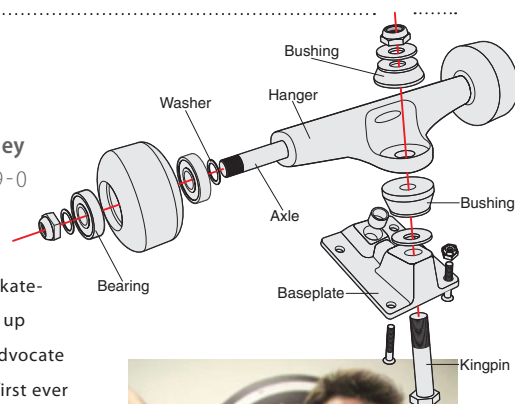
Per Welinder, Pete Whitley  
ISBN 978-0-7360-9599-0  
£16.99 / €20.40

Two-time world champion skateboarder Per Welinder teams up with longtime skateboard advocate Peter Whitley to create the first ever complete guide to the sport. *Mastering Skateboarding* features high-quality full-colour photography throughout, along with detailed analysis for street or vert riders at every level.

Welinder and Whitley also provide in-depth coverage of skateboarding equipment, including how to select the components that work best for you and how to build and tune a board to fit any riding style.

*'I'm reassured to know there are now quality instructions for learning the tricks we struggled with for so many years.'*

TONY HAWK, PRO SKATEBOARDER



C



### Alpine Skiing

Ronald Kipp  
ISBN 978-0-7360-8355-3  
£15.99 / €19.20

Ronald Kipp of the US Ski and Snowboard Association, shows new and seasoned skiers how to get the most out of their time on the slopes. Easy-to-follow instruction on skiing fundamentals, such as edging and parallel turns, precede guidance on the more challenging aspects of moguls, powder, tree skiing and racing.

Throughout the book Kipp also shares consumer, technique and safety tips amassed from years of experience as both skier and instructor.

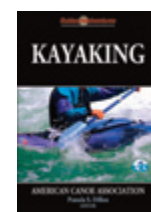
He also provides invaluable information on travel and trip planning, with advice on choosing a ski resort, renting accommodation and travelling with cumbersome gear. Finally an index of websites helps readers to find ski instructors and organizations, shop for equipment and plan trips to more than 2,000 ski locations in 57 different countries around the world. *Alpine Skiing* has it all.



Plan trips to more than 2,000 ski locations in 57 different countries around the world



DVD



01

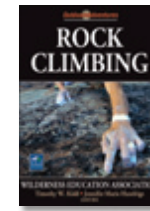


03

DVD



02



04

### Outdoor Adventures Series

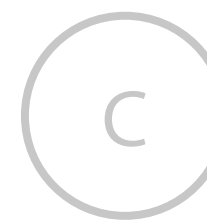
This series prepares readers with instruction in basic techniques and skills so even novices can be on their way to adventure in no time. They're ideal for school field trips, adventure holidays and camping excursions.

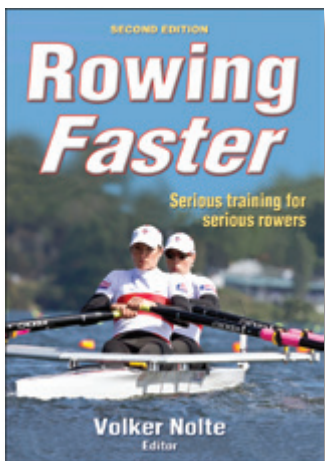
01 **Kayaking**  
ISBN 978-0-7360-6716-4  
£18.99 / €22.80

02 **Canoeing**  
ISBN 978-0-7360-6715-7  
£17.99 / €21.60

03 **Nordic Walking**  
ISBN 978-0-7360-7739-2  
£12.99 / €15.60

04 **Rock Climbing**  
ISBN 978-0-7360-6802-4  
£12.99 / €15.60





## Rowing Faster, 2<sup>nd</sup> Edition

Volker Nolte

ISBN 978-0-7360-9040-7

£16.99 / €20.40

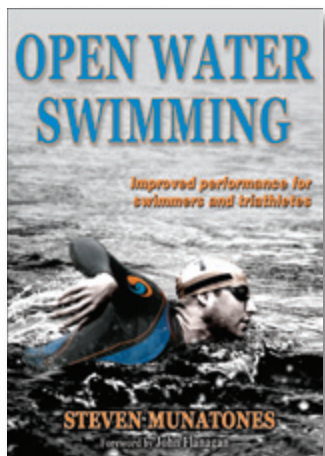


With contributions from Olympic medalists and rowing experts from around the globe, *Rowing Faster* includes the latest research on adaptive rowing, advice on managing a team and detailed plans for the long-term development of rowers. It also offers insights on training and competition for female rowers. From the technical details of equipment and training to the classifications of boats and rowers, *Rowing Faster* has it all. Voted the most widely read book by the International Rowing Association.



*'A blueprint for success.'*

MIKE TETI, HEAD COACH, MEN'S ROWING, UNIVERSITY OF CALIFORNIA AT BERKELEY



## Open Water Swimming

Steven Munatones

ISBN 978-0-7360-9284-5

£14.99 / €18.00

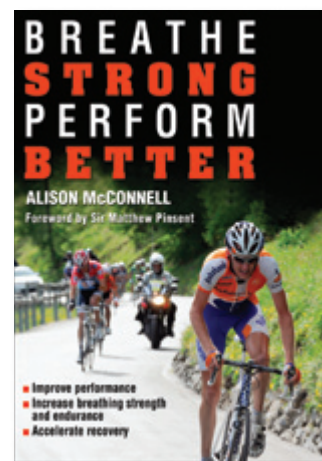


*Open Water Swimming* is an essential guide to manoeuvring the open-water environment and describes how to prepare logistically, physically and mentally for open-water swims. The book includes stroke techniques, racing tactics and training plans for triathlon, middle-distance and marathon-distance swims.

Swim faster, stronger and more efficiently. Whether you are a dedicated open-water swimmer or a triathlete looking to conquer the sport's most challenging event, *Open Water Swimming* is your complete guide to improving your performance and decreasing your time.

*'The perfect book for athletes of all levels who want to compete in the open waters.'*

BRENT RUTEMILLER, SWIMMING WORLD MAGAZINE



## Breathe Strong, Perform Better

Alison McConnell

ISBN 978-0-7360-9169-5

£12.99 / €15.60



Today's top athletes, coaches and trainers know the benefits of breathing muscle training. Now, for the first time the world's leading authority on breathing muscle training, Alison McConnell, explains how anyone can use the technique to increase power, improve performance, accelerate recovery and reduce the risk of injury.

This comprehensive guide demonstrates how to apply the latest scientific research and case studies to maximize training and conditioning. With detailed instruction, practical advice and 30 easy-to-implement, sport specific sample programmes.

*'Groundbreaking and highly recommended.'*

NICK GILLINGHAM, MBE, TWO-TIME OLYMPIC SWIMMING MEDALLIST

*'Will help anyone implement IMT into a programme.'*

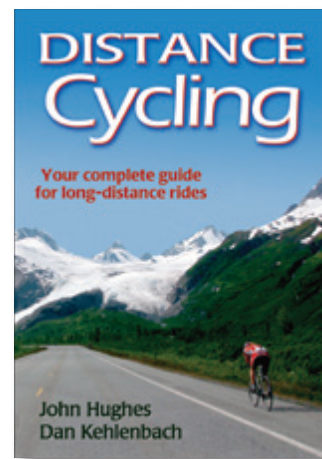
DAN BOOTHBY, DIRECTOR OF STRENGTH AND CONDITIONING, NORTHEASTERN UNIVERSITY

*'Long-overdue.'*

PAUL GAMBLE, AUTHOR OF STRENGTH AND CONDITIONING FOR TEAM SPORTS



With a foreword by Sir Matthew Pinsent



## Distance Cycling

John Hughes, Dan Kehlenbach

ISBN 978-0-7360-8924-1

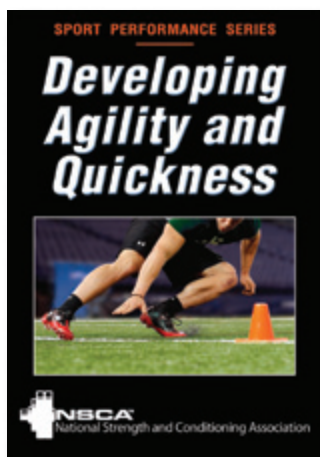
£12.99 / €15.60



John Hughes, one of ultracycling's most respected names, and renowned endurance coach and sport scientist Dan Kehlenbach provide the definitive guide for planning, training and competing in long-distance events. Combining the latest research on training and conditioning, with hands-on advice for riders of all abilities.

*'Armed with training programmes from John Hughes and Dan Kehlenbach, I became a UMCA champion, solo RAAM qualifier, cross-state record holder, and 1200K finisher. Distance Cycling will give you the advantages these authors gave me.'*

LARRY GRAHAM, PRESIDENT, ULTRAMARATHON CYCLING ASSOCIATION (UMCA)

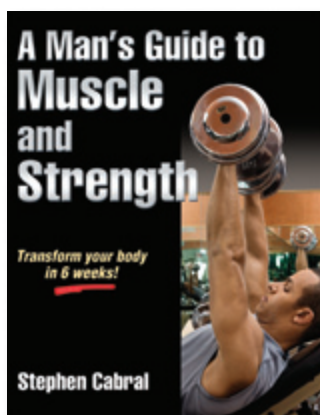


## Developing Agility & Quickness

National Strength & Conditioning Association,  
Jay Dawes, Mark Roosen  
ISBN 978-0-7360-8326-3  
£12.99 / €15.60

Efforts to become markedly quicker or more agile aren't always successful. Genetic limitations, technical deficiencies and inferior training activities are among the major obstacles.

Applicable to almost any sport, *Developing Agility and Quickness* helps athletes overcome these obstacles with help from the top sports conditioning authority in the world; the National Strength and Conditioning Association. Here the NSCA hand-picks its top experts to present the best training advice, drills, and programmes for optimizing athletes' fleetness of foot, change-of-direction speed and reaction time.



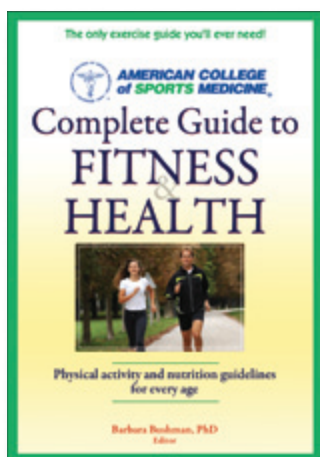
## A Man's Guide to Muscle & Strength

Steve Cabral  
ISBN 978-1-4504-0220-0  
£12.99 / €15.60

After years of training everyone from professional athletes to A-list celebrities, Stephen Cabral makes his clients' programmes available to all. Nine six-week programmes increase strength, power, agility, muscle mass and total-body conditioning through 140 of the most effective exercises.



Comes with detailed instruction, more than 300 technique photos, equipment variations, safety considerations and the latest nutrition advice.



## ACSM's Complete Guide to Fitness & Health

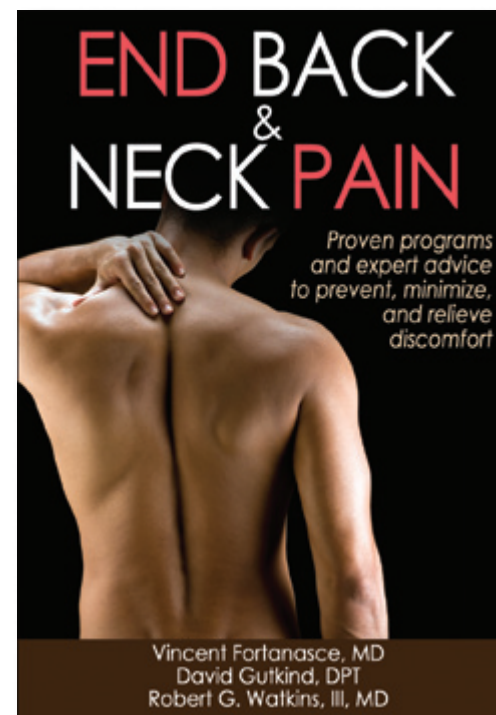
American College of Sports Medicine, Barbara Bushman  
ISBN 978-0-7360-9337-8  
£15.99 / €19.20

From the renowned American College of Sports Medicine, *ACSM's Complete Guide to Fitness & Health* offers the most current activity and nutritional guidelines along with exercises, activities and programmes for every age and fitness goal.

It features step-by-step instructions and full-colour photos of the most effective exercises, sample workouts, practical advice, age-specific physical activity guidelines and strategies for incorporating exercise into even the busiest of lifestyles.

*'Should be on the shelf of every fitness enthusiast.'*

STEVEN BLAIR, FORMER PRESIDENT OF THE US COALITION FOR PROMOTING PHYSICAL ACTIVITY



## End Back & Neck Pain

Vincent Fortanasce, David Gutkind, Robert Watkins  
ISBN 978-0-7360-9528-0  
£13.99 / €16.80

*End Back & Neck Pain* comprehensively provides the latest research, professional insights and proven programmes to prevent and relieve common back pain and discomfort. Offering advice for self-treatment through a series of questions, readers identify the source of their discomfort and determine the best plan of action for relief. Often simple lifestyle changes, postural improvements and stretching exercises can help to keep pain from returning. However the text also contains information on finding a good physician and pointers on getting the right diagnosis. Most importantly, it takes the fear and uncertainty out of discomfort and puts the individual in control of their recovery.

*'This must-have guide will eliminate your back and neck pain and prevent it from recurring.'*

TOMMY LASORDA, MLB MANAGER, LA DODGERS



## Beyond the Scoreboard

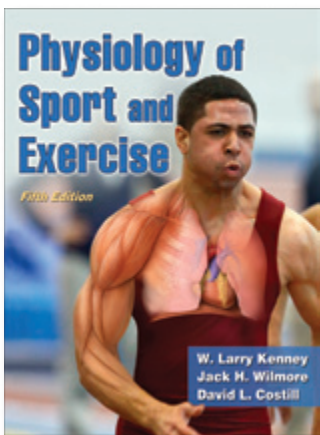
Rick Horrow, Karla Swatek  
ISBN 978-1-4504-1303-9  
£13.99 / €16.80

Rick Horrow, America's leading expert in sport business and co-author Karla Swatek give fans an inside look at the multibillion-dollar world of professional sport. Packed with information from industry insiders, *Beyond the Scoreboard* reveals the true movers and shakers while looking at the forces driving this lucrative business.

*'From contracts to event bidding, it reveals the real components driving business and the hot-button topics of this high-stakes business.'*

JERRY JONES, OWNER AND GENERAL MANAGER, DALLAS COWBOYS





## Physiology of Sport & Exercise, 5<sup>th</sup> Edition

W. Larry Kenney, Jack Wilmore, David Costill  
ISBN 978-0-7360-9409-2  
£52.99 / €63.60

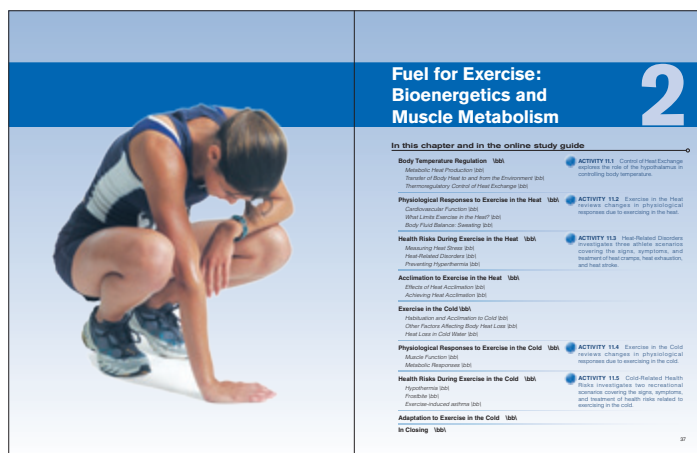
The leading textbook for undergraduate exercise physiology courses has been fully updated in both content and design. The authors, all distinguished researchers and past presidents of the American College of Sports Medicine, combine their expertise to deliver superior technical content while maintaining the accessible, reader-friendly format that has made this textbook a favourite of instructors and students alike.

Completely revamped photos, illustrations and medical artwork offer a higher level of detail and clarity to better illustrate how the body performs and responds to physical activity. The text itself has been carefully designed to reinforce the impact of the new artwork, thereby facilitating students' comprehension of the topics covered.

*Physiology of Sport and Exercise, Fifth Edition*, also features new and updated content based on the latest research in the field, including:

- Rewritten chapters on resistance training including core strength, stability training and high-intensity interval training (HIT)
- A full update and reorganization of the chapters on metabolism and hormonal control
- New content on lactic acid as a fuel source, muscle cramps, childhood obesity, substrate utilization and endocrine response to exercise and vascular ageing.

*The leading textbook for undergraduate sport and exercise physiology courses, now updated in both content and design*



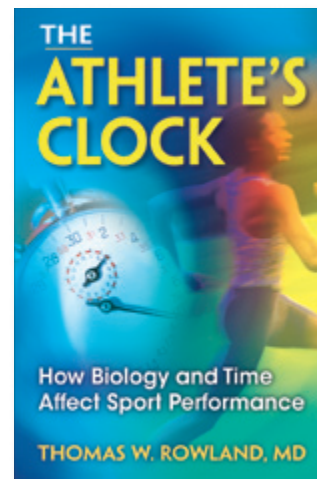
### Ancillaries

**Web study guide** granted free with each copy of the book. It includes dynamic and interactive learning activities, online chapters, quizzes, links, journal recommendations and a comprehensive glossary. The following online ancillary materials are only available free to course adopters: **Instructor guide** with lecture outlines, key points, student assignments, lab exercises and web links.

**Test package** features 1,600+ questions. Available in multiple formats, including a learning management system, Respondus and rich text.

**Presentation package** includes 1,171 editable PowerPoint slides of text, photos and artwork to project or hand out.

**Image bank** includes illustrations, artwork and tables. The presentation package and image bank are also available for purchase separately • ISBN 978-1-4504-1400-5



## The Athlete's Clock

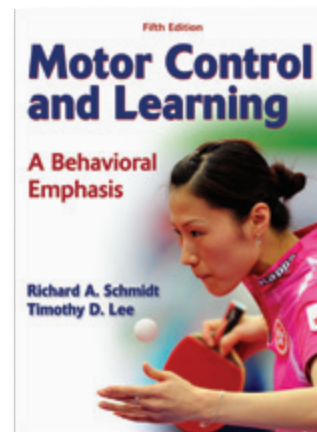
Thomas Rowland  
ISBN 978-0-7360-8274-7  
£14.99 / €18.00

This text takes a broad look at the physiological clock, offering students, researchers, coaches and athletes a unique approach to understanding how physiological, psychological and philosophical aspects of time affect sport performance.

Chapter introductions cue readers to the ideas addressed in the chapter,

while sidebars throughout present amusing or unusual examples of sport and timing within various contexts. Take-home messages at the end of each chapter summarize important findings and research.

Ultimately the text seeks to provoke thought and further research on the relationship between biology, time and performance as well as an appreciation for the intricacies of human potential.



## Motor Control & Learning, 5<sup>th</sup> Edition

Richard Schmidt, Tim Lee  
ISBN 978-0-7360-7961-7  
£59.95 / €71.90

Significantly updated with current research, new learning features and more references, the fifth edition of *Motor Control and Learning* expertly 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 behaviour 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 behaviours. These reflect the convergence toward a shared understanding of complex movement behaviours across the fields of motor behaviour and motor learning, motor control and biomechanics.

Schmidt and Lee, continue to refresh this classic and comprehensive text with the following features:

- More than 280 new references and 50 pages of new content
- Expanded information on attention, human motor performance and the learning process
- New reader-friendly research sidebars presenting relevant issues
- Historical sidebars presenting the historical links to concepts and principles of motor behaviour
- New study tools, including a summary, student assignments, Web resources, and notes to help students prepare for exams, and explore online activities
- New and updated diagrams and practical examples that illustrate the fundamental concepts in motor control and learning.

*Significantly updated with current research, new learning features and more references*



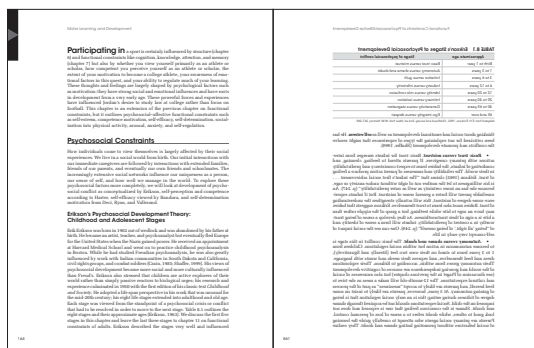
Provides a framework for developing programmes that facilitate skill acquisition for all

### Motor Learning & Development

Pamela Haibach, Greg Reid, Douglas Collier  
ISBN 978-0-7360-7374-5  
£55.99 / €67.20

Based on the latest research from the field, *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.

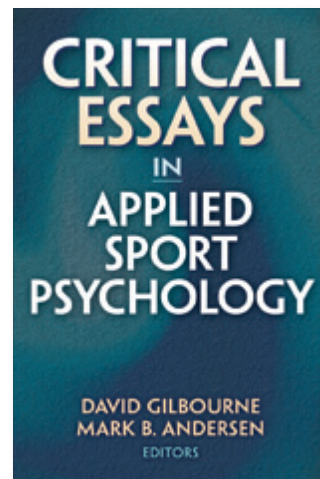
The text provides both a foundational understanding of key concepts and an excellent framework for understanding both fields of study by



emphasizing the ways in which motor learning and motor development affect one another. By providing a thorough understanding of the factors that drive the development of motor skills throughout the life span, *Motor Learning and Development* assists future and current movement educators in providing developmentally appropriate movement programmes to learners of all ages and abilities.

#### Ancillaries

When used as a course text, *Motor Learning and Development* includes a test package and image bank. The image bank includes figures, tables and photos from the book as well as a blank PowerPoint template. Instructors can easily build their own tests and quizzes using multiple-choice, true-or-false and short-answer questions found within the test package. These resources are provided free online to course adopters. Also sold separately ISBN 978-1-4504-0179-1



These essays ask challenging questions about the state of applied sport psychology, its priorities, its methods and its effectiveness in preparing students for research and consulting

### Critical Essays in Applied Sport Psychology

David Gilbourne, Mark Andersen  
ISBN 978-0-7360-7885-6  
£32.99 / €39.60

*Critical Essays in Applied Sport Psychology* is a contentious and thought-provoking collection of 16 essays discussing the field's traditions, research models and practices.

The editors have brought together a team of internationally recognized sport psychologists with backgrounds in various disciplines to offer insights into diverse sport cultures. The authors of these cutting-edge essays ask challenging questions about the current state of applied sport psychology, addressing the priorities of the field, its research methods and its effectiveness in preparing students for research and consulting.

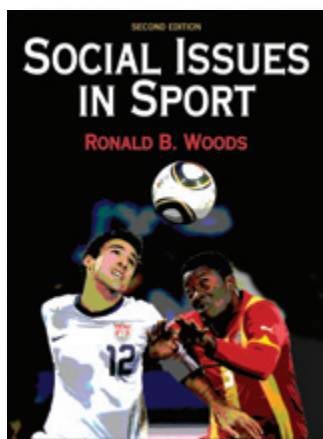
With ideas that will interest those in the applied sport psychology field as well as psychologists, psychotherapists and research psychologists, *Critical Essays in Applied Sport Psychology* offers students and practitioners an opportunity to reflect

on their own approaches and assumptions grounding their current or future professional practice.

Each essay offers a distinct perspective on applied sport psychology practice that challenges current applied training requirements and practices, with discussion questions at the conclusion of each essay to stimulate in-class discussion and individual reflection. Readers may also use these essays as springboards for pursuing new areas of research.

By looking beyond the traditional psychological skills training model, *Critical Essays in Applied Sport Psychology* offers new ways of uncovering and representing knowledge that will stimulate debate and open discussion on current research, methodologies, practices and training requirements in applied sport psychology.

A  
C



## Social Issues in Sport, 2<sup>nd</sup> Edition

Ron Woods

ISBN 978-0-7360-8982-1

£54.95 / €65.90

••••••••••

*Social Issues in Sport, Second Edition*, is a detailed introduction to the multifaceted roles of sport and physical activity in society.

It provides a deeper look at sporting issues for students studying sport management, sport sociology and more. Students will find emphasis on areas that other texts often overlook – including the role of coaches, the importance of lifetime fitness and sport for special populations. As a result, students gain a complete view of what constitutes sport and physical activity and a firm grasp of the socio-cultural considerations vital to their understanding of the subject.

A full array of instructor resources and a variety of learning activities in each chapter make this book a highly functional and enjoyable way for instructors to introduce this subject to their students.



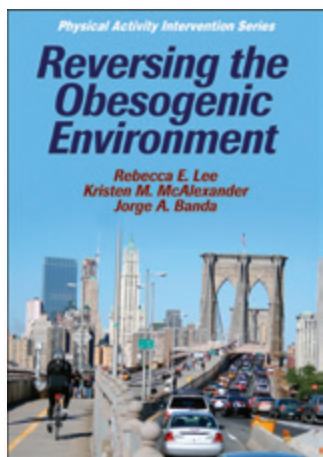
### Ancillaries

Ancillary materials are free to course adopters and available online.

**Instructor guide** contains a chapter summary, student objectives, chapter outline and additional student activities.

**Test package** includes 200 questions in multiple-choice and essay format.

**Presentation package** includes 350+ PowerPoint slides that present information from the text. The presentation package is also available for purchase • ISBN 978-1-4504-0003-9



## Reversing the Obesogenic Environment

Rebecca Lee, Kristen

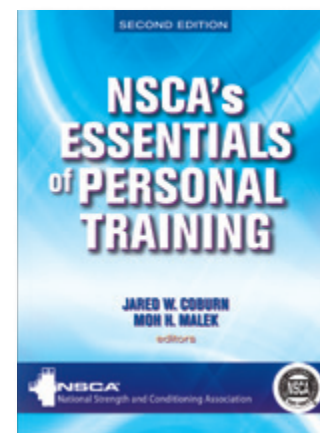
McAlexander, Jorge Banda

ISBN 978-0-7360-7899-3

£27.95 / €33.50

*Reversing the Obesogenic Environment* describes the factors that contribute to an environment that leads to obesity, including public policy, the built environment, food supply and distribution, family and cultural influences, technology and the media. It also offers sample programmes and policies, checklists and potential solutions that offer readers a starting point for change in their own communities.

A  
C



## NSCA's Essentials of Personal Training, 2<sup>nd</sup> Edition

National Strength &

Conditioning Association

ISBN 978-0-7360-8415-4

£52.99 / €63.60

••••••••••

The second edition of *NSCA's Essentials of Personal Training* is the most comprehensive resource available for current and future personal trainers, exercise instructors, fitness facility and wellness centre managers and other fitness professionals. Unmatched in scope, this text remains the leading source for personal training preparation and professional development.

Comprehensive and research based, with up-to-date information on applied aspects of personal training, it's also the authoritative preparation

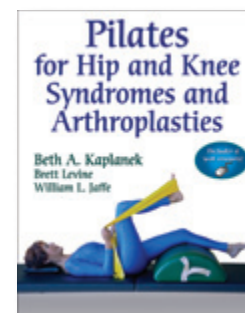
text for those about to sit the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam.

Featuring over 200 full-colour photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programmes with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programmes to work with a variety of clients while accommodating each client's individual needs.

### Ancillaries

A new instructor guide and image bank aid instructors in teaching the material to students.

A



## Pilates for Hip & Knee Syndromes & Arthroplasties

Beth Kaplanek, Brett Levine, William Jaffe

ISBN 978-0-7360-9224-1

£29.99 / €36.00

This text provides foundational guidelines for the use of Pilates in increasing strength, balance, flexibility and range of motion with pre- and postoperative knee and hip syndromes and arthroplasties. Written for Pilates instructors,

manual therapists, personal trainers and physicians, this text introduces Pilates as a safe fitness and rehabilitation tool for individuals with knee or hip conditions. As a bonus, a web resource is included with the text.



## International Sport Management

Ming Li, Eric MacIntosh, Gonzalo Bravo

ISBN 978-0-7360-8273-0

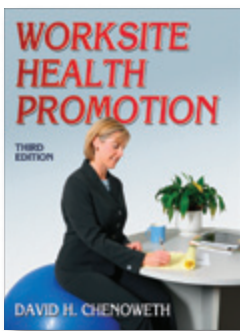
£54.99 / €66.00

This is the first comprehensive textbook devoted to the organization, governance, business activities and cross-cultural context of modern sport on an international level.

As the industry continues its global expansion, this textbook serves as an invaluable guide for readers

as they build careers that require an understanding of the relationships, influences and responsibilities in sport management. Through a systematic presentation of topics and issues in international sport, this textbook offers a long-overdue guide for students.

A



### Worksite Health Promotion, 3rd Edition

David Chenoweth  
978-0-7360-9291-3  
£42.99 / €51.60

*Worksite Health Promotion, Third Edition*, combines theoretical principles and research with practical applications and real-world examples to give readers a comprehensive and immediately usable introduction to the field. The text presents a step-by-step

approach to planning, implementing and evaluating programmes in a variety of settings.

#### Ancillaries

Instructor guide, image bank available.

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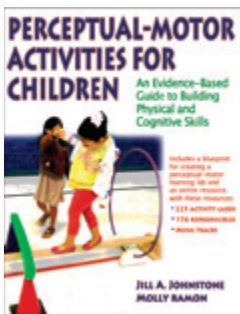


### ACSM's Health/Fitness Facility Standards & Guidelines, 4th Edition

American College of Sports Medicine  
978-0-7360-9600-3  
£45.95 / €55.10

*ACSM's Health/Fitness Facility Standards and Guidelines, Fourth Edition*, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and programme offerings within safe and appropriate

environments. With improved organization, new visual features and additional appendixes, the fourth edition is the comprehensive and definitive easy-to-use reference.



### Perceptual-Motor Activities for Children

Jill Johnstone,  
Molly Ramon  
978-1-4504-0154-8  
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*Perceptual-Motor Activities* contains 200 station activities that you can use to develop perceptual-motor skills in kids from nursery through to primary school. The activities can be used in a 32-week sequential programme or individually. Also included is a web

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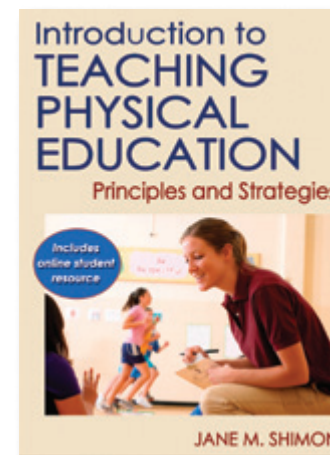
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*Used as warm-ups these games stimulate creativity and as choreographic tasks they can be used in isolation or collectively to form complete lesson plans*



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