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Learn about the benefits of geocaching pg 33
Welcome to the 2012 Human Kinetics Recreation Catalog

“As human beings, our greatness lies not so much in being able to remake the world—that is the myth of the atomic age—as in being able to remake ourselves.” —Mohandas K. Gandhi

The ability to remake ourselves is greatly enhanced by knowledge and experience gained through recreation, leisure, outdoor and adventure education, and therapeutic recreation. The resources in this catalog provide you with this knowledge, whether you are an educator, community leader, researcher, or individual looking for personal growth.

As former educators, we know that providing students a vision for health, happiness, and prosperity should be a top priority for instructors in the recreation field. We are excited to announce that Principles of Sustainable Living by Richard Jurin will be available in January 2012. We believe this is one of the most significant new textbooks to be published. Learn more about this resource on page 1.

Also in this catalog are excerpts from other new resources that you’ll find invaluable both professionally and personally. Amy Hurd and Denise Anderson, authors of The Park and Recreation Professional’s Handbook, provide a great overview of customer analysis in marketing recreation services (page 3).

Robin Kunstler and Frances Stavola Daly, authors of Therapeutic Recreation Leadership and Programming, guide you in selecting activities that help clients improve functioning, develop skills, and use their strengths (page 10).

On page 20 are several ideas that can add spark to aquatic exercise programs. These appear in the sixth edition of the Aquatic Exercise Association’s Aquatic Fitness Professional Manual.

Additional articles include information on bicycle safety (page 25), youth strength training (page 27), the use of apps in planning practices (page 30), and the benefits of geocaching (page 33).

We are proud of our resources and we hope you’ll find them useful. And we’re very proud of our authors, who contribute greatly to their professions and are true visionaries. We hope you’ll share their vision for the future.

Scott Wikgren
Gayle Kassing, PhD
Division Director
Acquisitions Editor
Division of Health, Physical Education, Recreation, and Dance

Additional catalogs available
To view a catalog online, or to request a print catalog, visit www.HumanKinetics.com/Catalogs

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Embracing sustainability—for a brighter future and quality of life

**Audiences:** Text for university courses in recreation, leisure studies, and health and courses in the natural sciences, social sciences, and environmental sciences.

This transdisciplinary text presents principles of sustainability, develops environmental literacy, and expands awareness of sustainable practices that will steer readers toward a lifestyle that they, as well as the entire planet, will benefit from.

Author Richard Jurin, an expert in sustainable living, has written numerous publications on sustainable development, business leadership for sustainability, and related issues. He takes students beyond sustainability’s traditional “triple bottom line” of people, profit, and planet to a quadruple paradigm that includes economic, sociocultural, psychological, and ecological aspects of sustainability.

This text is supported by its own website, which includes an instructor guide, test package, study guide, and presentation package. The book’s 36 illustrations and tables are all included in the presentation package. The text offers

- principles of sustainability that support a range of university courses in multiple disciplines;
- a systems approach to sustainability that reflects worldwide views and values;
- case studies, personal reflections, and applications that help students understand their status and the challenges of the future; and
- guidelines for developing sustainable living through daily choices.

The book explores the mind-sets that have created the modern, consumer-based world we live in, exposing environmental and societal global problems as it does; lays out new ways of thinking, championing sustainable thinking as a prerequisite for living a healthy, happy, vibrant life that benefits the planet; and details positive options for living a sustainable lifestyle. Readers will be able to understand sustainability from a broad perspective—how it can improve their lives, resolve environmental problems, and improve the condition of the planet for all life.

Principles of Sustainable Living points out the problems and challenges we face individually and as caretakers of our planet and offers lifestyle approaches that can sustain quality of life long into the future.

**Principles of Sustainable Living: A New Vision for Health, Happiness, and Prosperity**

2012 • Paperback • Approx 344 pp
ISBN 978-0-7360-9075-9 • $59.00 ($63.95 CDN; £39.99 UK; €48.00 EURO; $71.50 AUS; $97.00 NZ)
eBook ISBN 978-1-4504-2343-4 • $33.00 ($35.95 CDN; £26.99 UK; €32.40 EURO; $36.00 AUS; $49.50 NZ)

**Ancillaries for course instructors**

**Instructor guide.** Contains a sample course syllabus, teaching ideas, student learning objectives, suggested learning activities, and additional resources.

**Test package.** Created with Respondus 2.0, the test package includes multiple-choice, true-false, fill-in-the-blank, short answer, and essay questions. With Respondus, instructors can create customized tests by selecting from the question pool; selecting their own test forms; saving them for later editing or printing; and exporting the tests into a word-processing program.

**Presentation package.** The presentation package includes full-color PowerPoint slides that highlight important material from the book.

### Contents

| Chapter 1. Moving Toward a New Way of Living | Chapter 7. Happiness and Well-Being |
| Chapter 2. Social and Cultural Trends | Chapter 8. Education |
| Chapter 4. Thinking Systemically and Sustainably | Chapter 10. Community |
| Chapter 5. Economics, Prosperity, and Sustainability | Chapter 11. Transitioning to Sustainable Living |
| Chapter 6. Choosing a Healthy, Sustainable Lifestyle | Chapter 12. On the Edge of Change |

Presenting a balanced view of Leisure and Aging

Audiences: Text for recreation, leisure, and other undergraduate students. For use by professors and professionals in recreation, leisure, gerontology, and aging.

Leisure and Aging: Theory and Practice provides students and professionals with a balanced perspective of current knowledge as it presents cutting-edge research from the fields of both gerontology and leisure studies. Written by authors from various disciplines who represent an international who’s-who in leisure and aging research, this text

• explores theories in leisure and aging;
• bridges the gap between research and application, arming professionals with tools to navigate diverse cultures; and
• offers insight into leisure service delivery in older-adult communities and long-term care environments.

Each chapter features learning objectives, study questions, case studies, exercises, and relevant readings. The book is supplemented by online ancillaries, including an instructor guide, test package, and a presentation package with photos, illustration, and tables from the text. Together, the text and online ancillaries are great learning tools to help students connect theories and practice as they prepare for future roles in their chosen field.

Leisure and Aging is presented in five sections. Part I introduces global perspectives on leisure and aging, while part II examines the relevance of leisure in an aging context. Part III explores the effects of aging on physical, psychological, social, and spiritual well-being and health. Parts IV and V delve into the role of community in aging and leisure, and long-term care and leisure.

Written for undergraduate students, professors, and professionals in recreation, leisure, gerontology, and aging, Leisure and Aging provides a wealth of knowledge on different aspects of life for older people and the role of leisure in their lives. The text will help students think critically about a phase of life that seems remote from their own, and provide insight and perspective to their understanding of aging and leisure.

Leisure and Aging: Theory and Practice
2012 • Hardback • Approx 288 pp
ISBN 978-0-7360-9463-4 • $59.00 ($63.95 CDN, £39.99 UK, €48.00 EURO, $71.50 AUS, $97.00 NZ)
eBook ISBN 978-1-4504-2136-2 • $33.00 ($35.95 CDN, £26.99 UK, €32.40 EURO, $39.60 AUS, $49.50 NZ)

Ancillaries for course instructors
Complete information available at www.HumanKinetics.com/LeisureAndAging

Instructor guide. Contains a sample syllabus, teaching ideas, student learning objectives, suggested learning activities, and additional resources.


Presentation package. Includes a comprehensive series of PowerPoint slides for each chapter.
Market research data are either primary or secondary. Primary data come directly from consumers. Data can come from surveys, interviews, observations, focus groups, or Internet surveys. The process for collecting these data is much like that for collecting evaluation data (see chapter 4). Secondary data, on the other hand, are compiled by market research firms and are available for purchase. These data include demographics, psychographics, product use, advertising preferences, and so on.

Primary data can come from internal and external sources. Good sources of internal data come from registration systems because customers must complete basic information about themselves and their families. Amazon.com tracks purchases for customers logging into their accounts. Amazon asks for basic demographic data, tracks purchases, and then recommends books or materials that are similar to those of past purchases. Customer loyalty cards are another source of information. Grocery stores promote these cards as a way of giving discounts, but they are really using the cards to track purchases and gain a demographic profile of purchasers and their products. External primary data can be gathered from the Census Bureau, a local chamber of commerce, or libraries. Much of these data are demographics, but demographics can prove valuable when determining the target market.

Market research is essentially gathering data so that marketing decisions can be made. Without data on customers, good decisions become guesses. Poor guessing results in wasted resources.

Customer analysis is an important part of marketing recreation services.

Visit www.HumanKinetics.com/Customer-analysis online for more about marketing research and customer analysis.

This is an excerpt from The Park and Recreation Professional’s Handbook.
Explore the importance of leisure in society and in life

**Audiences:** Textbook for undergraduate courses in recreation that meet general education requirements; also a text for introductory courses for recreation majors or those considering the discipline as a major.

*Dimensions of Leisure for Life* guides students through a study of leisure as a multidisciplinary field. The book uses social sciences methods and current research, with examples from psychology, geography, anthropology, and sociology, to study leisure behavior. With contributions from 22 leading professors, the book examines the concept of leisure, including the benefits associated with it and the basis for studying leisure as a social science. It describes the impact of leisure on quality of life, health, physical activity and stress levels, and overall happiness and well-being, and the factors that influence each individual’s leisure choices and level of involvement. The text also looks at the social significance of leisure, including the interaction of leisure with history, contemporary society, technology, the environment, economics, and politics and public policy.

The book includes an online student resource, which features chapter overviews, glossary lists, research and reaction assignments that will help them examine their views on leisure topics, and lists of websites that can facilitate further research and discussion.

*Dimensions of Leisure for Life: Individuals and Society*
2010 • Paperback with online resource • 384 pp
ISBN 978-0-7360-8288-4 • $64.00 (68.95 CDN; £42.99 UK; €51.60 EURO; $77.50 AUS; $105.00 NZ)
eBook ISBN 978-0-7360-9085-8 • $35.00 ($37.95 CDN; £27.99 UK; €33.60 EURO; $38.50 AUS; $52.00 NZ)

**Ancillaries for course instructors**
Complete information available at www.HumanKinetics.com/PrinciplesofSustainableLiving

**Instructor guide.** Features chapter overviews, extended learning activities, mini-case studies, and recommendations for movies that can facilitate discussion of the concepts in the text.

**Test package.** Contains more than 300 ready-made multiple-choice, fill-in-the-blank, true-and-false, short-answer, and essay questions.

**Presentation package.** The presentation package includes slides covering all 16 chapters in PowerPoint format.
Higher Education Textbooks

Make adventure theory a learning adventure

Audiences: Reference or supplemental text for college and university professors teaching adventure education, outdoor education, and related disciplines.

Teaching Adventure Education Theory offers stimulating and engaging activities instructors can use in assisting future adventure educators and outdoor leaders in making the connections between adventure theory and practice. It provides 34 lesson plans that cover topics including adventure theory, philosophy, history, and conceptual models. Each lesson plan contains detailed activity instructions, teaching suggestions, and an overview of an aspect of adventure theory.

A CD-ROM contains student handouts, worksheets, and PowerPoint presentations to facilitate lesson implementation and assessment.

Technical Skills for Adventure Programming: A Curriculum Guide

Audiences: Curriculum guide for students preparing to teach outdoor and adventure skills. Also for outdoor recreation and adventure instructors and others who want to teach outdoor activities.

Technical Skills for Adventure Programming: A Curriculum Guide is an all-in-one resource, based on current methods, that will guide you in becoming a skilled adventure instructor in the classroom and in the field. It will prepare you to teach a dozen land-based, water-based, and winter activities, including backpacking, rock climbing, canoeing, and snowshoeing.

The book, written and edited by expert instructors, includes a CD-ROM with printable lesson plans for each unit which will make it easy to print only what you will need in the field.

Outdoor Adventures series

Audiences: Texts for college-level outdoor activities courses. References for anyone who wants to learn the basics of outdoor activities.

The Outdoor Adventures series will prepare you with instruction in the basic techniques and skills of some of today’s most popular outdoor activities. In each book, expert instructors from respected outdoor organizations provide you with:

• step-by-step instruction, with full-color photos, of the fundamental skills and techniques of each activity;

• indispensible advice on gear and equipment selection, food and nutrition, fitness, and etiquette;

• informative consumer, technique, and safety tips;

• Web-based resources to help you plan trips in the United States and around the world, find qualified instructors and guides, and locate related organizations and clubs; and

• success check questions at the end of the book that help students test their comprehension of the information in each chapter.

Each book also provides information on planning successful trips, including choosing a trip that fits your skill level. You’ll also find a number of checklists, including sample gear lists, safety checklists, and skill checks that help ensure that beginners are thinking through the essentials before heading out.

Alpine Skiing

Ronald W. Kipp

2012 • Paperback • 224 pp

ISBN 978-0-7360-8355-3 • $19.95

($21.95 CDN; £15.99 UK; €19.20 EURO; $23.95 AUS; $32.99 NZ)

Nordic Walking

Malin Svensson

2009 • Paperback • 216 pp


($21.95 CDN; £12.99 UK; €15.60 EURO; $23.95 AUS; $32.99 NZ)

Rock Climbing

Wilderness Education Association

Timothy W. Kidd and Jennifer Hazelrigs, Editors

2009 • Paperback • 328 pp

ISBN 978-0-7360-6802-4 • $19.95

($21.95 CDN; £12.99 UK; €15.60 EURO; $23.95 AUS; $32.99 NZ)

Canoeing

American Canoe Association

Pamela S. Dillon and Jeremy Oyen, Editors

2008 • Paperback with DVD • 264 pp

ISBN 978-0-7360-6715-7 • $22.95

($24.95 CDN; £17.99 UK; €21.60 EURO; $27.95 AUS; $37.99 NZ)

Kayaking

American Canoe Association

Pamela S. Dillon and Jeremy Oyen, Editors

2008 • Paperback with DVD • 248 pp

ISBN 978-0-7360-6716-4 • $23.95

($25.95 CDN; £18.99 UK; €22.80 EURO; $28.95 AUS; $38.99 NZ)

Kayaking, iPad Version With Video

By American Canoe Association, Pamela Dillon, Jeremy Oyen

2011 • iPad version with Video


($23.99 CDN; £14.99 UK; £18.99 EURO; $28.99 AUS; $29.99 NZ)

Hiking and Backpacking

Wilderness Education Association

Marni Goldenberg, PhD, and Bruce Martin, PhD, Editors

2008 • Paperback • 272 pp

ISBN 978-0-7360-6801-7 • $20.95

($22.95 CDN; £13.99 UK; €16.80 EURO; $24.95 AUS; $33.99 NZ)
Higher Education Textbooks

BUILD SKILLS, RESILIENCE, AND COMPETENCE IN CHILDREN

Audiences: Reference for physical educators (middle school through high school), physical education professors, and preprofessional physical education students.

Teaching Lifetime Outdoor Pursuits will help you “leave no child inside” as you teach pursuits that help kids develop a lifetime habit of outdoor enjoyment. The book covers 12 outdoor activities, including hiking, rock climbing, cycling, and orienteering. For each pursuit, an expert instructor provides information on equipment, basic skills and techniques, teaching strategies, and safety considerations.

In addition, Teaching Lifetime Outdoor Pursuits offers

- clear instruction on what to teach, how to teach it, and how to assess student learning;
- an attached CD-ROM that supplies objectives, sample lessons, sample assessments, and universal programming ideas for each outdoor pursuit presented in the book; and
- information to help you advocate for adding outdoor activities to your program.

Teaching Lifetime Outdoor Pursuits is a comprehensive resource whose ideas and content can be incorporated into a traditional PE program regardless of geographic location. The activities for each pursuit align with NASPE content standards.

With Teaching Lifetime Outdoor Pursuits, you can help middle- and high school-aged children become more resilient and patient, acquire new skills, and sharpen their problem-solving abilities.

Teaching Lifetime Outdoor Pursuits
2010 • Paperback with CD-ROM • 240 pp
ISBN 978-0-7360-7999-0 • $39.00 ($41.95 CDN; £29.99 UK; €36.00 EURO; $47.00 AUS; $64.00 NZ)
An accessible approach to research and evaluation

**Audiences:** A text for undergraduate and graduate courses in research or evaluation.

*Applied Research and Evaluation Methods in Recreation* integrates research, evaluation, and basic statistical analysis and links these concepts directly to the recreation field. The book explores the various types of research commonly used in the field, describes the steps involved in designing a project, and then moves on to evaluation. The author’s approach to the material makes this textbook truly unique. Each chapter builds on the previous to show how the concepts are interrelated. Students will learn not only why each of the concepts is important but also how they relate to the field. The text also includes an online student resource, which features case studies, article analysis exercises, and a semester-long research project.

**Applied Research and Evaluation Methods in Recreation**
2010 • Hardback • 200 pp
ISBN 978-0-7360-7719-4 • $61.00 ($55.95 CDN; €41.99 UK; £50.40 EURO; $73.50 AUS; $100.00 NZ)
eBook ISBN 978-0-7360-8746-3 • $32.00 ($34.95 CDN; £25.99 UK; €31.20 EURO; $35.00 AUS; $48.00 NZ)

**Ancillaries for course instructors**

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An industry-specific guide to business management

**Audiences:** Textbook for undergraduate courses in commercial recreation, event, and tourism businesses.

*Recreation, Event, and Tourism Businesses* provides both explanatory industry models and a practical overview of the recreation, event, and tourism field. Readers will find discussions of the business planning process and industry-specific concepts and content that link to the core principles of the field. They’ll explore contemporary operations and management practices while discovering the diverse career opportunities currently available. They will also learn how companies are started and operated, with information on service issues, risk management, finance, and marketing. Green tips and information on sustainable practices are found throughout. An online student resource includes business plan worksheets, activities, references, and web sites that students can use to further explore ideas in the text.

**Recreation, Event, and Tourism Businesses: Start-Up and Sustainable Operations**
2009 • Paperback with online resource • 296 pp
ISBN 978-0-7360-6353-1 • $52.00 ($55.95 CDN; €34.99 UK; £42.00 EURO; $62.50 AUS; $85.50 NZ)
eBook ISBN 978-0-7360-8770-9 • $29.00 ($30.95 CDN; £22.99 UK; £27.60 EURO; $35.00 AUS; $43.50 NZ)

**Ancillaries for course instructors**
Complete information available at www.HumanKinetics.com/RecreationEventAndTourismBusinesses

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An authoritative guide for landing the job of your dreams

**Careers in Sport, Fitness, and Exercise**
American Kinesiology Association (AKA) provides a comprehensive resource for those aspiring to jobs focused on sport and fitness. Featuring chapters written by experts from various fields in the physical activity sciences, *Careers in Sport, Fitness, and Exercise* offers detailed information on 36 fields of employment. It covers working conditions, salary ranges, responsibilities, key skills, and required certifications, along with profiles and advice for achieving the kind of success the experts enjoy. The book looks at all careers in the field, including aquatic therapist, strength and conditioning coach, athletic trainer, and exercise physiologist.

**Careers in Sport, Fitness, and Exercise**
2011 • Paperback • 184 pp
ISBN 978-0-7360-9566-2 • $24.95 ($26.95 CDN; £16.99 UK; £20.40 EURO; $29.95 AUS; €22.80 EURO)
eBook ISBN 978-1-4504-1446-3 • $24.95 ($23.95 CDN; £14.99 UK; €18.00 EURO; $24.20 AUS; €33.00 NZ)

**Career Development in Recreation, Parks, and Tourism: A Positioning Approach**
2010 • Paperback • 248 pp
ISBN 978-0-7360-7633-3 • $42.00 ($44.95 CDN; £27.99 UK; €33.60 EURO; $50.50 AUS; £69.00 NZ)
eBook ISBN 978-0-7360-8747-6 • $23.00 ($24.95 CDN; £18.99 UK; €22.80 EURO; £27.50 AUS; €34.50 NZ)

**Strategies and tips for job search success**

**Audiences:** Supplemental textbook for undergraduate recreation, parks, and tourism students.

Career Development in Recreation, Parks, and Tourism outlines a step-by-step plan for career development based on the technique of positioning. This approach shows you how to increase your chances of securing your preferred job by placing yourself close to the person with whom you want to work, the place or organization where you want to work, or the position that fulfills your career goals. This text will help you decide on the job you want and then begin building the skills, experiences, and professional connections you need in order to get the job. It also includes exercises to help you better understand each step in the positioning approach; sample resumes, letters, and e-mails; and stories from people who have used the positioning approach to reach their career goals.

**Career Development in Recreation, Parks, and Tourism: A Positioning Approach**
2010 • Paperback • 296 pp
ISBN 978-0-7360-7633-3 • $42.00 ($44.95 CDN; £27.99 UK; €33.60 EURO; $50.50 AUS; £69.00 NZ)
eBook ISBN 978-0-7360-8747-6 • $23.00 ($24.95 CDN; £18.99 UK; €22.80 EURO; £27.50 AUS; €34.50 NZ)
Essential competencies for entry-level managers

Audiences: Upper undergraduate-level text for recreation and leisure management courses.

*Leisure Services Management* prepares students for the challenges they’ll face as entry-level recreation and leisure managers. The book outlines the essential knowledge and skills that successful managers need to have and helps students build those competencies by encouraging them to think as managers. The text’s activities, projects, and examples help students connect the competencies to real-world situations.

Following are some of the student-friendly features in *Leisure Services Management*:

- A competency scorecard that will help students gauge their progress as they work through the text
- Numerous examples drawn from the public, nonprofit, and commercial sectors in the United States and Canada
- Unique “A Day in the Life” sidebars in each chapter, which relay the stories of new managers currently working in the field
- Practical, real-world activities and projects that reinforce concepts and encourage a managerial mind-set
- Review questions useful for analyzing and applying content
- A running glossary for quick reference to new terminology within the text

Bolstered by the practical information in *Leisure Services Management*, new managers can contribute to the success of their organization as they enjoy the challenges and rewards of their new position.

*Leisure Services Management*
2008 • Hardback • 400 pp
ISBN 978-0-7360-6922-9 • $63.00 ($67.95 CDN; £41.99 UK; €50.40 EURO; $76.00 AUS; $103.50 NZ)
eBook ISBN 978-0-7360-8462-8 • $36.00 ($38.95 CDN; £27.99 UK; €33.60 EURO; $39.60 AUS; $54.00 NZ)

Ancillaries for course instructors

Recreation program planning with real-world examples

Audiences: Text for undergraduate courses in recreation programming.

*Leisure Program Planning and Delivery* provides a three-step plan for successful programming of leisure services and operational management of program systems in recreation and leisure service organizations. Grounded in professional practice, the book provides a systematic plan for students to learn the essentials of successful recreation programming, with examples from a variety of sectors.

A bound-in CD-ROM contains learning activities and assignments, Web links, and sample forms.

*Leisure Program Planning and Delivery*
Ruth V. Russell and Lynn M. Jamieson
2008 • Hardback with CD-ROM • 264 pp
ISBN 978-0-7360-5733-2 • $64.00 ($68.95 CDN; £44.99 UK; €50.00 EURO; $77.50 AUS; $105.00 NZ)

Ancillaries for course instructors
Complete information available at www.HumanKinetics.com/LeisureProgrammingPlanningAndDelivery

A practical approach to facility management

Audiences: Textbook for undergraduate courses in facility management, design, or operations.

*Recreation Facility Management* presents a comprehensive introduction to the field of facility design, management, and maintenance. It begins with a look at the defining characteristics of facility management, the duties of a manager, and the areas within the facilities. The text details the knowledge and skills required for managing recreation facilities, including facility design, equipment management, financial management, human resources, facility usage, and auxiliary spaces. The book also includes an online student resource, which contains learning activities, worksheets, and web links to help students explore key concepts.

*Recreation Facility Management: Design, Development, Operations, and Utilization*
Richard F. Mull, Brent A. Beggs, and Mick Renneisen
2009 • Paperback with online resource • 312 pp
ISBN 978-0-7360-7002-7 • $63.00 ($67.95 CDN; £42.99 UK; €51.60 EURO; $76.00 AUS; $103.50 NZ)

Ancillaries for course instructors
Comprehensive coverage of risk and safety issues

**Audiences**: Text for students in sport law, risk management, and recreation courses. Reference for sport and recreation administrators, managers, and libraries.

**Risk Management in Sport and Recreation** is a comprehensive resource for those charged with the responsibility of providing for the safety of participants and spectators in a sport or recreation setting. It covers a range of safety issues, including lightning, heat illness, aquatics, playground safety, drug testing, and medical emergency action plans. Readers receive clear and detailed explanations of issues to consider before making decisions on risk management.

The text also features sample guidelines and safety checklists from agencies and associations that demonstrate how organizations might plan for risk and communicate safety information.

**Risk Management in Sport and Recreation** provides the tools to assist in making the right decisions to manage risk effectively.

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An engaging look at sport facility management

**Audiences**: Text for students in sport facility management courses.

**Managing Sport Facilities, Second Edition** provides a complete look at what it takes to develop and run a sport facility with an approach that combines various topics and disciplines. Students will learn the history of the industry and the primary goals of facility managers; how to build and finance a facility; facility operation; administration of marketing, finance, and other critical areas; and event management. Updates to this edition include an expanded section on risk management and new information on security issues.

**Managing Sport Facilities** is the ideal resource for students desiring to gain a working knowledge of all aspects of facility management. It will help sport facility managers make all the right decisions—from developing a facility and operating it to planning, promoting, and managing events in a facility.

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Gain insight into the interaction of business practices and international sport

**Audiences**: A textbook for upper-undergraduate and graduate courses in international sport management; a reference for study abroad courses and libraries.

Through a systematic presentation of topics and issues in international sport, this textbook offers a long-overdue guide for students in this burgeoning subfield in sport management. Editors Li, MacIntosh, and Bravo have assembled contributors from all corners of the globe to present a truly international perspective on the topic. With attention to diversity and multiple viewpoints, each chapter is authored by distinguished academics and practitioners in the field. A foreword by esteemed sport management scholar Dr. Earle Zeigler emphasizes the importance of a dedicated study of the issues in international sport management.

**International Sport Management**

**Ming Li, EdD, Eric W. MacIntosh, PhD, and Gonzalo A. Bravo, PhD**

2012 • Hardback • 528 pp
ISBN 978-0-7360-8273-0 • $84.00
($90.95 CDN, £54.99 UK, €66.00 EURO; $101.75 AUS; $138.00 NZ)
eBook ISBN 978-1-4504-1346-6 • $46.00
($49.95 CDN, £36.99 UK; €44.40 EURO; $50.60 AUS; $69.00 NZ)

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Popular text introduces sport management essentials

**Audiences**: A textbook for introductory level sport management courses.

**Contemporary Sport Management, Fourth Edition** provides an overview of sport management by presenting the foundational aspects of the profession and current topics from the field. Students will learn the relevance of sociological, cultural, historical, political, psychological, and legal concepts; the necessary professional skills of managers; and ways in which globalization continues to affect the profession. This edition offers three new chapters; updated international sidebars; a historical timeline; new ethics and critical thinking sections; and a glossary, chapter objectives, and chapter reviews. An online study guide includes quizzes, comprehension checks, and portfolio activities.

**Contemporary Sport Management, Fourth Edition**

**Paul M. Pedersen, PhD, Janet B. Parks, DA, Jerome Quartersman, PhD, and Lucie Thibault, PhD**, Editors

2011 • Hardcover with online study guide • 480 pp
ISBN 978-0-7360-8167-2 • $89.00
($95.95 CDN, £59.99 UK, €72.00 EURO; $108.00 AUS, $146.50 NZ)
eBook ISBN 978-0-7360-9159-6 • $49.00
($52.95 CDN, £39.95 UK, £47.90 EURO, $54.00 AUS; $73.00 NZ)

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**Ancillaries for course instructors**

Complete information available at www.HumanKinetics.com/ContemporarySportManagement

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**Look for more content at www.HumanKinetics.com**
selecting activities to improve current functioning, develop skills, and utilize strengths

Activity Analysis

To determine which activities are the most suitable for a client or group of clients in a particular setting, the TRS conducts an activity analysis. Activity analysis is a systematic procedure for identifying the specific behaviors needed to participate in a given activity. These behaviors can be categorized according to the four behavioral domains: physical, cognitive, affective or emotional, and social. Within each of these domains are specific skills and behaviors that are used in doing the activity. For example, playing a game of cards requires

• cognitive skills—knowing the rules and strategy of the game;
• physical skills—fine motor manipulation of the cards and visual acuity;
• social skills—taking turns and engaging in conversation with other players; and
• emotional skills—feeling positive, enjoying the experience, and coping with competition and winning and losing (Mobily & Ostiguy, 2004).

It is critical to analyze the activity as it is typically played or engaged in, and not for any particular disability or condition (Stumbo & Peterson, 2009). Once the TRS understands the skills needed to do the activity, she can select the activity for a particular client to help improve his current functioning, develop new skills, and utilize his strengths. A card game can be selected for a client whose goals include improving fine motor skills, cognitive functioning, or social interaction. Also, the client may have enjoyed playing cards in the past, and being able to play again may have significant meaning to him and contribute to his quality of life.

Finish this article and read more about activity analysis online at www.HumanKinetics.com/activity-analysis

This is an excerpt from Therapeutic Recreation Leadership and Programming by Robin Kunstler.
Inclusive Recreation

Programs and Services for Diverse Populations

Human Kinetics

Make recreation available to everyone

Written by 26 leading professors and professionals in the field, Inclusive Recreation provides the knowledge and skills that students will need in their careers to ensure that all people will be able to participate in the recreation programs they provide. The book features the following:

- The latest acknowledged theories in inclusion, as well as information on history, legislation, and cultural competence, to serve as the basis for students’ understanding of the field
- Strategies for becoming more conscious of diversity and disability and using appropriate language and communication skills so that students will be better prepared to consider and work with everyone in their community
- A thorough discussion of universal design in both facilities and services to help students plan inclusive experiences that appeal to the broadest possible audience
- Chapters on specific service areas, including sports, fitness and wellness, outdoor and adventure, arts and culture, aquatics, and tourism, so students will have a better feel for how inclusion strategies work in various programs

Inclusive Recreation also helps students learn more about the groups they’ll likely meet as professionals. They’ll look at the socio-demographic characteristics of each group, the factors that affect their recreation participation, and approaches for serving the needs of each population. They’ll also be encouraged to examine their own biases and think about how those biases could affect their ability to provide services to their clients. In addition, students will find information on staff training, designing respectful accommodations, and marketing, including pricing, promotion, and evaluation of service quality.

Throughout the book are examples of inclusive practices from a variety of sectors to help students understand how inclusion strategies work in real programs. Spotlight on Inclusive Recreation Programs sidebars highlight best practices from various countries, including Australia, Brazil, Canada, Japan, and the United Kingdom. Each spotlight includes a description of the program, a short history, and information on who is served by the program. Professionals in Action sidebars introduce professionals who have contributed to inclusive practices and help students explore their career options. Readers will consider how recreation, leisure, and tourism activities can become accessible to all the community members they serve.

Inclusive Recreation: Programs and Services for Diverse Populations

2010 • Hardback • 408 pp
ISBN 978-0-7360-8177-1 • $64.00 ($68.95 CDN; £42.99 UK; €51.60 EURO; $77.50 AUS; $105.00 NZ)
eBook ISBN 978-0-7360-8746-9 • $37.00 ($39.95 CDN; £28.99 UK; €34.80 EURO; $40.70 AUS; $55.00 NZ)

Ancillaries for course instructors
Complete information available at
www.HumanKinetics.com/InclusiveRecreation

Terry Robertson, PhD, and Terry Long, PhD, Editors
2008 • Hardback • 336 pp
ISBN 978-0-7360-6209-1 • $66.00
($70.95 CDN, £43.99 UK, €52.80 EURO, $79.50 AUS, $108.50 NZ)

Gaylene Carpenter, EdD, and Doug Blandy, PhD
2008 • Paperback • 264 pp
ISBN 978-0-7360-6564-1 • $38.00
($40.95 CDN, £25.99 UK, €31.20 EURO, $45.50 AUS, $62.50 NZ)

Timothy S. O’Connell, PhD, and Brent Cuthbertson, PhD
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Also see….
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Recreation Management ........................................... p. 12-13
The essential guide for outdoor program administrators

**Audiences:** Reference for outdoor recreation professionals in campus recreation, military, non-profit, and other settings, and for outdoor professional employers. Text for college and university students.

Outdoor recreation is a growing and diverse field that requires administrators to be ready to work in unique and complex environments. *Outdoor Program Administration: Principles and Practices* will help both seasoned and new administrators—as well as students preparing to enter the field—flourish in various settings, including campus recreation, military, government, commercial, and nonprofit organizations.

This reference explores all the issues pertinent to being a successful outdoor recreation administrator. The book has four sections: Outdoor Program Foundations, Program Design and Implementation, Staffing Considerations, and Facilities and Programs. Topics you’ll delve into include:

- designing and developing programs;
- risk management and legal considerations;
- budgeting and financial operations;
- marketing;
- environmental stewardship;
- staff recruitment, supervision, training, and assessment;
- management of indoor climbing walls and challenge Courses.

You’ll learn the best current practices from veteran professionals from the Association of Outdoor Recreation and Education (AORE). These administrators, who work in diverse settings, provide extensive coverage of all aspects of administrative duties and responsibilities.

*Outdoor Program Administration: Principles and Practices* guides you in developing and sustaining programs in outdoor recreation settings across public, private, and nonprofit sectors. You will reap the benefits of the collective experience shared by the AORE authors, who also provide questions and critical thinking exercises that will enhance the materials and deepen your understanding.

*Outdoor Program Administration: Principles and Practices*
2012 • Hardback • Approx 464 pp
ISBN 978-0-7360-7537-4 • $64.00 ($68.95 CDN; £42.99 UK; €51.60 EURO; $77.55 AUS; $105.00 NZ)
eBook ISBN 978-1-4504-2338-0 • $48.00 ($51.95 CDN; £38.99 UK; €46.80 EURO; $53.00 AUS; $72.00 NZ)

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A step-by-step guide to creating and operating great day camps

**Audiences:** Reference for recreation and youth camp staff in parks and recreation and nonprofit organizations, for campus recreation youth camp staff, and for fitness and related businesses that provide day camps.

More and more recreation and fitness professionals are called on to create day camps for children in facilities that have traditionally been geared to recreation and fitness users. New programming and operational challenges arise as professionals are asked to serve a different population with innovative programs through these camps.

You can overcome those challenges with *Day Camp Programming and Administration: Core Skills and Practices*. This handy reference, which is geared toward new professionals, will help you:

- conduct a needs analysis and prepare a proposal for a facility-based camp, regardless of your setting;
- develop business and marketing plans for your camp;
- manage risk and generate money through your camp; and
- manage programming, staff training, and administrative processes from conception through evaluation.

The book comes with a CD-ROM that supplies you with a comprehensive set of worksheets and forms to assist you in planning, operating, and evaluating your camp. You can use these printable tools as the book guides you step by step through the camp management process. You will be exposed to an array of program choices and training and administrative tasks that will help you run successful camps.

*Day Camp Programming and Administration: Core Skills and Practices* covers all you need to know to operate your own facility-based day camp—whether you are a professional in a municipal recreation department, a fitness owner looking to branch out, or a campus recreation professional. This guide addresses challenges you’ll face as a new day camp provider through practical examples, tried-and-true suggestions, and tips that will help you fulfill your community’s needs, increase your bottom line, and provide fruitful experiences for your day campers.

*Day Camp Programming and Administration: Core Skills and Practices*
2011 • Paperback with CD-ROM • 184 pp
ISBN 978-0-7360-7517-6 • $32.00 ($34.95 CDN; £25.99 UK; €31.20 EURO; $38.50 AUS; $52.50 NZ)
**Assess and control your sport risk with this simple 8-step plan**

**Audiences:** Reference for coaches, officials, athletic directors, administrators, recreation professionals, risk and facility managers, insurance risk managers and loss control personnel, and events managers; text for risk management courses for recreation, physical education, and sport management and law students.

Written specifically for sport and recreation professionals by an attorney with more than 20 years of experience in insurance defense litigation, *Managing Risk in Sport and Recreation* provides all the tools for designing a comprehensive risk management plan that fits the needs of your organization. It offers practical explanations of the fundamentals of law and insurance so you can make intelligent decisions regarding your risks. The book features information on legal principles, the insurance claims and litigation processes, and the three elements of risk management: risk assessment, control, and financing. You’ll also find an eight-step strategy that simplifies the process of creating a risk management plan. The book uses actual court cases to help you identify possible risk exposures and improve your risk management plan. It features court case summaries for 14 popular sports and activities as well as tips on decreasing risk for each of the sports.

*Managing Risk in Sport and Recreation: The Essential Guide for Loss Prevention*

Katharine M. Nohr, JD

2009 • Hardback with CD-ROM • 408 pp
ISBN 978-0-7360-6933-5 • $52.00
($55.95 CDN, £42.99 UK, €51.50 EURO, $62.50 AUS, $85.50 NZ)

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Stacey A. Hall, PhD, Walter E. Cooper, EdD, Lou Marciani, EdD, and James A. McGee, MS

2012 • Hardback • 280 pp
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*Certification requirements may vary. Some cities, counties, or states only require the online component for certification. Please consult your local code or contact us for details regarding requirements in your area.

**Contact us today!**

We welcome the chance to talk to you about your agency’s needs. For more information, contact our AquaTech specialist:

Sara Poe  
877-465-4545  
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Jill E. White  
2007 • Online course  
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**StarGuard, Third Edition**  
Jill E. White  
2006 • Paperback • 176 pp  
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Safer Beaches: Planning, Design, and Operation offers a systematic, practical approach to planning, designing, renovating, and operating all types of beaches. This authoritative reference covers the broad topics that beach managers, lifeguards, administrators, and beach enthusiasts need to know, such as safety for nonswimming beaches and swimming beaches, water quality and beach maintenance, and funding. And it delves into the finer details that will help you balance safety and beachgoers’ enjoyment.

Safer Beaches provides something rarely found in other aquatic books: practices in beach management and protection. It uses a needs-analysis approach to help you identify programming and activities that will maximize people’s experience at the beach. This practical resource will help you:

- understand the planning, design, building, and operational concepts and put them to use right away;
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The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill.

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Susan J. Grosse

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Safe Chemical Handling for Lifeguards and Pool Operators: A Complete Training Program and Compliance Kit

Human Kinetics

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Your guide to current best practices

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Founded on action-based research and current thinking, laws, and practices, Adapted Aquatics Programming, Second Edition, offers a practical approach to adapted aquatics, providing much-needed information on adapting the environment, equipment, instructional strategies, skill techniques, and teaching methods for people with disabilities.

Monica Lepore, EdD, G. William Gayle, PhD, and Shawn Stevens, EdD
2007 • Hardback • 368 pp
ISBN 978-0-7360-5730-1 • $59.00
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Aquatics Programming

Practical advice for creating a successful water fitness class

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*Water Fitness Lesson Plans and Choreography*
Christine Alexander
2011 • Paperback • 200 pp
ISBN 978-0-7360-9112-1 • $30.00
($31.95 CDN; £19.99 UK; €22.80 EURO; $36.00 AUS; $49.50 NZ)
Ebook ISBN 978-1-4504-0190-6 • $23.00
($24.95 CDN; £18.98 UK; €22.80 EURO; $25.00 AUS; €34.50 NZ)

Sharpen your skills with enhanced teaching tips and techniques

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*Aquatic Fitness Professional Manual, Sixth Edition*
Aquatic Exercise Association
2010 • Paperback • 408 pp
ISBN 978-0-7360-6767-6 • $60.00
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**LEARN ABOUT 14 DIFFERENT VARIATIONS IN AQUATIC EXERCISE PROGRAMS**

*By the Aquatic Exercise Association*

Whether the aquatic exercise class is in shallow or deep water, strength or aerobic in nature, designed for kids, baby boomers, or older adults, the basic program format is similar. The components of a training session should include a warm-up, endurance phase, optional activities, and a cool down (ACSM 2006).

A seasoned instructor uses a variety of methods to create interesting program formats while maintaining the key elements of each training component. Change is good. Most clients enjoy variety in class format, from music to movement. When a facility offers variety in programming formats it allows clients to cross-train.

Deviations from the general recommendations might be found in programs that have specialized formats. We’ll discuss the most common formats, any component variations, and the factors that make the workout unique.

**Circuit Training**

Circuit training is often referred to as station training. The stations can be cardiorespiratory, muscular fitness, flexibility, or any combination. The circuit format can be instructor-guided, where everyone in the class is performing each station at the same time. The instructor is teaching each station and each person in class does the same moves and uses the same equipment at the same time. The circuit can also be self-guided, with individuals or small groups rotating around the class from station to station. A circuit class can also blend these options; the instructor leads the class in a cardiorespiratory segment and then participants move in small groups to various equipment stations. Circuit training is very versatile and limited only by your imagination.

**Interval Training**

The aerobic segment of class is comprised of a series of work cycles that include high-intensity and low-intensity segments. The typical bell heart rate curve for intensity level is replaced with fluctuating cycles. Work cycle ratios (high intensity to low intensity) vary with the level and abilities of participants, anywhere from 1:3 to 3:1, usually measured in minutes. With advanced participants, the intensity may move into anaerobic training for shorter segments. For deconditioned participants or certain chronic conditions, the intensity may oscillate above and below the lower aerobic threshold. An interval format is especially suited for well-conditioned participants. Interval training is also recommended for sport-specific training because similar conditions are encountered during many athletic activities.

Finish this article and read more about aquatic dance exercise, deep-water fitness, aquatic step, striding, muscular conditioning, aquatic kickboxing, aquatic cycling, ai chi, aquatic pilates, tai chi, and yoga, pre- and postnatal, arthritis programs, and aquatic personal training and small-group fitness online at [http://www.HumanKinetics.com/aquatic-exercise-variety](http://www.HumanKinetics.com/aquatic-exercise-variety).

This is an excerpt from *Aquatic Fitness Professional Manual, Sixth Edition.*
Increase vitality and independence

*Bending the Aging Curve* is a book and DVD package that provides fitness professionals with a multifaceted periodized training program specifically for older adults. You will learn to use tests to diagnose your clients’ needs and then prescribe training cycles with the appropriate mix of work, active recovery, and skill practice to maximize functional improvements. You’ll find training strategies for improving body composition, flexibility, bone density, muscular strength and power, and cardiovascular fitness that can be customized to fit each client as well as unique translational exercises that simulate everyday activities and help older clients to translate their new strengths into improved daily function. The DVD included with the book offers videos of the translational exercises and four video case studies so you can better understand how to design programs that meet your clients’ varying needs and goals.

Maintaining independence as we age depends on a multitude of factors. *Bending the Aging Curve* offers a comprehensive approach to designing exercise interventions that address all of these factors. With its targeted strategies, you’ll be able to help your clients stay active, energetic, and self-reliant, regardless of their age.

*Bending the Aging Curve: The Complete Exercise Guide for Older Adults*
Joseph F. Signorile, PhD
2011 • Paperback with DVD • 338 pp
ISBN 978-0-7360-7445-2 • $44.00
($47.95 CDN; £32.95 UK; €39.50 EURO; $53.00 AUS; $72.50 NZ)

Develop programs that maximize functional ability and well-being

*Exercise and Wellness for Older Adults, Second Edition,* is a guide to creating programs for older adults, regardless of age or physical challenge. Readers will find the latest information on strength and power training and 120 land-based and 72 water-based programming options. The text also provides programming strategies, information on marketing and promoting programs, and advice on how to engage adults in healthy lifestyle habits.

*Exercise and Wellness for Older Adults: Practical Programming Strategies, Second Edition*
Kay A. Van Norman
2010 • Paperback • 176 pp
ISBN 978-0-7360-5768-4 • $42.00
($44.95 CDN; £28.99 UK; €34.80 EURO; $50.50 AUS; €69.00 NZ)
eBook ISBN 978-0-7360-8714-8 • $23.00
($24.95 CDN; £19.99 UK; €24.00 EURO; $25.30 AUS; €34.50 NZ)

Reduce fall risk in older adults

The second edition of *FallProof!* continues to be the only text to address the multiple dimensions that contribute to balance and mobility. By exploring the reasons underlying falls, readers gain the knowledge to offer comprehensive assessment and programming. The bound-in DVD shows how to administer key screening and assessment tests, demonstrates selected exercise progressions for the major program modules, and features a sample *FallProof!* class session in action.

*FallProof!* A Comprehensive Balance and Mobility Training Program, Second Edition
Debra J. Rose, PhD
2010 • Hardback with DVD • 328 pp
ISBN 978-0-7360-6747-8 • $65.00
($69.95 CDN; £49.99 UK; €60.00 EURO; $78.50 AUS; $107.00 NZ)
($20.95 CDN; £13.99 UK; €16.80 EURO; $20.90 AUS; $28.50 NZ)

New programming strategies for a new generation of mature adults

*Leisure Programming for Baby Boomers* will help you move beyond traditional offerings to capture the attention and imagination of your baby boomer community. This comprehensive guide offers the following features:
- An in-depth review of current research to help you understand the values, interests, and needs of the boomer generation
- Guidance in adopting a “boomer lens” so you can recognize the opportunities in working with this group and create and market programs that appeal to their values
- The Cochran Baby Boomer Quiz, a tool that can be used in assessing the programming preferences of the boomers in your community and in preparing your staff to work more effectively with this group
- Ready-to-use ideas for arts and culture, outdoor recreation, education, wellness, and tourism programs
- Marketing templates and strategies that will attract boomers and keep them coming to your programs

*Leisure Programming for Baby Boomers*
Lynda J. Cochran, PhD, Anne M. Rothschild, PhD, and Jodi L. Rudick
2009 • Paperback • 224 pp
ISBN 978-0-7360-7363-9 • $30.00
($31.95 CDN; £19.99 UK; £24.00 EURO; $36.00 AUS; €49.50 NZ)
eBook ISBN 978-0-7360-7363-9 • $19.00
($20.95 CDN; £13.99 UK; €16.80 EURO; $20.90 AUS; €28.50 NZ)

Visit the Active Aging Community Center today for free access to news, breaking research, and grant opportunities, as well as information on our new electronic journal, *Active Aging Today (AAT).* AAT offers inspiration and innovative ideas for those who work with older adults. You’ll find articles on effective physical activity programs, participant recruitment and involvement, program options for people with diseases and disabilities, and more.

www.HumanKinetics.com/AACC
Learn to apply physical activity recommendations to everyday living

**Audiences:** As a reference for fitness and health professionals, including physicians, exercise physiologists, strength and conditioning coaches, personal trainers, and physical therapists.

**Physical Activity and Health Guidelines** is the first text to gather the wealth of information regarding physical activity, exercise, and health needs and recommendations into a single source. Convenient and easy to use, this unique text will help readers understand the requirements for safe and effective physical activity for all people regardless of health conditions. It includes information on exercise program design and how physical activity recommendations can help people meet weight-management guidelines, as well as advice on purchasing and using exercise equipment such as treadmills, heart rate monitors, weight training machines, and exercise videos. It also presents guidelines for exercise testing to assist readers in the implementation and evaluation of physical activity programs.

**Physical Activity and Health Guidelines: Recommendations for Various Ages, Fitness Levels, and Conditions from 57 Authoritative Sources**

2010 • Paperback • 368 pp
ISBN 978-0-7360-7943-3 • $49.00 ($52.95 CDN; $37.00 UK; €44.40 EURO; $59.00 AUS; $80.50 NZ)
eBook ISBN 978-0-7360-8754-4 • $27.00 ($28.95 CDN; $24.50 UK; $29.40 EURO; $30.00 AUS; $40.50 NZ)

Unique package helps you teach various formats of group exercise classes

**Audiences:** A methods textbook for exercise science, fitness, physical education, kinesiology, dance, and recreation majors; a research-based reference for group fitness and exercise professionals, fitness program administrators, and recreation program directors.

Completely revised, *Methods of Group Exercise Instruction, Second Edition* highlights the commonalities of a variety of group exercise formats through common training principles, correction techniques, and safety. The book features teaching techniques that convey appropriate training for each muscle group and methods for warm-up, cardiorespiratory training, muscular conditioning, and flexibility. Starter routines, modification strategies, and assessments are presented for eight class formats: hi/low impact, step training, kickboxing, sport conditioning, stationary indoor cycling, water exercise, yoga, and mat-based Pilates. Merging both text and video, the second edition is an in-depth and practical resource for beginning group exercise instructors working to improve their teaching skills and confidence. New to this edition are three chapters discussing popular group exercise formats for sports conditioning, yoga, and mat-based Pilates, and three skill levels of instruction for many formats featured on the DVD.

**Methods of Group Exercise Instruction, Second Edition**

2009 • Paperback with DVD • 360 pp
ISBN 978-0-7360-7526-8 • $72.00 ($77.95 CDN; $49.99 UK; $60.00 EURO; $87.00 AUS; $118.50 NZ)

Create and implement successful programs

**Audiences:** An applied professional reference for health and fitness club managers and instructors, program directors, and personal trainers working in a club setting.

**Successful Programs for Fitness and Health Clubs** presents more than 100 ready-to-use programs for use in fitness centers, pools, and gyms. The programs are designed to get members involved immediately. Coffman also addresses the challenges faced in programming, including teaching skills, communication skills, marketing techniques, and follow-up procedures. Her advice will help you design programs that unite members with common interests and abilities and foster a sense of belonging and commitment. Such programming leads to increased participation, less downtime, and improved staff productivity. The book also includes a CD-ROM that will help you create support materials to get your programs started. You will find quizzes, flyers, score cards, invitations, scoring systems, round robin tournament schedules, and logos—most of which can be customized to include information specific to your facility. Additional files provide templates to create T-shirts, buttons, and other promotional pieces.

**Successful Programs for Fitness and Health Clubs: 101 Profitable Ideas**

2007 • Paperback with CD-ROM • 224 pp
ISBN 978-0-7360-5974-9 • $42.00 ($44.95 CDN; $33.99 UK; $40.80 EURO; $50.50 AUS; $69.00 NZ)

ISBN 978-0-7360-7526-8 • $72.00 ($77.95 CDN; $49.99 UK; $60.00 EURO; $87.00 AUS; $118.50 NZ)
12 weeks to a more active community

Despite the well-documented benefits of physical activity, including reduced risk of chronic disease, healthier weight, reduced stress, and higher energy levels, it can be difficult to convince people to add more physical activity to their lives. Based on the latest research, Active Living Every Day (ALED) is a step-by-step behavior change program that helps individuals overcome their barriers to physical activity. ALED offers alternatives to more traditional, structured exercise programs. Participants choose their own activities and create their own plans based on their lifestyle and personal preferences, focusing on moderate-intensity activities that can be easily added to their daily routines. The course text and online tools offer structure and support as participants explore their options and begin to realize how enjoyable physical activity can be.

The new Active Living Every Day text has been updated to reflect the latest research on physical activity and behavior change. We’ve also made several changes to the program, which will make ALED more attractive to a wider variety of people:

- **Shorter 12-week format.** To better accommodate busy schedules, we’ve shortened the length of the program from 20 weeks to 12.
- **Coverage of new federal physical activity guidelines.** The updated text features an easy-to-understand explanation of the newest U.S. physical activity guidelines. Participants will learn what the guidelines mean, why they matter, and, most important, how small changes will help them meet the guidelines and improve their health.
- **Wider variety of activities.** To appeal to more potential participants, we’ve included information on strength training, flexibility, and vigorous activities in addition to the moderate-intensity and lifestyle physical activities covered in the first edition.

Why choose the Active Living Every Day program?

In addition to the many benefits for course participants, ALED offers program providers these benefits:

- **Ready to implement.** We provide everything you need to run a successful program, including lesson plans, PowerPoint slides, marketing tools, and consultative support. Course participants receive a text and access to online tools that enhance the weekly sessions.
- **Proven effectiveness.** ALED is based on scientifically tested methods. Multiple recent studies have shown that the program curriculum is effective in helping people increase their physical activity levels.
- **Affordability.** Our program offers a cost-effective alternative to creating your own materials. Discounts are available on purchases of 25 participant packages or more.
- **Flexible delivery options.** ALED can be offered as an in-person class, online, through one-on-one mentoring, or as a combination of these formats. These options will help you work around even the busiest schedules.
- **Easy facilitator training.** You don’t have to be a health care professional to be a program provider. Anyone interested in helping others improve their health can train to be a facilitator.
- **Ongoing support.** Our Web site offers tools for evaluating your program, and our staff is always available to answer questions.

Contact us today!

We welcome the chance to talk to you about how Active Living Every Day can help your community. For more information, contact our ALED program specialist*:

Michelle Maloney
800-747-4457 x2522
MichelleM@hkusa.com.

*Those outside the U.S. should call the appropriate number listed throughout the catalog.
Get your community moving with recommendations from the CDC

With *Promoting Physical Activity, Second Edition*, you don’t have to be an expert in physical activity promotion in order to succeed in getting people moving. The book translates current research into accessible practice, laying out all the information you need to create an intervention that meets your community’s needs. First you’ll look at why physical activity is important and how much activity is needed for general health. Then you’ll learn about three general approaches to promoting physical activity—informational, social and behavioral, and environmental and policy—as well as eight types of interventions that research shows are effective in community settings. This will help you choose the strategy or combination of strategies that works best for the people you want to reach. Armed with this information, you’ll be ready to move on to program implementation and evaluation. In addition to the nuts and bolts of planning, you’ll explore topics such as creating effective partnerships, setting program objectives, and measuring program success.


Centers for Disease Control and Prevention

2010 • Paperback • 280 pp

ISBN 978-0-7360-6208-4 • $47.00 ($50.95 CDN; £33.99 UK; €40.80 EURO; $65.50 AUS; $77.00 NZ)

eBook ISBN 978-0-7360-9041-4 • $26.00 ($27.95 CDN; €22.99 UK; €27.60 EURO; $28.60 AUS; $39.00 NZ)

Innovative, ready-to-use wellness programs for all settings and budgets

**Audiences:** Reference for health and wellness promotion professionals, human resource professionals, wellness committee members, community organizations, schools, state and local governments, public health departments, personal trainers and other fitness professionals, and any other professionals or organizations interested in implementing or improving wellness programs in worksites, schools, or communities.

*Winning Health Promotion Strategies* offers guidance to anyone looking to encourage people to make positive lifestyle changes. It has everything you need to design, implement, and evaluate wellness programs in school, community, or worksite settings. The book’s 55 programs address physical activity, nutrition, and preventive care. It offers information on the benefits of wellness programming that will help you gain support for your programs, tips and techniques for maximizing participation, and strategies for evaluating your initiatives. Throughout the book you’ll also find sample program materials, such as handouts and log sheets.

*Winning Health Promotion Strategies*

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Create physical activity programs for a variety of populations

**Audiences:** Reference for public health professionals, health promotion specialists, exercise physiologists, and fitness professionals who design, implement, and evaluate physical activity interventions. Also a resource for recreation and community centers and a supplemental text for physical education and health promotion curricula.

*Developing Effective Physical Activity Programs* provides evidence-based recommendations for designing, implementing, and evaluating more effective physical activity interventions for women, overweight and obese populations, older adults, and ethnically diverse populations. Key considerations are discussed for each population, including the elements that make up the most successful interventions, unique barriers, and techniques for overcoming those barriers. The book also examines how the built environment, setting, and technology can influence intervention planning.

*Developing Effective Physical Activity Programs*

2009 • Paperback • 216 pp

ISBN 978-0-7360-6693-8 • $36.00 ($38.95 CDN; £25.95 UK; €31.10 EURO; $43.50 AUS; €59.00 NZ)

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**Health Promotion/Youth Programming (Activities & Games)**

**Davis R. Brown, PhD,** **Gregory W. Heath, DHSc, MPH,** **Kim H. Miller, PhD** **Jennifer Huberty, PhD,** **Mary K. Dinger PhD, FACSM,** **Lynda B. Ransdell, PhD, FACSM**

Get your community moving with recommendations from the CDC

With *Promoting Physical Activity, Second Edition*, you don’t have to be an expert in physical activity promotion in order to succeed in getting people moving. The book translates current research into accessible practice, laying out all the information you need to create an intervention that meets your community's needs. First you’ll look at why physical activity is important and how much activity is needed for general health. Then you’ll learn about three general approaches to promoting physical activity—informational, social and behavioral, and environmental and policy—as well as eight types of interventions that research shows are effective in community settings. This will help you choose the strategy or combination of strategies that works best for the people you want to reach. Armed with this information, you’ll be ready to move on to program implementation and evaluation. In addition to the nuts and bolts of planning, you’ll explore topics such as creating effective partnerships, setting program objectives, and measuring program success.


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FOLLOW THE RULES OF THE ROAD FOR BICYCLE SAFETY

INTERSECTIONS
Approach intersections in the proper position. Vehicles turning right are closest to the curb, those turning left are near the centerline, and straight-through drivers are between these positions. Always travel in the right-most lane that leads to your destination. In single-destination lanes (or a two-lane street), ride on the right-hand side of the lane, except when stopping at a light when you plan to proceed straight through or when preparing for a left-hand turn.

STOPPING AT A LIGHT
As you approach the intersection at a red light, give yourself plenty of time to scan behind you and look at the driver behind you, then signal, indicating that you are taking the lane. If the driver fails to yield, you can wait and simply stop behind the vehicle instead.

If you’re turning right, stay toward the right of the lane to indicate to the motorists behind you that you plan to turn at the light. However, if you plan to move straight through the intersection, position yourself in the middle of the lane. The danger of being to the right side when you are proceeding straight through is that motorists will pass and cut you off by turning right around you.

If you position yourself in the center of the lane—by waiting behind the other waiting vehicles or standing astride your bike in the middle of the lane at the light—you’ll let cars know you’re proceeding straight, and you’ll be more visible. As the light changes, you can gradually move over when it’s safe to do so (check for parked cars on the right) and allow the other vehicles to pass you.

Finish this article and read more about turning left and riding in bike lanes online at http://www.HumanKinetics.com/bicycle-safety.

This is an excerpt from Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment.

Basic cycling and safety skills for confident riding
Cycling offers everyone a chance to stay active and have fun. They just need help getting started. Smart Cycling presents proven instructional strategies that will help you teach cyclists the essentials they should know before hopping on a bike, including basic cycling skills, rules of the road, safety strategies, and maintenance. The book includes a DVD of four videos that can be shown to new cyclists to help them better visualize the skills being taught. Take the first step toward making your community healthier, happier, and more bicycle friendly with Smart Cycling.

Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment
League of American Bicyclists
Andy Clarke, Editor
2011 • Paperback with DVD • 160 pp
ISBN 978-0-7360-8717-9 • $29.00
($30.95 CDN; £22.99 UK; €27.60 EURO; $35.00 AUS; $48.00 NZ)

A complete guide to designing, instructing, and managing a community skatepark
Skateboarding provides safe and effective skateboarding instruction and programming as well as information on building and managing skateparks. You’ll get all the tools you need to do everything from teaching fundamental skateboarding skills to designing and running a park to meet the needs of your community, including information on key management issues such as supervision, staffing, scheduling, and maintenance. Throughout the book you’ll also find tips for managing risk and promoting safety in the skatepark.

Skateboarding: Instruction, Programming, and Park Design
Ben Wixon
2008 • Paperback • 240 pp
ISBN 978-0-7360-7426-1 • $26.00
($27.95 CDN; £16.99 UK; €20.40 EURO; $31.50 AUS; $43.00 NZ)
Teaching Children Responsible Behavior: A Complete Toolkit
Sandy Hagenbach
2011 • Paperback with CD-ROM • 216 pp
ISBN 978-0-7360-8431-4 • $39.00
($41.95 CDN; £12.99 UK; €15.60 EURO; $24.00 AUS; £33.00 NZ)

Team-Building Activities for the Digital Age: Using Technology to Develop Effective Groups
Brent D. Wolfe and Colbey Penton Sparkman
2010 • Paperback • 208 pp
ISBN 978-0-7360-7394-3 • $20.00
($21.95 CDN; £12.99 UK; €15.60 EURO; $23.00 AUS; £31.00 NZ)

Great Games for Big Activity Balls
Todd Strong and Bernie DeKoven
2010 • Paperback • 240 pp
ISBN 978-0-7360-7481-0 • $25.00
($23.95 CDN; £14.99 UK; €18.00 EURO; $26.50 AUS; £36.00 NZ)

Student-Designed Games: Strategies for Promoting Creativity, Cooperation, and Skill Development
Peter Hastie
2010 • Paperback • 192 pp
ISBN 978-0-7360-8590-8 • $24.00
($23.95 CDN; £15.99 UK; €19.20 EURO; $29.00 AUS; £39.50 NZ)
eBook ISBN 978-0-7360-9130-5 • $22.00
($23.95 CDN; £15.99 UK; €19.10 EURO; $24.00 AUS; £33.00 NZ)

Devising games that are inclusive, creative, educational, and fun
Audiences: Text for 1- and 2-credit courses on teaching games. Supplemental text for 3- and 4-credit teaching methods courses. Resource for K-12 physical education teachers as well as recreation and youth group leaders. Through Student-Designed Games, students discover why rules are important, work cooperatively through the creative process, solve problems, and teach each other as well as their teachers. In games-making units, students design games within parameters presented by the teacher. They can adapt games they already play by changing various elements, or, with the help of game templates, create unique games that present new tactical problems that players must solve or overcome.

Great Games for Big Activity Balls presents 73 games for big activity balls that are ideal for all ages and abilities. The book includes cooperative games, adaptations of several sports, modified playground games, wild and wacky track-and-field adaptations, Guinness Book of World Record games, giant carnival games, and water games. The games can be used in the gym, outdoors, or for special events, and the focus is on getting everyone involved and having fun.
CLEARING UP MISCONCEPTIONS ABOUT YOUTH STRENGTH TRAINING

By Scott Wikgren

Historically, physical educators have avoided strength training for children for many reasons—it didn’t work, it placed too much stress on growing muscles and bones, and it was too dangerous. However, Avery Faigenbaum and Wayne Westcott dispel these misconceptions in their book *Youth Strength Training* (2009), noting that “research has clearly demonstrated that strength exercise is a safe, effective, and efficient means for conditioning young muscles.”

There are many benefits to a well-run strength training program for youth. Regular participation in a high-quality strength training program can help youth gain the skills, knowledge, attitudes, and behaviors that lead to a lifetime of muscle-enhancing physical activity and improved health-related fitness. In addition, it can have a favorable impact on the skill-related fitness components of power, speed, balance, coordination, agility, and reaction time. And done well, it can help prevent some injuries.

However, one of the most relevant benefits to many physical educators today is the potential for helping obese students improve their body composition. Faigenbaum and Westcott write, “One out of three children is challenged by excessive body fat, and these boys and girls are poorly suited for both endurance-type exercise and fast-paced athletic activities, which they typically avoid at all costs. Fortunately, they generally enjoy performing resistance exercise, most likely because they compare more favorably with their lighter peers and they find the training effects highly reinforcing (that is, they look better, feel better, and function better).”

They add that strength training can be the step to encouraging obese children and adolescents to exercise by increasing their confidence in their ability to be physically active, which in turn may lead to an increase in physical activity, a noticeable improvement in muscle strength, and exposure to a form of exercise that can be carried into adulthood. “Our review of the literature, which was published in the President’s Council on Physical Fitness and Sports Research Digest, clearly indicates that participation in a supervised program of strength exercise can make a world of difference in a child’s life,” write Faigenbaum and Westcott. And that’s a big part of what physical education is all about.

Age-specific sport, fitness, and health programs

*Audiences*: Reference for physical education teachers and youth fitness leaders. Also a reference for children, parents, and coaches.

Through strength training, kids as young as 7 can safely develop a strong musculoskeletal system that can help them improve their health and fitness. *Youth Strength Training* guides you in designing efficient, enjoyable programs for kids ages 7 to 10, 11 to 14, and 15 to 18. The book offers protocols for warming up and cooling down; procedures for enhancing joint flexibility; and proper exercise technique for 111 resistance exercises using weight stack machines, free weights, medicine balls, elastic bands, and body-weight resistance.

*Youth Strength Training*
Avery D. Faigenbaum, EdD, and Wayne L. Westcott, PhD
2009 • Paperback • 248 pp
ISBN 978-0-7360-6792-8 • $22.95
($24.95 CDN; €14.99 UK; €18.00 EURO; $27.95 AUS; $37.95 NZ)
($21.95 CDN; €14.99 UK; €18.00 EURO; $22.00 AUS; $30.00 NZ)

Enrich kids’ lives through yoga

*Audiences*: Reference for physical educators from K through 12 and for recreation and youth leaders. Also a reference for classroom teachers and afterschool program leaders.

Yoga requires little or no equipment and is a great alternative for kids who don’t enjoy traditional sport-based activities. *Teaching Yoga for Life* offers a simple, safe, and pragmatic method for yoga. The clear, step-by-step instructions and ample illustrations make it easy for you to present each of the activities, lessons, and 52 poses included in the book, which uses a holistic approach that focuses on the physical, mental, emotional, and spiritual aspects of yoga.

*Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living*
Nanette E. Tummers, EdD
2009 • Paperback • 224 pp
ISBN 978-0-7360-7016-4 • $26.00
($27.95 CDN; €17.99 UK; €21.60 EURO; $31.50 AUS; €43.00 NZ)
eBook ISBN 978-0-7360-8762-9 • $21.95
($21.95 CDN; €14.99 UK; €18.00 EURO; $22.00 AUS; €30.00 NZ)
A complete resource for coaching and competing in wheelchair sports

**Audiences:** Resource for wheelchair athletes, coaches, teachers, and practitioners involved with wheelchair sports.

Written by top coaches, athletes, sport scientists, and specialists in sports medicine and physical therapy who work with wheelchair athletes, this resource offers

- an explanation of the physiological differences between able-bodied and disabled athletes and the physiological adaptations that result from training;
- guidelines for training that are customized to wheelchair athletes’ unique needs, including strength and conditioning, nutrition and hydration, and mental wellness;
- tips on the practical aspects of competing in wheelchair sports, such as optimizing chair set-up and preparing for travel; and
- expert guidance in developing top-notch training programs for athletes at all skill levels.

This book will help coaches and athletes understand the many benefits of wheelchair sports and maximize training for their chosen sport. Top coaches and athletes, including Dame Tanni Grey-Thompson and Peter Norfolk, offer advice on improving performance and delivering optimal support for wheelchair athletes.

**Wheelchair Sport**

Foreword by Sir Phillip Craven

2010 • Paperback • 224 pp
ISBN 978-0-7360-8676-9 • $29.00 ($30.95 CDN; £22.99 UK; €27.60 EURO; $34.95 AUS; $47.99 NZ)
eBook 978-0-7360-8687-5 • $29.00 ($28.95 CDN; £19.99 UK; €24.00 EURO; $30.00 AUS; $40.50 NZ)

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**Adaptable activities for developing basic skills**

**Audiences:** Resource for elementary adapted physical education teachers, elementary physical education teachers, and recreation leaders.

Packed with new, creative ideas for facilitating games, *All Active* offers not just lesson plans but a framework that shows how to use equipment in fun game situations. The games are developmentally appropriate for children ages 5 to 12 years with and without disabilities. Each activity can be customized and adapted, allowing recreation leaders to use different equipment and adjust the level of difficulty as they create the most meaningful and purposeful setting for their participants. The activities can be used in small groups, in a large class, or as stations. An activity finder at the beginning of the book helps teachers and leaders find game ideas.

**All Active: 35 Inclusive Physical Activities**

Kiwi Bientenberg

2008 • Paperback • 96 pp
ISBN 978-0-7360-7214-4 • $20.00
($21.95 CDN; £12.99 UK; €15.60 EURO; $24.00 AUS; $33.00 AUS)
eBook ISBN 978-0-7360-8674-5 • $26.00 ($27.95 CDN; £20.50 UK; €24.60 EURO; $28.50 AUS; $39.00 NZ)

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**Also see....**

Inclusive Recreation ........................................ p. 11

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**Canoeing and Kayaking for People With Disabilities**

Janet A. Zeller

2009 • Paperback • 160 pp
ISBN 978-0-7360-8329-4 • $30.00
($31.95 CDN; £19.99 UK; €24.00 EURO; $36.00 AUS; $49.50 NZ)
eBook ISBN 978-0-7360-8674-5 • $26.00
($27.95 CDN; £20.50 UK; €24.60 EURO; $28.50 AUS; $39.00 NZ)

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**Initiate and increase inclusive paddling opportunities**

**Audiences:** A reference for recreation, camp, and health care professionals; paddling instructors; people with disabilities; and recreation and leisure students learning how to integrate people with disabilities into canoeing and kayaking experiences. A resource for outdoor and recreation organizations seeking to provide people with disabilities access to canoeing and kayaking opportunities. Also a text for ACA Adaptive Paddling Instructor Training Workshops.

*Canoeing and Kayaking for People With Disabilities* will help you build on your existing knowledge of paddling techniques so you can share the sport with a variety of people with disabilities. Zeller presents best practices based on her years of experience as a paddler with a disability and the experiences of other instructors and recreation and health care professionals. The text includes tested instructional techniques and equipment adaptations as well as safety information and rescue protocols. The book also includes numerous resources, checklists, and forms to assist you in running your program.

**Canoeing and Kayaking for People With Disabilities**

Janet A. Zeller

2009 • Paperback • 160 pp
ISBN 978-0-7360-8329-4 • $30.00
($31.95 CDN; £19.99 UK; €24.00 EURO; $36.00 AUS; $49.50 NZ)
eBook ISBN 978-0-7360-8674-5 • $26.00
($27.95 CDN; £20.50 UK; €24.60 EURO; $28.50 AUS; $39.00 NZ)
Learn how to develop a highly successful youth sports program

*Directing Youth Sports Programs* presents “best practices” that you can follow to design and direct a successful program. It will help you develop a system for recruiting, educating, and evaluating coaches and it gives you a step-by-step plan for involving parents so that you can make youth sport a family affair. You’ll also learn how to evaluate and reduce risks, increase income through special-event fundraising and commercial sponsorships, and evaluate and improve your event management skills. To be an effective youth sport program director, you need to know a little more about everything: finance, human resources, risk management, marketing, fundraising, and event planning. The *Directing Youth Sports Programs online course* gives you the tools you need to get the job done. The course includes more than 50 electronic forms and practice exercises that you can use as is or modify to meet your needs. It also includes a Sport Event Planner, an indispensable tool to guide you through the process of planning youth sport events.

**Directing Youth Sports Programs**

Year: 2001  •  Paperback  •  248 pp
ISBN: 978-0-7360-3696-2  •  $30.95
($32.95 CDN; £20.99 UK; €25.20 EURO; $37.50 AUS; $51.00 NZ)

**Excel as a coach**

From philosophical foundations to the art and science of coaching, *Successful Coaching, Third Edition*, provides the essential education for the high school, sport organization, or club sport coach of athletes 14 and older. Grounded in the principles of coaching, behavior, teaching, physical training, and management, this book provides a unique blend of the latest sport science research and the hands-on experience and best practices of highly experienced coaches. It also includes information on character education, coaching diverse athletes, drugs and sport, tactical skills, and coaching using the games approach. *Successful Coaching, Third Edition* provides specific guidelines on sexual harassment, sexual relations, and homosexuality in sport, making it the first book to offer written guidelines that address these issues. *Successful Coaching* is not about Xs and Os. It’s about coaching young people to become successful athletes—and successful human beings.

**Successful Coaching, Third Edition**

Year: 2004  •  Paperback  •  520 pp
ISBN: 978-0-7360-4012-9  •  $39.95
($42.95 CDN; £26.99 UK; €32.40 EURO; $47.50 AUS; $66.00 NZ)

**Sport-focused first aid training**

Presented from the coach-as-first-responder perspective, *Sport First Aid, Fourth Edition*, teaches high school, collegiate, and club sport coaches how to prevent injuries and illnesses and make the correct decisions during on-field emergency situations. Included are first-response evaluation and treatment techniques for more than 110 injuries and illnesses. Organized for quick reference, *Sport First Aid, Fourth Edition*, covers protocols for conducting emergency action steps and providing life support; performing the physical assessment; administering first aid for bleeding, tissue damage, and unstable injuries; moving an injured athlete; and returning athletes to play. The ASEP *Sport First Aid online course* is used by dozens of state high school associations and school districts in credentialing high school coaches.

**Sport First Aid, Fourth Edition**

Year: 2008  •  Paperback  •  328 pp
ISBN: 978-0-7360-7601-2  •  $39.95
($42.95 CDN; £26.99 UK; €32.40 EURO; $48.00 AUS; $66.00 NZ)

Also see....

*American Sport Education Program*............................. pp. 14-15
Learn what it takes to be a successful sports official

**Audiences:** The primary audience for this text is new and inexperienced high school sport officials. As a refresher and reference for seasoned officials, and as a resource for youth sport officials. Additional audiences include parks and recreation administrators, YMCA administrators, and campus recreation program coordinators. Also available for adoption by high school and college instructors offering officiating courses.

**Successful Sports Officiating** has been revised and updated to include new chapters on the current state of officiating, officiating as a career, and mental training. Enlightening discussions on developing an officiating philosophy and the psychology of officiating will help you understand what it takes to be a successful official beyond just knowing the rules and mechanics.

Chapters on developing skills in the areas of communication, decision making, and conflict management will assist you in managing contests and working with coaches, players, and parents. Discussions on personal fitness and injury prevention, time management, legal rights and responsibilities, and career development will help you manage the off-the-field aspects of being an official.

Endorsed by the National Association of Sports Officials (NASO) and *Referee* magazine, **Successful Sports Officiating**, Second Edition, is the most comprehensive and authoritative text on the subject of officiating available today. Written and edited by a team of expert practitioners on the art and science of officiating, this book is the reflection of decades of experience, and its practical approach will serve you well in your quest to understand and apply the principles of successful officiating.

**Successful Sports Officiating, Second Edition**

2011 • Paperback • 208 pp

ISBN 978-0-7360-9829-8 • $24.95 ($26.95 CDN; £16.99 UK; €20.40 EURO; $29.95 AUS; $41.00 NZ)

eBook ISBN 978-1-4504-1476-0 • $24.95 ($23.95 CDN; £14.99 UK; €18.00 EURO; $24.20 AUS; $33.00 NZ)

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**CONVENIENT APPS MAKE PRACTICE PLANNING PORTABLE**

As a youth coach, your practice and game-day planning just got a whole lot easier with Human Kinetics’ Go Coach apps. These apps, currently available for baseball, basketball, football, and soccer, feature video clips, animations, and step-by-step instruction for skills and drills covering every aspect of the game. Optional slow-motion video setting (requires OS 3.2 and newer) allows you to view every detail of the skills and drills being performed. The Favorites feature allows you to save skills, drills, and video clips in one central folder—a great tool for planning and organizing activities for your next practice. Supplemental coaching tips and advice, safety guidelines and checklists, and guidance on season and practice plans will help you manage team activities beyond the Xs and Os. Developed by American Sport Education Program (ASEP) and drawing content from ASEP’s *Coaching Youth* book series, the Go Coach apps are the authoritative apps for any on-the-go coach.

“A staple of my youth was always summer youth baseball. The problem was that while I was a decent position player, I suffered from a chronic batting average that could only be seen by a microscope. In other words, I was a HORRIBLE batter. So you know how the old adage goes, ‘those that can’t do, teach…’ and hence my involvement with baseball coaching. While I couldn’t play the game for squat, I understood it inside and out, hence me helping my father coach his youth teams.

But what if there were an app that could help those that are newer to the sport coach more efficiently? Last week Human Kinetics introduced their new program Go Coach Baseball that aims to do just that.

Just judging by what I have seen in the screenshots, all of the specifically tuned training tools could really be irreplaceable in any coach’s lineup, not to mention a steal for only $1.99. When you throw in all of the additional drills that could be gleaned, your team will be playing like big leaguers in no time.”

Blake Grundman
Senior Writer
148Apps Network

Visit the following websites for more information and to view video clips on Go Coach Apps:

- [http://www.humankinetics.com/youth-basketball-app](http://www.humankinetics.com/youth-basketball-app)
- [http://www.humankinetics.com/youth-football-app](http://www.humankinetics.com/youth-football-app)
- [http://www.humankinetics.com/youth-baseball-app](http://www.humankinetics.com/youth-baseball-app)
Bring life to the concept of flow

**Audiences:** Supplemental resource for instructors of courses in recreation, outdoor and adventure education, physical education, sport management, fitness, or coaching.

Most would agree that experiencing flow is exhilarating, but it can be difficult to make learning the theory behind the phenomenon seem as exciting. *Flow: Achieving Excellence Through Challenge* offers instructors an interactive new approach for teaching students about flow. The authors go straight to the source, finding people who are intensely involved in their chosen activities and talking to them about their experiences. The interviewees’ contagious excitement will bring this concept to life.

*Flow: Achieving Excellence Through Challenge*
Daniel G. Yoder, PhD, Virginia Dilworth, PhD, and Michael D. Lukkarinen, PhD
2011 • 35-minute DVD-ROM
ISBN 978-0-7360-8925-8 • $25.00
($26.95 CDN; £16.99 UK; €20.40 EURO; $29.95 AUS; $40.99 NZ)

From fundamentals to advanced techniques for players and coaches

With *Complete Guide to Slowpitch Softball*, you will learn basic to advanced offensive and defensive techniques. And the comprehensive coverage of slowpitch strategies and tactics, as well as expert advice on physical and psychological conditioning, will ensure you step out of the dugout confident and prepared. Senior softball Hall of Famer Rainer Martens and his wife, Julie Martens, put their wealth of expertise together in this one-of-a-kind book and DVD package. With over 45 years of softball experience and PhDs in the sport sciences, Rainer and Julie bring unique insight into all aspects of the game to help players, coaches, and fans alike hit a home run in this exciting game.

*Complete Guide to Slowpitch Softball*
Rainer Martens, PhD and Julie Martens, PhD
2011 • Paperback with 69-minute DVD • 336 pages
ISBN 978-0-7360-9406-1 • $26.95
($26.95 CDN; £16.99 UK; £20.40 EURO; $29.95 AUS; $41.00 NZ)

Step-by-step instruction for teaching gymnastics skills

**Audiences:** Resource for primary school teachers, teaching assistants, and gymnastics club coaches.

*Complete Guide to Primary Gymnastics* provides clear instruction on teaching gymnastics skills for recreation leaders, club coaches, and teachers—even those with little or no experience. In fact, this book and DVD package covers everything a teacher or coach needs to know and deliver. Its progressive approach that builds on the basics also allows for a smooth transition. With the video clips, teachers don’t have to worry about being able to perform the shapes and techniques perfectly themselves. They also have access to a complete bank of lesson progressions on the DVD, which covers the entire primary curriculum.

*Complete Guide to Primary Gymnastics*
Lindsay Broomfield
2011 • Paperback with DVD • 144 pp
ISBN 978-0-7360-8557-5 • $44.00
($47.95 CDN; £29.99 UK; €36.00 EURO; $53.00 AUS; $72.50 NZ)

Run a successful sport club

**Audiences:** A professional reference for club sport administrators, coaches, and club managers. A text for higher education courses in sport club management and sport management and administration.

*Sport Club Management* breaks down the complex fundamentals of management for all club sports. Those who manage and lead clubs will gain the latest information on creating a distinctive club culture, organizing their procedures, and encouraging profitability by running the organization using a business mentality. Unlike most books written for sport club managers, this resource extends beyond the coaching level. In addition to player development, it focuses on successful business tactics, including management, marketing, retention, and communication. The book also provides advice on hiring effective leaders, understanding parental relationships, and facing legal and ethical issues.

*Sport Club Management*
Matthew J. Robinson, EdD
2010 • Hardback • 256 pp
ISBN 978-0-7360-7596-1 • $39.00
($41.95 CDN; £30.99 UK; £37.20 EURO; $47.00 AUS; $64.00 NZ)
ebook ISBN 978-0-7360-8755-7 • $21.00
($22.95 CDN; £16.99 UK; £20.40 EURO; $23.00 AUS; $31.50 NZ)

Look for more content at www.HumanKinetics.com
Your complete guide from concept through construction to move-in

**Audiences:** Reference for campus recreation directors, administrators, architects, construction companies, or others involved in planning for construction or renovation of recreational facilities. Supplemental textbook for undergraduate courses in recreational facility design.

The focus on building campus recreational facilities continues as participation in recreational sport programs is seen as a key determinant of student recruitment, retention, and satisfaction. *Campus Recreational Sports Facilities* covers the entire process of building a facility, from the initial planning through design, construction, and move-in. Campus recreational sport directors and administrators, architects, construction managers, and other consultants share the latest industry standards, guidelines and procedures, checklists, and other information to help you navigate the complex process of planning, designing, building, and opening a recreational or sport-specific facility.

Transforming the institutional vision of a recreational sport facility into a reality is a complicated process. From start to finish, rely on *Campus Recreational Sports Facilities* and build your peace of mind as you build or renovate your recreational facility.

*Campus Recreational Sports Facilities: Planning, Design, and Construction Guidelines*  
National Intramural-Recreational Sports Association  
2009 • Hardback • 296 pp  
ISBN 978-0-7360-6383-8 • $52.00  
($55.95 CDN; £34.99 UK; €42.00 EURO; $62.50 AUS; $85.50 NZ)

A comprehensive resource for new professionals and students

**Audiences:** Reference for entry-level or new campus recreation professionals. Text for campus recreation courses.

In *Campus Recreation: Essentials for the Professional*, 29 contributing National Intramural-Recreational Sports Association (NIRSA) authors share their expertise on all facets of campus recreation, including foundational theories, programming, facilities, and management issues. This all-in-one resource features the conceptual knowledge and strategies you need for success in the profession; guidance in planning, implementing, and assessing programming areas; instruction in management issues such as writing business plans, marketing, managing risk, and assessing programs; and information on topics such as ethics, careers, and professional standards. A CD-ROM included with the book contains worksheets, forms, and checklists to help new professionals in their day-to-day responsibilities in recreation programming and administration.

*Campus Recreation: Essentials for the Professional*  
National Intramural-Recreational Sports Association  
2008 • Hardback with CD-ROM • 344 pp  
ISBN 978-0-7360-5975-6 • $62.00  
($66.95 CDN; £49.99 UK; €60.00 EURO; $75.00 AUS; $102.00 NZ)

Space-per-student recreational sport planning guidelines

**Audiences:** A reference for campus recreational sport directors, college administrators, or other staff responsible for planning campus recreational sport facility projects or for architects or consultants who work with colleges or universities. A supplemental textbook for students in facility management, planning, or design courses.

*Space Planning Guidelines for Campus Recreational Sport Facilities* offers the latest research on campus facilities. The National Intramural-Recreational Sports Association (NIRSA) contracted the National Research Institute for College Recreational Sports & Wellness to survey experienced campus recreational sport administrators from nearly 200 U.S. and Canadian colleges and universities, asking not only for an inventory of existing facilities but also for opinions on whether those facilities were adequate in meeting the needs of their campuses. Those data were used in developing these space-per-student facility planning guidelines. Guidelines are given for five facility types: total indoor space, fitness facilities, climbing and outdoor adventure facilities, aquatic facilities, and outdoor sports facilities. All of the data are cross-referenced by facility type and total enrollment.

*Space Planning Guidelines for Campus Recreational Sport Facilities*  
National Intramural-Recreational Sports Association  
2009 • Paperback • 136 pp  
ISBN 978-0-7360-7487-2 • $25.00  
($26.95 CDN; £16.99 UK; €20.40 EURO; $30.00 AUS; $41.00 NZ)

*Space Planning Guidelines for Campus Recreational Sport Facilities*  
National Intramural-Recreational Sports Association  
2011 • Paperback • 104 pp  
ISBN 978-1-4504-1063-2 • $9.00  
($9.95 CDN; £5.99 UK; €7.20 EURO; $11.00 AUS; $18.00 NZ)

Visit the NIRSA Education & Publication Center at [http://nirsa.humankinetics.com/](http://nirsa.humankinetics.com/) for complete NIRSA resources.
GEOCACHING ACTIVITIES FOR ALL AGES AND ABILITIES

Audiences: Reference for physical education and classroom teachers and recreation and youth leaders.

Geocaching for Schools and Communities includes 41 learning experiences and also provides all you need to know about leading and participating in geocaching activities, including how to set up geocaching learning experiences, how to use both low-tech and high-tech approaches to caching and strategies for developing geocaching programs and clubs in a variety of settings, including recreation and youth programs.

Geocaching for Schools and Communities
J. Kevin Taylor, PhD; DuAnn E. Kremer, PhD; Katherine Pebworth, PhD; and Peter Werner, PED
2010 • Paperback • 216 pp
ISBN 978-0-7360-8331-7 • $24.00
($25.95 CDN; £15.99 UK; €19.20 EURO; $29.00 AUS; $39.50 NZ)
eBook ISBN 978-0-7360-9701-7 • $29.00
($30.95 CDN; £19.99 UK; €24.00 EURO; $35.20 AUS; $48.00 NZ)

21 Outdoor Activity Units and 140 Single-Class Lessons

Audiences: Reference for high school physical education teachers, classroom teachers, recreation leaders, and outdoor educators. Also a reference for undergraduate students in physical education, recreation, and outdoor courses and for camp and resort recreation leaders.

Quality Lesson Plans for Outdoor Education is a flexible, easy-to-use reference that helps youth and outdoor recreation leaders and camp and resort leaders deliver effective outdoor activities. Each chapter presents the purpose of the lessons, the learning outcomes, equipment required, operating principles, skill sets, and risk management considerations. This overview is followed by a series of detailed lesson plans on the CD-ROM.

Quality Lesson Plans for Outdoor Education
Kevin Redmond, Andrew Foran, and Sean Dwyer, Editors
2010 • Paperback with CD-ROM • 448 pp
ISBN 978-0-7360-7131-4 • $49.00 ($52.95 CDN, £39.99 UK, €48.00 EURO, $59.00 AUS, $80.50 NZ)

NEW!
December 2011

Teaching Cross-Country Skiing
Bridget Duoos, PhD, and Anne Rykken
2011 • Paperback • Approx 264 pp
ISBN 978-0-7360-9701-7 • $29.00
($30.95 CDN; £19.99 UK; €24.00 EURO; $35.20 AUS; $48.00 NZ)
eBook ISBN 978-1-4504-1616-0 • $22.00
($23.95 CDN; £17.99 UK; €21.60 EURO; $24.20 AUS; $33.00 NZ)

Also see:
Adventure Education .............................................................. p.6
Outdoor Recreation Program Administration ......................... p.12
Teaching Lifetime Outdoor Pursuits ...................................... p.6
A respected source for aquatic research and educational information

The International Journal of Aquatic Research and Education (IJARE) provides a unique forum to advance the knowledge and practices of aquatic researchers and practitioners worldwide. This peer-reviewed quarterly journal publishes significant research, articulates innovative ideas, challenges current practices and proposed changes, and disseminates information about the latest and best use of equipment and facilities. Recent issues featured topics related to first aid, aquatics, safety and prevention, adapted aquatics, and aquatic participation studies.

*International Journal of Aquatic Research and Education*

Stephen J. Langendorfer, PhD, Editor  
*Current volume:* 6 (2012)  
*Frequency:* Quarterly (February, May, August, November)  
*Print and online format ISBN:* 978-0-7360-6514-6

Visit [www.IJARE-journal.com](http://www.IJARE-journal.com) for pricing and submission information.

Research and practical information for recreational sports professionals

The Recreational Sports Journal (RSJ) is the premier scholarly publication for the field of recreational sport administration and the official journal of the National Intramural-Recreational Sports Association (NIRSA) Foundation. RSJ offers a blend of the latest empirical, theoretical, and applied research on issues and trends of interest to both academics and professionals in the field of campus recreation. Recent issues have covered such topics as the impact of participation in recreational sports on student learning, risk management, and leadership.

*Recreational Sports Journal*

Paul R. Milton, PhD, Editor  
*Current volume:* 36 (2012)  
*Frequency:* Semiannual (April and October)  
*Print and online format ISBN:* 978-0-7360-6409-5

Visit [www.RSJ-journal.com](http://www.RSJ-journal.com) for pricing and submission information.

An essential resource for sport management professionals

The Journal of Sport Management (JSM) reflects the rapid expansion of the field with its commitment to present outstanding original research and up-to-date information addressing all areas and subdisciplines in sport management. As the leading journal in the field, JSM focuses on the theory and application of management in sport, with a special emphasis on new trends and emerging subdisciplines. Recent issues have featured articles written by leading experts in the field on topics such as decision making in sport events, corporate social responsibility in sport, the economic effects of mega events, and factors affecting brand awareness of virtual advertising.

*Journal of Sport Management*

Richard Wolfe, PhD, Editor  
*Current volume:* 26 (2012)  
*Frequency:* Bimonthly (January, March, May, July, September, November)  
*Print and online format ISBN:* 978-0-7360-4839-2

Visit [www.JSM-journal.com](http://www.JSM-journal.com) for pricing and submission information.

Current research on the relationship between physical activity and health

The Journal of Physical Activity and Health (JPAH) publishes original research and review papers examining the relationship between physical activity and all aspects of health, studying physical activity as an exposure as well as an outcome. JPAH also invites papers that examine behavioral, community, and environmental interventions that may affect physical activity on an individual and population basis. Recent issues of JPAH have included articles on the association between insufficient physical activity and the prevalence of obesity and the effect of adolescents’ perception of urban park environments on their physical activity practice.

*Journal of Physical Activity and Health*

Jennifer M. Hootman, PhD, and Harold W. Kohl III, PhD, Editors  
*Current volume:* 9 (2012)  
*Frequency:* 8 issues/year (January, February, March, May, July, August, September, November)  
*Print and online format ISBN:* 978-0-7360-5135-4

Visit [www.JPAH-journal.com](http://www.JPAH-journal.com) for pricing and submission information.

The new HK Journals App is home to more than 20 journals that can now be accessed from the palm of your hand. Compatible with either the iPhone or iPad, app users can read abstracts from any HK journal they choose, while current journal subscribers can log in and access all the complete current and past articles featured in their journal. Available this fall from the Apple App Store.
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