AAHPERD and Human Kinetics form Publishing Partnership

Use body alignment to improve performance

Train the next generation of coaches

Presidential Youth Fitness Program adopts the FITNESSGRAM® assessment and Physical Best professional development to promote lifelong physical activity
Welcome to the 2013 Health, Physical Education, and Dance Catalog. You’ll notice we have fewer pages this year because we’re “going green” (see page 13 for a great new book of games on going green) and also following industry trends toward digital delivery of information. We’ll be releasing several new digital “look books”, which will tell you about the latest news and advances in your field while highlighting key Human Kinetics resources that will help you stay current. Watch your e-mail inbox for news on the look books.

If we don’t have your e-mail address, simply sign up for one of our e-newsletters and you can enroll in our HK Rewards program (see the back cover for details). Once enrolled, you’ll receive significant discounts on almost all our books and resources, and you’ll keep informed of the latest in the field and new releases.

I’m also very excited to announce our new publishing partnership with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). See pages 24-25 for details on this exciting new relationship. As a long-time member of AAHPERD I’m especially enthused about working with the great folks at AAHPERD. Our partnership will definitely produce a winning team.

Plus, there’s a major announcement from the President’s Council on Fitness, Sports, and Nutrition that we’re excited to share with you—see the facing page for details!

I’d like to conclude with my best wishes for a healthy and successful new school year for you and your students. And I want to share a quote from John F. Kennedy that sums up why what you do is so important: “Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.”

Scott Wikgren
Director of the Health, Physical Education, and Recreation and Dance division at Human Kinetics
In September, the President’s Council on Fitness, Sports and Nutrition (PCFSN) unveiled a new school-based program that promotes health and regular physical activity for America’s youth. The Presidential Youth Fitness Program emphasizes health over performance, and it provides options for professional development as well as materials to help physical educators implement the program. The Presidential Youth Fitness Program also provides clear and authoritative information to help parents understand the benefits of regular activity for their children.

The PCFSN will phase out its Physical Fitness Test for youth and adopt The Cooper Institute’s Fitnessgram® assessment as a key component of the Presidential Youth Fitness Program. They also will enlist the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) to facilitate professional development through AAHPERD’s Physical Best instructors and program materials.

In addition to partnering with The Cooper Institute and AAHPERD, the PCFSN will partner with the Amateur Athletic Union to administer youth fitness recognition for the Presidential Youth Fitness Program. The PCFSN also will partner with the U.S. Centers for Disease Control and Prevention (CDC) to take advantage of their scientific and tracking expertise. All partners will play key roles in the success of the program.

As the publisher for both Fitnessgram® and Physical Best, Human Kinetics is excited to be a part of the Presidential Youth Fitness Program. This coordinated effort to empower students to adopt active and healthy lifestyles is unprecedented and will provide a powerful united front for physical educators across the country.

To read more about Physical Best and Fitnessgram®, see pages 2 and 3 of this catalog. To learn more about the Presidential Youth Fitness Program, please visit www.presidentialyouthfitnessprogram.org.

Human Kinetics also publishes Fitness for Life, a program created by Dr. Chuck Corbin to instill in students a love of physical activity, knowledge of health-related fitness concepts, and the ability to apply self-management skills that enable them to stay healthy and active for a lifetime. Schools that use Fitness for Life, in combination with Fitnessgram® and Physical Best, provide students a complete health-related fitness program. Dr. Corbin, lead author of Fitness for Life, is an original member of the Fitnessgram Scientific Advisory Board, the first chair of the Science Board of President’s Council on Fitness, Sports, and Nutrition, and a member of the Institute of Medicine Committee on Fitness Measures and Health Outcomes in Youth. See page 5 for more information about Fitness for Life.
For years, K-12 teachers have used Physical Best as an effective and proven tool in implementing health-related physical activity. The program gets students active and keeps them active—not just in class, not just for the school year, but for their lifetime.

With activities crafted and used by physical educators across the country, Physical Best has been used to show students that physical fitness can be fun and that all students can succeed in being physically active, regardless of ability or age.

**PHYSICAL BEST RESOURCES**

- National Association for Sport and Physical Activity
  - Physical Education for Lifelong Fitness
    - 2010 • Paperback • 352 pp
    - ISBN 978-0-7360-8116-0 • $39.00 ($41.95 CDN)
    - e-book ISBN 978-1-4504-0089-3 • $22.00 ($23.95 CDN)
    - Ancillaries available
    - Visit HumanKinetics.com/PhysicalEducationForLifelongFitness.

- National Association for Sport and Physical Activity
  - Physical Best Activity Guide
    - 2011 • Paperback with CD-ROM • 288 pp
    - ISBN 978-0-7360-8117-7 • $29.00 ($30.95 CDN)

- National Association for Sport and Physical Activity
  - Physical Best Activity Guide
    - 2011 • Paperback with CD-ROM • 256 pp
    - ISBN 978-0-7360-8118-4 • $29.00 ($30.95 CDN)

Learn more!

www.HumanKinetics.com/PhysicalBest

Professional development for Physical Best, FITNESSGRAM®, Fitness for Life, and the Presidential Youth Fitness program is available from Physical Best. For more information, visit www.aahperd.org/naspe/professionaldevelopment/physicalbest.
Assess
Fitnessgram assesses three areas of health-related fitness

AEROBIC CAPACITY
MUSCULAR STRENGTH, ENDURANCE, and FLEXIBILITY
BODY COMPOSITION

Report
Fitnessgram reports communicate fitness goals to students and parents

Educate
Fitnessgram is just a beginning

Fitnessgram provides assessment and helps educate students about health-related fitness, but that’s just one part of a quality physical education program. Once you’ve determined student’s fitness and activity levels, it’s time to act on that information. Human Kinetics also offers Fitness for Life and Physical Best, programs designed to complement Fitnessgram and help schools implement a comprehensive health-related physical activity curriculum.

Fitnessgram is now web-based
Fitnessgram 9, the latest release of the software, is entirely web-based, which typically means that less time is required of tech staff, and teachers can access their Fitnessgram data anywhere they have internet access.

For more information go to www.Fitnessgram.net or contact your K-12 sales representative at 855-HPERD-HK (855-473-7345) or k12sales@hkusa.com.

The new Presidential Youth Fitness Program has adopted Fitnessgram. See page 1 for details.
Now more than ever, proper nutrition education is vital for your students. That’s why we created the NutriGram program. To assist you and other educators by making nutrition education a fun experience. When children complete their nutrition surveys, all of their actions and answers get sent back to you. So when you notice a gap in your students’ knowledge, you’ll be right there to fill in the missing pieces. A cornerstone of the program is our video game—The Quest to Lava Mountain. This game allows students to put their own health knowledge to the test as they complete tasks and battle monsters. NutriGram is a great addition to any health curriculum because it combines learning with fun. Sign up your students and start their quest today.
Provide a well-rounded curriculum for teaching fitness education in grades K-12

Research has shown that personal fitness classes that teach self-management skills are effective at promoting lifetime activity.

The Fitness for Life program, developed by Chuck Corbin, can help you effectively teach kids in grades K-12 about health-related fitness. This standards-based program has been carefully articulated, following a pedagogically sound scope and sequence to enhance student learning and progress.

Easily coordinate an entire school activity and wellness program

*Fitness for Life: Elementary School* is an innovative multimedia program that facilitates total school involvement by using physical education lessons, classroom activities and discussions, recess, before- and afterschool activities, and even family nights to deliver appropriate physical activity, plus concepts to promote health-related fitness and active lifestyles.

- Teach your students essential health-related fitness, activity, and nutrition concepts
- Provide your students with the necessary minutes of daily and weekly physical activity
- Implement easy-to-follow lessons that are standards based and developmentally appropriate
- Easily coordinate efforts among classroom teachers, physical educators, art and music teachers, and other school personnel, as well as before- and afterschool program leaders and parents
- Meet recommendations and standards from the CDC, USDA, and NASPE, among others

The kit includes resources for classroom teachers, PE teachers, and wellness coordinators. Buy the kit or purchase components separately!

For more information go to www.FitnessforLife.org, or contact your K–12 sales representative toll-free at 855-HPERD-HK or k12sales@hkusa.com.
This resource helps physical educators understand the causes and effects of stress in students. Combining evidence-based research and practical applications, including 199 low- to no-cost activities, this handy text enables you to
- teach students to manage stress in healthy ways
- become an advocate for stress management instruction in your school, and
- equip students with skills they can use throughout their lives.

Nanette E. Tummers, EdD
2011 • Paperback • 264 pp
ISBN 978-0-7360-9336-1 • $29.00 ($30.95 CDN)
e-book ISBN 978-1-4504-1085-4 • $22.00 ($23.95 CDN)
Grades K-12, College

Learning Through Movement and Music: Exercise Your Smarts gets upper elementary and middle school students moving while they learn about their bodies, health, fitness concepts, and measuring their fitness abilities. Learning Through Movement and Music is a book and DVD package that includes background information and song lyrics for each activity, video clips, lyric handouts, activity assessments, and teacher answer keys.

Debby Mitchell and GeoMotion Group, Inc.
2012 • Paperback with DVD • 96 pp
ISBN 978-1-4504-1299-5 • $39.00 ($41.95 CDN)
Grades 3-7

Grades PreK-1

American College of Sports Medicine
2011 • Paperback • 408 pp
ISBN 978-0-7360-9337-8 • $21.95 ($23.95 CDN)
e-book ISBN 978-1-4504-1140-0 • $21.95 ($23.95 CDN)
Grades 6-12
Healthy and Sustainable Fundraising Activities offers a range of nonfood, ecofriendly, and physically active fundraising alternatives to conventional food and product sales. Clear and complete explanations in the text provide the necessary information and tools to help the even inexperienced fundraisers organize successful ecofriendly and health-inspired fundraisers in the community.

Jenine De Marzo, EdD, Anne Gibbone EdD, Greg Letter, PhD, and Catherine I. Klein, PhD
2012 • Paperback • 184 pp
ISBN 978-1-4504-1281-0 • $20.00 ($21.95 CDN)
e-book ISBN 978-1-4504-2484-4 • $15.00 ($15.95 CDN)
Grades K-12

Use social networks to increase donations
As discussed, any fundraising organization can benefit from a well-organized plan that involves free online tools. One such tool is donation and charity mall websites, which are viable, low-cost Internet fundraising tools. As with Facebook, however, someone (we suggest an adult leader) must set up a basic web page for the group and monitor it...

You can read the entire excerpt from the book on our site. Just go to HumanKinetics.com and search for this book by ISBN or title to find the excerpts.

Lillian W.Y. Cheung, DSc, Steven L. Gortmaker, PhD, Hank Dart, MS, and Sari Kalin, MS
2007 • Paperback with CD-ROM • 632 pp
ISBN 978-0-7360-6940-3 • $59.00 ($63.95 CDN)
Grades 4-5

Chris Hopper, PhD, Bruce Fisher, and Kathy D. Munoz, EdD, RD
2008 • Paperback with CD-ROM • 392 pp
ISBN 978-0-7360-6538-2 • $39.00 ($41.95 CDN)
Grades K-6

Also see...
Fitness for Life Elementary School ................................................page 5
PE Connections ...........................................................................page 13
Teaching Healthy Lifestyles in Middle School Physical Education .....page 14

A great alternative to traditional elementary health texts
Health education can be challenging to fit into your busy schedule. That is why we developed the World of Wellness Health Education series (WOW!). This series enables you to teach your students the importance of leading an active and healthy life. Through the school year they’ll learn about health—including physical activity and nutrition—while strengthening their abilities in reading, writing, and other cross-curricular topics.

Each level of the World of Wellness Health Education series consists of the following:
• a teacher’s guide
• a teacher’s resource CD-ROM
• a student book that corresponds to the students’ levels

WOW! functions as a group of kits—without the cost of a kit! The student texts are affordably priced and make health textbooks something that can be included in your school’s budget!

For more information on the World of Wellness Health Education series, visit www.WOWHealth.org or contact your sales representative at 800-747-4457 or email k12sales@hkusa.com. In Canada, contact Jake Rondot at 1-800-465-7301 or JakeR@hkcanada.com.
Health on Demand and Health and Wellness for Life provide professors teaching general ed health courses the option to customize their student textbooks to match their syllabi. Use the ready-made Health and Wellness for Life or match the text’s content to the unique needs of your setting and your students only pay for the material you’ll actually cover. For a complete list of chapters, visit www.HKHealthonDemand.com.

Human Kinetics
2009 • Paperback • 504 pp
ISBN 978-0-7360-6850-5 • $62.00 ($66.95 CDN) e-book ISBN 978-1-4504-0511-9 • $32.00 ($34.95 CDN) College

Online Study Guide (free with textbook purchase)
ISBN 978-0-7360-9591-4 • $27.00 ($28.95 CDN)

Ancillaries available
Visit www.HumanKinetics.com/HealthonDemand

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Contact your higher ed sales rep at 800-747-4457 or HigherEd@hkusa.com

Christian Paths to Health and Wellness allows instructors to empower students to take responsibility and initiative for their own health, fitness, and wellness as part of their daily lives—while offering that instruction in a Christian context. This practical text is based on sound, cutting-edge scientific research and Christian principles and presents information from multiple Christian perspectives that create a balanced approach to health and wellness.

Peter Walters, PhD, and John Byl, PhD, Editors
2008 • Paperback • 336 pp
ISBN 978-0-7360-6227-5 • $39.00 ($41.95 CDN) e-book ISBN 978-0-7360-8572-4 • $19.00 ($20.95 CDN) Grades 9-12, College/Adult

Ancillaries available

Valerie A. Ubbes, PhD, CHES
2008 • Paperback • 248 pp
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Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
2007 • Paperback • 440 pp

Ancillaries available

Also Available:
Physical Activity for Health and Fitness Lab Manual
ISBN 978-0-7360-8988-3 • $16.00 ($16.95 CDN) College/Adult

Rae Pica
2008 • Paperback • 144 pp
ISBN 978-0-7360-7149-9 • $22.00 ($23.95 CDN) C Grades PreK-3

Let’s Play!
Jane Watkinson
2010 • Paperback with CD-ROM • 120 pp
ISBN 978-0-7360-7001-0 • $26.00 ($27.95 CDN) C Grades PreK-3

Early Explorations Physical Education Curriculum
Evidiki Zachopoulou, PhD, Jarmo Liukkonen, PhD, Ian Pickup, PhD, and Niki Tsangaridou, PhD
2010 • Paperback • 232 pp
ISBN 978-0-7360-7539-8 • $36.00 ($38.95 CDN) e-book ISBN 978-0-7360-8753-7 • $32.00 ($34.95 CDN) Grades PreK-3

Moving with a Purpose
Renee M. McCall, MS, and Diane H. Craft, PhD
2000 • Paperback • 248 pp
ISBN 978-0-88011-976-4 • $30.00 ($31.95 CDN) C Grades PreK

Also see…
PE Connections .................................................page 13
Active Start for Healthy Kids.................................page 6
World of Wellness Health Education series......................page 7
Fitness for Life Elementary School ........................................page 5
Schoolwide Physical Activity: A Comprehensive Guide to Designing and Conducting Programs will teach K-12 classroom teachers and administrators how to design and conduct activity programs that not only meet wellness policy requirements and goals but also motivate and encourage all students to be physically active. The CD-ROM contains all the printable activities, forms, and tools from the book and over 200 activities for classroom teachers.

Judith E. Rink, PhD, Tina J. Hall, PhD, and Lori H. Williams, PhD
2010 • Paperback with CD-ROM • 352 pp
ISBN 978-0-7360-8060-6 • $52.00 ($55.95 CDN) C
Grades K-12, College

Ancillaries available

Interdisciplinary Teaching Through Physical Education guides you in integrating the content of language arts, math, science, social studies, and the arts (music, theater arts, and visual arts) with the content of physical education through 24 active learning experiences, 193 additional ideas for developing those learning experiences, and 37 new, ongoing strategies for teaching physical education through cross-curricular methods.

Theresa Purcell Cone, PhD, Peter Werner, PED, and Stephen L. Cone, PhD
2009 • Paperback • 344 pp
ISBN 978-0-7360-7730-9 • $36.00 ($38.95 CDN) C
Grades K-5, College
Physical Education Action Plans: Challenges to Promote Activity at School and at Home contains action plans that teachers, recreation leaders, and parents of children ages 5 to 13 can use to get kids moving and having fun. This handy book and CD-ROM package offers 57 engaging action plans and 19 quick activities that can be used anywhere, plus class challenge activities and take-home challenges for students to do with family and friends.

Charmain Sutherland
2011 • Paperback with CD-ROM • 224 pp
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Grades 5-8

101 Classroom Games: Energize Learning in Any Subject helps students improve their study skills, review what they already know to prepare them for assessments, and embrace learning experiences as enjoyable. The games in this book work great as effective starter activities, for the middle part of a lesson to reignite learning when you see the kids’ eyes start to glaze over, or as complete activities to help you assess your students’ learning.

Gareth Long, Harvey Grout, and Stuart Taylor
2011 • Paperback • 144 pp
ISBN 978-0-7360-9510-5 • $18.00 ($18.95 CDN) C
Grades K-12

Also see…

Everybody Move, Second Edition ........................................................ page 29
Fitness for Life Elementary School ...................................................... page 5
Hip-Hop Health DVD ................................................................. page 6

Perceptual-Motor Activities for Children: An Evidence-Based Guide to Building Physical and Cognitive Skills contains 200 station activities that you can use to develop perceptual-motor skills in kids from preschool through elementary grades. The activities can be used in a 32-week sequential program or individually. You also receive a web resource that offers activity cards, bonus activities, active learning cards, audio tracks, a record sheet, and other tools.

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Promoting Language Through Physical Education: Using Sign Language and Spanish to Engage Everyone offers strategies that physical education teachers can use to integrate non-English speakers and Deaf children in their classes. Sign language and Spanish are used as examples to show how to enhance communication. Promoting Language Through Physical Education grounds teachers in the importance of language and the value of learning about other cultures.

Luis Columna, PhD, and Lauren Lieberman, PhD
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Grades K-8

Jenine M. De Marzo, EdD
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Great Games for Big Activity Balls presents 73 games for big activity balls, with more than 70 variations of physical activities and games that have two common themes: fun and physical activity. The games are ideal for all ages and abilities and for the gym, the outdoors, or whatever setting you work in.

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Having a Ball: Stability Ball Games shows you how to get kids bouncing, laughing, moving, and having great fun—all as they improve their fitness skills with 73 stability ball games, with variations, that teach balance and coordination. Whether you’re using these games in a fitness center, recreation program, or school, they’ll be a hit with kids because the games are a blast—and using nontraditional equipment helps to level the playing field so everyone gets to participate equally.

John Byl, PhD
2008 • Paperback • 152 pp
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Grades K-12

Also see…

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Teambuilding Activities for the Digital Age.................................page 12
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Stephen Virgilio shows how you can combine the efforts of physical educators, classroom teachers, school volunteers, parents, lunch personnel, health service professionals, and others to meet school wellness policy objectives. The book also features new games and activities, a section on teaching children with autism spectrum disorder, using USDA's My Plate, current Fitnessgram procedures, and more.

*Stephen J. Virgilio, PhD*

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*PE4life with Ken Reed*

2011 • Paperback • 136 pp
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J.D. Hughes

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Physical education class is a great setting for teaching children social skills—and Teaching Children Responsible Behavior: A Complete Toolkit is an easy-to-use resource to impart those skills to elementary school-aged children. The included CD-ROM contains resources you can use to supplement your class activities and each unit closes with a list of NASPE standards.

Sandy Hagenbach
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Teaching Personal and Social Responsibility Through Physical Activity presents practical, proven, easy-to-implement ideas for teaching personal and social responsibility (TPSR) in school, after school, and in alternative settings. It also supplies direction in teaching affective and social moral goals, an in-depth look into teaching character development and values, and a method for helping students develop personal and social responsibility.

Don Hellison, PhD
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With 50 Games for Going Green: Physical Activities That Teach Healthy Environmental Concepts, teachers and youth leaders will find easy-to-present games and activities to inspire and educate students about caring for the environment. These activities help students learn the value of reducing, reusing, and recycling and explore concepts of carbon footprint reduction, climate change, and global warming while making caring for the Earth a tangible, memorable, and fun experience.

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Teaching Healthy Lifestyles in Middle School PE: Strategies From an Award-Winning Program will help you build a program that emphasizes being fit and active over a lifetime, liven up your lessons with fun activities that get—and keep—students involved and active, and use time-tested ideas to boost staff wellness and build after-school and summer programs.

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Grades K-12

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Grades 9-12

League of American Bicyclists
2011 • Paperback with DVD • 160 pp
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Grades 6-12, Adult

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Future coaches and leaders take ownership of coaching course

At Oak Park and River Forest High School, Oak Park, Illinois, preparing high school students to be future leaders post-graduation is an important outcome of the educational experience. Two years ago, physical education teacher James Geovanes, along with department head Dale Craft, and other curriculum design team members, “wanted to put together a PE leadership class that was unlike any that we had ever seen before,” says Geovanes. “We wanted to give the students leadership life skills as well as something tangible that they could take with them after high school.”

With this goal in mind, the school’s physical education department began developing the curriculum. A focus group of teachers provided considerable input on course content. And with the faculty’s strong affiliation and experience with Human Kinetics, ASEP’s Successful Coaching was the only choice of text for the course. After contacting Human Kinetics to get the ball rolling, Geovanes found Human Kinetics staff “intrigued by what we wanted to do and bent over backwards to get us what we needed to run a successful class.”

The intrigue stemmed from the coaching certification that Geovanes wanted to attach to the course. In addition to keeping their copies of Successful Coaching after the course is completed, students are given the opportunity to take the ASEP test for coaching certification. The test is graded by ASEP, and students who pass are entered in the ASEP National Coaches Registry database of certified coaches.

The five-week course involves a lecture, which is guided by the Coaching Principles Instructor Guide and DVD. Geovanes also uses in-class group activities and incorporates his students’ own experiences as athletes in discussions. “We examine the successful and not-so-successful athletic programs within our walls to see what worked and what didn’t, and how that affects sport participation,” notes Geovanes.

What has been the response? “The students really took ownership of the program,” Geovanes says. By the end of the class, they have a better understanding and appreciation for everything that goes into being a successful coach and what it takes to be a positive role model to young athletes, he says. “It’s satisfying to see several of our students coaching youth sports and using the techniques and theories that they learned through ASEP to be better coaches for their young athletes.”

—by Mark Allemand, American Sport Education Program

Ready-made coaching courses offer students certification option

Successful Coaching is not only an excellent textbook for a high school elective course; it’s also the primary text for the Coaching Principles course offered by the American Sport Education Program (ASEP). Coaching Principles is a part of ASEP’s coaching certification program, recognized by numerous state high school associations, state departments of education, and individual school districts in meeting coaching education requirements. By offering your students the option to take the ASEP Coaching Principles course in conjunction with your class, your students will be prepared to take ASEP’s certification test. In most instances, your students will be one step closer to being certified to coach at the high school level in your state—a certification that will travel with them for a lifetime.

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Good alignment creates efficient, coordinated, and healthy movement. Therefore, it makes sense that the way to improve alignment dynamically is through movement practices rather than static positioning of the body. Whether in an exercise class or a dance class, you surely have heard or can imagine an instructor giving cues such as “lift your pelvis” or “pull in your abdominals” to participants who are already trying to execute a movement. Now, in addition to doing the original movement, participants need to think about the new commands and ask their bodies to engage muscles that aren’t used to working in that way. *Dynamic Alignment Through Imagery* suggests that moving functionally—that is, moving with awareness of the anatomical changes happening in the body—is the better way to improve your body’s alignment.

If you’re accustomed to using your body but not thinking about how you are using it, this book will transform your thinking. You’ll learn about the origins and uses of imagery and the biomechanical and anatomical basis of your body. Specific anatomical imagery will help you understand how your body fits together and works for movement. With the illustrations and specific cues, you will learn how to fine-tune your alignment and increase body awareness. Using dynamic alignment, you can

- gain more strength and flexibility through moving and develop balanced muscle tone by increasing effort where it is needed and reducing it where it is not needed;
- improve the efficiency of your body, reducing strain on both a physical and a psychological level because physical strain and exhaustion tend to dampen your mood and general outlook on life;
- improve coordination and observation skills to enable you to progress faster in physical activity pursuits and gain confidence through better performance;
- reduce the likelihood of injury with better biomechanical transfer of forces through the joints and body systems; and
- rest and regenerate your body after physical activity.

*Dynamic Alignment Through Imagery* can help anyone improve efficiency and comfort in high-level performance as well as everyday tasks. Learn more about *Dynamic Alignment Through Imagery* by visiting HumanKinetics.com/DynamicAlignment for excerpts that guide you in the practice of imagery.

—by Lori Cooper, Human Kinetics
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