Greetings from Human Kinetics!

Of all our catalogs and brochures, the one you hold may well be my favorite. That’s because I can think of no better representation of Human Kinetics’ mission than the products on the pages that follow. Those products vary in topic, audience, format, and purpose. They are developed in different divisions with staff, authors, and contributors from around the globe. Compiled in this catalog, they’re a commitment to the pursuit, profession, and overall advancement of physical activity and health. Thank you for sharing our commitment with your ongoing support.

You’ll be pleased with the expansive offerings and high-quality resources coming your way in 2016. From new editions of seminal texts Essentials of Strength Training and Conditioning and Exercise Technique Manual for Resistance Training to training guides The HIIT Advantage: High-Intensity Workouts for Women, Functional Training, and Building Muscle & Performance, you’ll find authoritative and practical information—content you can trust, personally and professionally.

The offerings include our comprehensive line of continuing education products. We continue to expand our lineup with courses that apply the authoritative content from the industry’s most respected resources to professional practice. You’ll find these courses noted throughout this catalog, and even more are available on our continuing education website (www.humankinetics.com/continuing-education).

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Again, thank you for your support. Know that we will remain committed to providing the content, products, and service you’ve come to expect from HK.

Sincere regards,

Jason Muzinic
Vice President and Director
Consumer Division
Human Kinetics

Component guide

Look for these quick references to identify various components related to products throughout the catalog:

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- Stream program via Video on Demand.
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To view a catalog online, or to request a different catalog from the selection below, visit www.HumanKinetics.com/Catalogs.
Achieve maximal results in minimal time

This is the resource for the most research-based, organized, and systematic information available on high-intensity interval training (HIIT). Irene Lewis-McCormick keys in on exercises, combinations, and progressions that will burn fat, shape and strengthen the upper and lower body, and assist with core strength for excellent posture and enhanced exercise performance—all written with a woman’s ultimate physique in mind. You’ll choose from 19 complete workouts consisting of a combination of 20-, 30-, and 45-minute sessions.

The HIIT Advantage: High-Intensity Workouts for Women
Irene Lewis-McCormick, MS
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)

High Intensity Training for Women CE Course

Take your body to the next level

Blast through training plateaus, add lean muscle, and achieve your best body ever. Mitogen Activated Xtreme training is scientifically proven to help you maximize muscle potential and transform your physique. No gimmicks, no expensive supplements, just results. This six-month program manipulates exercise variables to generate clear and steady muscle growth.

The M.A.X. Muscle Plan
Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

M.A.X. Muscle: The Scientific Approach to Maximizing Muscular Gains

Get maximum results with dumbbells

At the gym, home, or on the road, this targeted approach to improving strength, power, musculature, and performance features the most effective dumbbell exercises for increasing strength, power, and muscle mass. Targeting the core, upper body, lower body, and total body, the 81 exercises are accompanied by step-by-step instructions, common errors and corrections, and safety considerations.

Dumbbell Training
Allen Hedrick, MA, CSCS,*D, FNSCA
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Fundamental Weight Training
David Sandler
$16.95 ($22.95 CDN, £13.99 UK, €21.30 EURO)

Fundamental Weight Training CE Course

Improve your muscle and your hustle

By combining the most effective approaches and exercises, expert trainer Nick Tumminello has developed an efficient high-octane system for building muscle and boosting performance. Step by step you’ll learn the best exercises for increasing speed, explosiveness, athleticism, and endurance. Push yourself to the limits with strength and power lifts and progressions, power training drills, and cardio conditioning workouts. The results are challenging yet exhilarating. You will discover performance and build a physique you never thought possible.

Building Muscle and Performance: A Program for Size, Strength & Speed
Nick Tumminello
$23.95 ($32.95 CDN, £18.99 UK, €28.90 EURO)

Kettlebell Training CE Course

The ultimate training tool

Join the millions who have enjoyed the benefits of the ultimate training tool for fat loss, strength, stamina, and coordination. This easy-to-use, no-nonsense guide helps you start setting goals, assessing fitness, and selecting exercises. Each of the book’s 100+ exercises is accompanied by step-by-step instructions, detailed photo sequences, and training tips.

Kettlebell Training
Steve Cotter
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)
Strengthen your upper body
Take upper-body workouts to the next level. Joe Wuebben and Jim Stoppani team up to provide the most effective exercises and programs for increasing strength, definition, power, and size. Also targeting chest and abdominals, it features over 100 exercises for serious lifters.

Stronger Arms & Upper Body
Joe Wuebben and Jim Stoppani, PhD
$18.95 ($25.95 CDN, £14.99 UK, €22.80 EURO)

Build strength with proven program
Expanded, enhanced, and improved, this new edition of the best-selling guide provides an overview of weight training. It has the information you need to get to work quickly, safely, and correctly, along with 75 programs for muscle toning, body shaping, and pure strength training.

Fitness Weight Training, Third Edition
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Includes CE exam! Weight Training Program Design Made Simple
An enhanced e-book with integrated video is also available for your tablet or mobile device.

Transform your body in 6 weeks
Take on a straightforward, no-nonsense program that results in a healthy, lean, and defined physique that gets you noticed. Nine step-by-step programs designed to increase strength, power, agility, muscle mass, and total-body conditioning will help you sculpt your physique.

A Man’s Guide to Muscle and Strength
Stephen Cabral
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Sculpt a lean and chiseled physique
Build mass, reduce fat, and sculpt and maintain the chiseled muscular look you’ve always wanted. In this second edition, bodybuilding expert and magazine columnist Dr. Nick Evans provides three comprehensive programs and advice on selecting the best plan for optimal results.

Men’s Body Sculpting, Second Edition
Nick Evans, MD, FRCS (Orth)
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Championship advice for improving techniques
Develop the strength, power, intensity, concentration, and determination needed to meet powerlifting’s physical and mental demands. Powerlifting champion Dan Austin and Bryan Mann break down every aspect of the sport, including fueling, preparation, and execution of the three primary lifts.

Powerlifting
Dan Austin and Bryan Mann, PhD, CSCS
$23.95 ($32.95 CDN, £18.99 UK, €28.90 EURO)

Keep active and healthy with these workouts
Increase your strength to improve health, appearance, and performance. Whether you are just getting started or have been training your entire life, you’ll find 83 exercises for free weights, machines, bands, and balls; and 30 workouts for increasing size, endurance, and strength.

Strength Training Past 50, Third Edition
Wayne Westcott, PhD, CSCS, and Thomas Baechle, EdD, CSCS,*D, NSCA-CPT,*D
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)
The ultimate guide to improved strength and a chiseled physique

Build your knowledge base and build a better body. This is the ultimate resource for pinpointing and achieving the results you’re seeking. Jim Stoppani covers all facets of optimizing the development of muscle and strength, helping you conquer any problem or plateau you encounter. This comprehensive, research-based training guide and reference provides 116 training programs and 382 exercises presented for 13 muscle groups and the whole body. Proper technique for each exercise is tailored to the type of resistance used, be it free weights, weight machines, or body weight.

Jim Stoppani, PhD

Build muscle and achieve fat loss

This safe program produces results, whether you’re a beginner looking for a step-by-step guide to fat loss or a seasoned fitness professional looking for new exercises to spice up existing routines. Nick Tumminello, an innovator in the field of human performance, explains how to use the 3 Cs of metabolic strength training—circuits, combinations, and complexes. No fads, gimmicks, or miracle claims, he provides more than 150 exercises using barbells, dumbbells, resistance bands, machines, and body weight.

Strength Training for Fat Loss
Nick Tumminello

Reach optimal levels of strength, mass, and definition

Tudor Bompa uses scientific research to provide bodybuilders with a comprehensive guide to experiencing a complete transformation in physique and enormous strength gains.

Serious Strength Training, Third Edition
Tudor Bompa, PhD, Mauro Di Pasquale, MD, and Lorenzo Cornacchia

Build muscle in just 30 minutes a day

Push yourself to the extremes of strength, fitness, and performance. If you’re tired of the same old workouts and less-than-spectacular results, this your ultimate workout guide. Featuring 300 of the most effective and challenging workouts, it’s packed with programs that push you to your limit and maximize results. Each workout includes detailed instruction, photos, and training tips as well as variations for types of equipment and difficulty level. Challenge yourself with a different workout each day.

High-Intensity 300
Dan Trink, CSCS

Serious advice for women serious about their bodies

Build strength, endurance, and agility with this personalized guide. Elite athletes Dean Hodgkin and Caroline Pearce pack the book with detailed descriptions of the most effective exercises and programs, as well as strategies for fat loss and accelerating and maintaining results.

Better Body Workouts for Women
Dean Hodgkin and Caroline Pearce

Reach optimal levels of strength, mass, and definition

Tudor Bompa uses scientific research to provide bodybuilders with a comprehensive guide to experiencing a complete transformation in physique and enormous strength gains.

Serious Strength Training, Third Edition
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High-Intensity 300
Dan Trink, CSCS
Guide clients to new heights of fitness with eccentric training

Essentials of Eccentric Training is the first comprehensive resource covering this innovative approach to resistance training and conditioning that produces extraordinary results. Backed by evidence-based studies and readily incorporated into training programs, eccentric training provides greater intensity to help individuals push past plateaus and increase muscular strength, endurance, and power. Using eccentric training, strength and conditioning professionals and personal trainers can also help their clients improve metabolism, manage their weight, and facilitate injury rehabilitation.

Essentials of Eccentric Training
Len Kravitz, PhD, and Aaron T. Bubbico, MS
$52.00 ($71.95 CDN, £38.49 UK, €58.54 EURO)

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Essentials of Eccentric Training CE Course

Science of Strength and Conditioning Series

Develop evidence-based strength and conditioning programs
NSCA’s Guide to Program Design offers a scientific basis for developing training programs for specific athletes and includes a detailed examination of considerations and challenges in developing a program. The text contains 20 sample workouts or training plans for athletes in a variety of sports, technique photos and instructions for select drills, and a sample annual training plan that assembles all the pieces previously presented.

NSCA’s Guide to Program Design
National Strength and Conditioning Association
Jay Hoffman, PhD, Editor
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Also see...
NSCA’s Guide to Tests and Assessments ......................... page 20
NSCA’s Guide to Sport and Exercise Nutrition ...................... page 30

Structure optimal training plans for exceptional performance
With this text you will learn how to vary the intensity and volume of training to optimize the body’s ability to recover and rebuild—resulting in better performance and less risk of injury. With the fifth edition of Periodization, you can learn the principles, objectives, and components of a successful long-term training program and how to plan the right program to achieve performance goals.

Periodization: Theory and Methodology of Training, Fifth Edition
Tudor O. Bompa, PhD, and G. Gregory Haff, PhD
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Also see...
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Vladimir M. Zatsiorsky, PhD, and William J. Kraemer, PhD
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William J. Kraemer, PhD, and Steven J. Fleck, PhD
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Develop safe and effective strength and conditioning programs

Developed by the National Strength and Conditioning Association (NSCA), Essentials of Strength Training and Conditioning, Fourth Edition, is the fundamental text for strength and conditioning professionals and students. It provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. The scope and content have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information on the Certified Strength and Conditioning Specialist (CSCS) Exam, making it a vital source for exam preparation.

Essentials of Strength Training and Conditioning, Fourth Edition With Web Resource
National Strength and Conditioning Association
G. Gregory Haff, PhD, and N. Travis Triplett, PhD, Editors
$104.00 ($143.95 CDN, £74.49 UK, €113.24 EURO)

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NSCA’s Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study Course
National Strength and Conditioning Association
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Ideal resource for CSCS and NSCA-CPT candidates

Created by the National Strength and Conditioning Association (NSCA), Exercise Technique Manual for Resistance Training, Third Edition With Online Video, is a practical resource for current and aspiring strength and conditioning professionals and personal trainers, including those preparing for NSCA certification. The updated third edition includes 70 resistance training exercises with step-by-step instructions, photos, and online video demonstrations to ensure that users will be well prepared in performing and teaching resistance training exercises. A new special section features alternative modes and nontraditional implements, including kettlebell exercises.

National Strength and Conditioning Association
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NSCA Sports Performance Series ........................................ page 8
Elevate performance with drills used by elite athletes

Get a step ahead of the competition with this total training package. The top sport and conditioning experts present the best information on testing, techniques, drills, and training programs to maximize athletes’ movement capabilities. Featuring 262 drills and proven assessments for customizing programs and tracking progress, it also provides online access to a video library of the most effective drills and exercises for developing movement skills so you can see how to perform key tests and execute the book’s best and most complex drills.

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Build your center of power

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Greg Brittenham and Daniel Taylor, MS, PES, CSCS
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Take your performance to the next level

“Juan Carlos ‘JC’ Santana is the premier trainer in America and Functional Training is groundbreaking work in the area of function and strength. There is simply no better resource on the planet.”

Lee E. Brown, EdD, CSCS,*D, FNSCA, FACSM – Professor, Strength and Conditioning, Director, Center for Sport Performance California State University, Fullerton

Juan Carlos “JC” Santana offers his revolutionary approach to training and conditioning methods sure to improve your function in any sport or activity. It covers the recent breakthroughs, the most exercises, and proven programs you can follow or incorporate into your existing training plan. Covering the concepts, exercises, progressions, and sequencing on which a sound functional training program is based, it addresses the needs of more than 11 sports and features 135 exercises, including body weight, dumbbells and kettlebells.

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Coming in March 2016  Functional Training CE Course

Turn up the intensity of your workouts

“Coach John Cissik is one of the most knowledgeable and insightful men in the strength and conditioning world. In Maximum Interval Training he outlines techniques for using methods such as interval training, kettlebells, and periodization to make your performance soar.”

Steve Holman – Editor in Chief Iron Man Magazine

John Cissik’s proven program burns fat, increases muscle, and sculpts the physique you’ve always wanted. It combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results. You’ll find step-by-step instructions, expert advice, and photo depictions of 147 exercises as well as ready-to-use programs for power, strength, endurance, quickness, agility, tactical training, and total-body conditioning.

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Combine strength and power for athletic success

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Donald A. Chu, PhD, ATC, CSCS, FNSCA, and Gregory D. Myer, PhD, FACSM, CSCS,*D
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Follow the functional path to athletic performance

World-renowned strength and conditioning coach Vern Gambetta condenses the wisdom he’s gained through more than 45 years of experience working with athletes across sports, age groups, and levels of competition.

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Vern Gambetta
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Prepare for athletic performance

Maintain what you gain, then build on your improvements. Along with showing you how to train for smooth, fluid movement, Gray Cook helps you prevent muscle imbalances, mobility restrictions, stability problems, and injuries.

Athletic Body in Balance
Gray Cook, MSPT, DCS, CSCS
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Use periodized workouts to peak at optimal times

Tudor Bompa helps you manipulate six training phases, including anatomical adaptation and maximum strength, and competition. It takes the guesswork out of preseason conditioning, in-season workloads, and proper rest and recovery.

Periodization Training for Sports, Third Edition
Tudor Bompa, PhD, and Carlo Buzzichelli, TBI-MPS
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Periodization Training for Sports CE Course

Gain strength, power, and stability

Get the most out of your resistance band training with more than 160 exercises that target every major muscle group. Reap the benefits of pre-designed workout programs and sport-specific workouts for 13 endurance, power, and rotational sports.

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Tailor your training for on-field success
Find excellence on the field and in the training room with a focused program of strength, speed, and conditioning. Renowned Cornell University strength and conditioning coach Tom Howley presents the exercises, drills, and programs he’s relied on to make the Big Red a perennial lacrosse powerhouse. The book offers a number of ready-to-use off-season and in-season programs featuring 190 exercises, instructions, photo sequences, and unparalleled advice.

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Tom Howley
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E. Paul Roetert, PhD and
Mark S. Kovacs, PhD, FACSMS, CSCS
©2011 • Paperback, e-book • 216 pp
ISBN 978-0-7360-8936-4
$26.95 ($36.95 CDN, £18.99 UK, €28.90 EURO)

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Mark Klion, MD, and Troy Jacobson
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$23.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)

Yoga Anatomy, Second Edition
Leslie Kaminoff and Amy Matthews
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View our Anatomy Series at www.HumanKinetics.com/Anatomy-Series

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Posters also sold individually

Strength Training Anatomy Poster Series
©2005 • Seven poster series
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Posters also sold individually
Anatomy resources from best-selling author Frédéric Delavier

With a combined total of more than 1.8 million copies sold worldwide, Frédéric Delavier’s books provide detailed full-color anatomical illustrations, high-quality photographs, and step-by-step instructions for the hundreds of exercises and stretches included in these titles.

More than 1 million copies sold!

Strength Training Anatomy, Third Edition, offers strength and fitness enthusiasts worldwide the benefits of having X-rays of hundreds of exercises, pinpointing the direct anatomical benefits of each one. Loaded with over 600 full-color illustrations and 127 exercises for arms, shoulders, chest, back, legs, buttocks, and abdominals, this best-selling book also provides information on common strength training injuries and preventive measures for each.

Strength Training Anatomy, Third Edition
Frédéric Delavier
©2010 • Paperback • 192 pp • ISBN 978-0-7360-9226-5 • $19.95 ($24.50 CDN, £15.99 UK, €24.30 EURO)

Exercises and programs to help sculpt every region of the body

Best-selling author Frédéric Delavier introduces 49 programs for sculpting every region of the body. Featuring 157 exercises and variations targeted to the back, shoulders, abs, buttocks, legs, arms, and chest, Delavier’s Women’s Strength Training Anatomy Workouts includes 140 photos and 290 remarkable anatomical illustrations that show muscles interact with surrounding joints and skeletal structures so you can achieve targeted results.

Delavier’s Women’s Strength Training Anatomy Workouts
Frédéric Delavier and Michael Gundill
$19.95 ($24.50 CDN, £15.83 UK, €24.30 EURO)

Delavier’s Core Training Anatomy
Frédéric Delavier and Michael Gundill
©2012 • Paperback • 144 pp
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Delavier’s Stretching Anatomy
Frédéric Delavier, Jean-Pierre Clémenceau, and Michael Gundill
$21.95 ($26.95 CDN, £16.99 UK, €25.80 EURO)

Women’s Strength Training Anatomy
Frédéric Delavier
©2003 • Paperback • 136 pp
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)
Study with confidence for the NSCA-CPT exam

NSCA’s Essentials of Personal Training, Second Edition, presents the knowledge, skills, and abilities required for personal trainers. It focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status.

NSCA’s Essentials of Personal Training, Second Edition
National Strength and Conditioning Association
Jared W. Coburn, PhD, and Moh H. Malek, PhD, Editors
$102.00 ($140.95 CDN, £74.99 UK, €114.00 EURO)
ANCILLARIES: Instructor guide • Image bank
The image bank is also available for purchase • ISBN 978-0-7360-8433-8

Prepare for the NSCA-CPT exam

NSCA’s Certified Personal Trainer (NSCA-CPT) Online Study Course works in tandem with the material presented in NSCA’s Essentials of Personal Training, Second Edition, to offer a practical and efficient method of studying the content assessed on the NSCA-CPT exam. The course content reflects the weighting and scope of the NSCA-CPT exam, and features over 120 interactive learning activities. An end-of-course test mimics the scope and difficulty of the actual certification exam. Current certified professionals who complete the course and pass the test can earn continuing education units (the number is determined by each organization).

NSCA’s Certified Personal Trainer (NSCA-CPT) Online Study Course
National Strength and Conditioning Association
©2014 • Enhanced online course • ISBN 978-1-4504-5869-6
$269.00 ($370.95 CDN, £194.99 UK, €296.42 EURO)
Also available with e-book or without book

Keep fitness and exercise fun and effective

Endorsed by the National Personal Training Institute, NPTI’s Fundamentals of Fitness and Personal Training helps readers understand how the body works and responds to exercise. Anatomical illustrations and photos demonstrate the science of personal training with coverage of specific muscle systems and how to train them, as well as advice on how to make modifications for clients. Extensive information on nutrients, coupled with guidance on helping clients build strength and burn fat, helps future trainers take the sessions beyond simple workouts.

NPTI’s Fundamentals of Fitness and Personal Training
Tim Henriques
$82.00 ($112.95 CDN, £61.99 UK, €94.20 EURO)
ANCILLARIES: Instructor guide • Presentation package plus image bank
www.HumanKinetics.com/NPTIsFundamentalsOfFitnessAndPersonalTraining
The presentation package plus image bank is also available for purchase

A visual guide to exercise physiology

Practical Guide to Exercise Physiology gives health and fitness professionals the confidence to design physiologically sound exercise programs and explain to clients the science supporting the program design.

Practical Guide to Exercise Physiology
Bob Murray, PhD, FACSM, and W. Larry Kenney, PhD, FACSM
$39.00 ($53.95 CDN, £29.99 UK, €45.60 EURO)

Provide service and programs in a safe environment

This text presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings in a safe environment. The fourth edition offers a comprehensive and easy-to-use reference of health and fitness facility standards and guidelines.

ACSM’s Health/Fitness Facility Standards and Guidelines, Fourth Edition
American College of Sports Medicine
$75.00 ($102.95 CDN, £54.99 UK, €83.60 EURO)

www.HumanKinetics.com
EuropeActive Series

Endorsed by EuropeActive, the continent’s leading standard-setting organisation in fitness and health, these texts are authoritative guides for aspiring and qualified exercise professionals and training providers in Europe. The series reflects the current status of educational fitness standards, the European Qualifications Framework (EQF). The EQF links countries’ qualifications systems together, acting as a translation device to make qualifications more understandable and ensure smooth movement and work transfers among employers, educational institutions and countries in Europe.

The authoritative guide to personal training in Europe

EuropeActive’s Essentials for Personal Trainers provides personal trainers with the most thorough information and best practices to help clients achieve their health and fitness goals. The text includes chapters covering the role of the personal trainer, anatomy, physiology, lifestyle assessment, programming, exercise planning and training adaptations. By applying these concepts, readers will be well versed in the competencies, skills and knowledge necessary for achieving level 4 status in the European Qualifications Framework (EQF), the baseline standards for registered personal trainers in Europe. Endorsed by EuropeActive, the fitness and health industry’s standard-setting authority in Europe, this manual is essential for all aspiring and qualified personal trainers.

EuropeActive’s Essentials for Personal Trainers
EuropeActive
Thomas Rieger, DrRerSoc, Ben Jones, BSc (Hons), and Alfonso Jiménez, PhD, Editors
$35.00 ($47.95 CDN, £26.99 UK, €41.00 EURO)

Exceed clients’ expectations

Written by world-renowned experts in exercise and sport sciences, EuropeActive’s Foundations for Exercise Professionals provides core knowledge and industry standards to help exercise professionals serve their clients. Endorsed by EuropeActive, the book uses scientific foundations to cover concepts and hands-on skills that promote best practices in exercise instruction and training.

EuropeActive’s Foundations for Exercise Professionals
EuropeActive
Thomas Rieger, DrRerSoc, Fernando Nacario, PhD, Alfonso Jiménez, PhD, and Jeremy Moody, PhD, Editors
$45.00 ($61.95 CDN, £33.99 UK, €51.70 EURO)

Coach clients toward health, wellness, and fitness goals

Lifestyle Wellness Coaching, Second Edition, offers an evidence-based and systematic coaching methodology that can apply in guiding you toward long-term health and wellness. The second edition has been thoroughly revised and updated to keep pace with the rapidly evolving field of lifestyle coaching. It provides you with multiple approaches to learning, including sidebars, reflection opportunities, realistic coaching dialogues, and a thorough examination of the International Coach Federation’s 11 core coaching competencies.

Lifestyle Wellness Coaching, Second Edition
James Gavin, PhD, and Madeleine McBrearty, PhD
$75.00 ($102.95 CDN, £54.99 UK, €83.60 EURO)

Health Fitness Management, Second Edition
Mike Bates, Editor
©2008 • Hardback, e-book • 400 pp
$85.00 ($116.95 CDN, £62.99 UK, €95.70 EURO)

ANCILLARIES AVAILABLE ONLINE

Successful Programs for Fitness and Health Clubs: 101 Profitable Ideas
Sandy Coffman
Foreword by John McCarthy, former executive director of IHRSA
©2007 • Paperback with CD-ROM for PC/Mac • 224 pp
$48.00 ($65.95 CDN, £36.99 UK, €50.28 EURO)
Become a better group exercise instructor

Methods of Group Exercise Instruction, Third Edition With Online Video, highlights a variety of group exercise formats through training principles, correction and progression techniques, and safety tips. This research-based text will enhance your skills as a group exercise leader and prepare you to lead more dynamic, safe, and effective classes.

The text moves from theory to practice in a logical progression. Thoroughly revised and reorganized based on industry standards, this edition offers expanded content to help you become a better instructor. Updates to the third edition include the following:

• Online video, totaling over 100 minutes, demonstrates key content in the text.
• New chapters cover social aspects of group exercise, coaching-based instructional models, and neuromotor and functional training.
• Callout boxes highlight important topics, research findings, technique and safety checks, and practice drills, which facilitate quick learning.
• Short assignments at the close of each chapter encourage you to look beyond the text to gain practical experience.
• Evaluation forms and evaluation key points allow instructors to gauge their teaching success and adapt the key criteria of a successful class to each exercise modality.

An enhanced e-book with integrated video is also available for your tablet or mobile device.

Raising the Bar for Group Exercise Instructors

Methods of Group Exercise Instruction, Third Edition CE Course

Provide effective aquatic instruction

This text explores concepts in exercise science, applied exercise anatomy, and physiology in deep-water exercise. This text will assist readers in creating and leading safe, effective, and enjoyable exercise programs. This all-in-one aquatic fitness reference is a resource for those preparing for the AEA Aquatic Fitness Professional certification exam.

Aquatic Exercise Toolbox, Updated Edition
Harriet Purcell Adams, Charlotte Owen Norton, and Helen Mautz Tilden
©2006 • Box with water-resistant cards and CD-ROM containing reference manual and user’s guide
$149.00 ($205.95 CDN, £108.33 UK, €164.67 EURO)
Guide to designing scientifically based resistance training programs

In *Designing Resistance Training Programs, Fourth Edition*, two of the world’s leading experts on strength training explore how to design scientifically based resistance training programs, modify and adapt programs, and apply the elements of program design in the real world.

The fourth edition presents the most current information while retaining the studies that are the basis for concepts, guidelines, and applications in resistance training. Meticulously updated and heavily referenced, the fourth edition contains the following updates:

- Sidebars focus on a specific practical question or an applied research concept, allowing you to connect research to real-life situations.
- Multiple detailed tables summarize research from the text, offering an easy way to compare data and conclusions.
- A glossary makes it simple to find key terms in one convenient location.

*Designing Resistance Training Programs, Fourth Edition*
Steven J. Fleck, PhD, and William J. Kraemer, PhD
$89.00 ($122.95 CDN, £65.99 UK, €100.30 EURO)

ANCILLARIES: Instructor guide • Test package • Presentation package plus image bank

The presentation package plus image bank is also available for purchase • ISBN 978-1-4504-6616-5

Designing Resistance Training Programs, Fourth Edition CE Course

Polish your resistance training instruction skills

This text combines detailed illustrations and expert technical guidance into a full-color text to show exactly how to target specific muscles by using the most efficient alignment, positioning, and lifting technique for each exercise. Photos depict trainers in action, allowing you to see proper positioning and training technique for every exercise. Three sample periodized programs demonstrate how to develop base strength, improve whole-body fitness, and design advanced split routines by selecting, combining, and sequencing the best exercises for each client. You will also learn the science and art of how and when to vary intensity, volume, recovery, and exercise sequencing to customize individual routines to meet long-term training goals for clients.

*Resistance Training Instruction, Second Edition*
Everett Aaberg
$39.00 ($37.95 CDN, £29.99 UK, €45.60 EURO)

Design resistance training programs for improved performance

*Principles and Practice of Resistance Training* details how to examine the physical, physiological, and biomechanical parameters associated with crafting resistance training programs to improve sport performance, strength, and power in athletes. The authors bring together more than 100 collective years of teaching, conducting research, and coaching national- and international-level athletes to share their unique insights concerning adaptations to strength and conditioning. In doing so, they translate the theory of training principles into practical information to provide you with the tools to create, monitor, and adapt effective resistance training programs to help athletes or clients excel.

*Principles and Practice of Resistance Training*
Michael H. Stone, PhD, Meg Stone, MS, and William A. Sands, PhD
$94.00 ($129.95 CDN, £68.99 UK, €104.90 EURO)

Also see...


Polish your resistance training instruction skills

This text combines detailed illustrations and expert technical guidance into a full-color text to show exactly how to target specific muscles by using the most efficient alignment, positioning, and lifting technique for each exercise. Photos depict trainers in action, allowing you to see proper positioning and training technique for every exercise. Three sample periodized programs demonstrate how to develop base strength, improve whole-body fitness, and design advanced split routines by selecting, combining, and sequencing the best exercises for each client. You will also learn the science and art of how and when to vary intensity, volume, recovery, and exercise sequencing to customize individual routines to meet long-term training goals for clients.

*Resistance Training Instruction, Second Edition*
Everett Aaberg
$39.00 ($37.95 CDN, £29.99 UK, €45.60 EURO)
Employ a balanced approach to assessing physical fitness

Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video, provides a comprehensive approach to physical fitness appraisal and exercise prescription. The text shows how to assess each fitness component and then how to design exercise programs based on that assessment, bridging the gap between research and practice for fitness professionals.

This edition includes guidelines and recommendations for medical exam and exercise testing requirements before beginning exercise programs. Additional features in the seventh edition include the following:

- More than 40 clips in the accompanying online video that feature common exercise assessments
- Expanded information on prediabetes, metabolic syndrome, osteoporosis, and obesity
- Physical activity recommendations from the U.S. government, American Heart Association, and ACSM
- Updated information on the use of technology, exergaming, and social media networks to monitor and promote physical activity
- Additional OMNI pictorial scales for ratings of perceived exertion
- Whole-body vibration as an adjunct to resistance training and flexibility training

Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video
Vivian H. Heyward, PhD, and Ann L. Gibson, PhD
$102.00 ($140.95 CDN, £74.49 UK, €113.24 EURO)

ANCILLARIES: Instructor guide • Test package • Chapter quizzes
Presentation package plus image bank • Online video

www.HumanKinetics.com/AdvancedFitnessAssessmentAndExercisePrescription

The presentation package plus image bank is also available for purchase • ISBN 978-1-4504-6814-5
The online video is also available for purchase separately • ISBN 978-1-4504-6813-8

Fitness Assessment Courses

Each course consists of a mini e-book made up from specific chapters of the text, Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video, and concludes with a continuing education exam.

Cardiorespiratory Fitness Assessment and Prescription Online CE Course
ISBN 978-1-4504-6819-0
$45.00 ($61.95 CDN, £34.99 UK, €53.17 EURO)

Muscular Fitness Assessment and Prescription Online CE Course
ISBN 978-1-4504-6820-6
$45.00 ($61.95 CDN, £34.99 UK, €53.17 EURO)

Flexibility Assessment and Prescription Online CE Course
$35.00 ($47.95 CDN, £26.66 UK, €40.50 EURO)

Evidence-Based Practice in Exercise Science: The Six-Step Approach
William E. Amonette, PhD, Kirk L. English, PhD, and William J. Kraemer, PhD
©2016 • Hardback, e-book • 344 pp
$89.00 ($122.95 CDN, £65.99 UK, €100.30 EURO)

Evidence-Based Practice in Exercise Science: The Six-Step Approach
Vivian Heyward, PhD, and Dale Wagner, PhD
$75.00 ($102.95 CDN, £54.99 UK, €83.60 EURO)

ANCILLARIES AVAILABLE ONLINE

Edmund D. Acevedo, PhD and Michael A. Starks, PhD
©2011 • Paperback, e-book • 168 pp
$51.00 ($69.95 CDN, £39.99 UK, €60.80 EURO)

www.HumanKinetics.com
Understand and address the exercise needs of each client

*Client-Centered Exercise Prescription, Third Edition With Web Resource,* emphasizes a personalized approach to exercise in which unique programs meet the interests and needs of individual clients. The text expands the role of the fitness professional from simple exercise prescription to include activity counseling, design modification, exercise demonstration, functionally integrated exercise, injury prevention, and follow-up monitoring for a variety of clients.

The third edition features numerous updates:

- More than 40 reproducible forms (duplicated in printable format in the web resource) that can be shared with clients
- Applied exercise prescription worksheets and new case studies that help you grasp how the material may be used in practice
- Three new chapters on exercise prescription for aging adults that offer specific recommendations for this growing demographic
- Expanded sections on applied nutrition, reliable field tests, safety and referrals, and a unique biomechanical approach to exercise modifications and functional progressions

*Client-Centered Exercise Prescription, Third Edition With Web Resource*

John C. Griffin, MSc
$67.00 ($91.95 CDN, £49.49 UK, €75.24 EURO)

ANCILLARIES: Web Resource
www.HumanKinetics.com/ClientCenteredExercisePrescription
The web resource is also available for purchase separately • ISBN 978-1-4504-9751-0

Evaluate and prescribe exercise for various populations

*Fitness Professional’s Handbook, Sixth Edition,* will help you understand the role of physical activity in quality of life and the guidelines for screening, testing, supervising, and modifying activity for various populations. It is an essential resource for those seeking professional certification and striving to stay informed amid ongoing advances in research.

*Fitness Professional’s Handbook, Sixth Edition*
Edward T. Howley, PhD, and Dixie L. Thompson, PhD
$94.00 ($129.95 CDN, £68.99 UK, €104.90 EURO)

ANCILLARIES: Instructor guide • Test package
Presentation package plus image bank
The presentation package plus image bank is also available for purchase ISBN 978-1-4504-2139-3

Employ NSCA-approved assessment and testing protocols

*NSCA’s Guide to Tests and Assessments* offers strength and conditioning professionals a research-based presentation of exercise tests and assessments used in measuring key fitness components. Each assessment and test includes step-by-step instructions and multiple test options for each conditioning component. This text provides a clear understanding of the test selection process, how to implement appropriate data collection, and how to analyze data to make appropriate training decisions.

*NSCA’s Guide to Tests and Assessments*
National Strength and Conditioning Association
Todd Miller, PhD, Editor
$53.00 ($72.95 CDN, £39.99 UK, €60.88 EURO)

Also see:

NSCA’s Guide to Program Design ............................................ page 6
NSCA’s Guide to Sport and Exercise Nutrition ........................ page 30

*Physiological Assessment of Human Fitness, Second Edition*
Peter J. Maud, PhD, and Carl Foster, PhD, Editors
©2006 • Hardback • 328 pp • ISBN 978-0-7360-4633-6
$84.00 ($115.95 CDN, £61.99 UK, €94.20 EURO)

*Low Back Disorders, Third Edition with Web Resource*
Stuart McGill, PhD
©2016 • Hardback, e-book • 424 pp
$84.00 ($115.95 CDN, £61.49 UK, €93.44 EURO)

Low Back Injury Prevention and Rehab CE Course

Inspire healthy changes to improve quality of life

With an accessible and engaging style, *Fitness & Health, Seventh Edition*, offers you a practical resource focused on a deeper understanding of the exercise–health relationship and provides a framework for attaining health and fitness goals. This handbook explores the physiology and benefits of fitness while also providing information and tools for improving health and wellness.

*Fitness & Health, Seventh Edition*
Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
$39.00 ($53.95 CDN, £29.99 UK, €45.60 EURO)

**ANCILLARIES:** Instructor guide • Test package
Presentation package plus image bank
www.HumanKinetics.com/FitnessAndHealth
The presentation package plus image bank is also available for purchase ISBN 978-1-4504-4180-3

Norms for Fitness, Performance, and Health
Jay Hoffman, PhD
©2006 • Paperback • 232 pp • ISBN 978-0-7360-5483-6
$49.00 ($67.95 CDN, £36.99 UK, €56.20 EURO)

Women’s Health and Fitness Guide
Michele Kettles, MD, MSPH, Colette L. Cole, MS, and Brenda S. Wright, PhD
©2006 • Hardback • 264 pp • ISBN 978-0-7360-5769-1
$60.00 ($82.95 CDN, £44.99 UK, €68.40 EURO)

Master core training techniques to create customized programs

Core Assessment and Training covers core strength, alongside flexibility and plyometrics, and features photos, illustrations, and instructions for over 120 exercises. A DVD included with the text features video demonstrations that help you review proper techniques and protocols for the exercises and assessments.

*Core Assessment and Training*
Human Kinetics and Jason Brumitt, MSPT, SCS, ATC, CSCS*D, Contributor
©2010 • Paperback with DVD • 160 pp • ISBN 978-0-7360-7384-4
$50.00 ($68.95 CDN, £35.99 UK, €48.88 EURO)

*Core Assessment and Training Enhanced Online CE Course*

*Exercise Prescription: A Case Study Approach to the ACSM Guidelines, Second Edition*
David P. Swain, PhD, and Brian C. Leutholtz, PhD
©2007 • Paperback • 208 pp • ISBN 978-0-7360-6680-8
$45.00 ($61.95 CDN, £33.99 UK, €57.10 EURO)

*Physical Activity and Health Guidelines: Recommendations for Various Ages, Fitness Levels, and Conditions from 57 Authoritative Sources*
Riva L. Rahl, MD
©2010 • Hardback • 368 pp • ISBN 978-0-7360-7943-3
$58.00 ($79.95 CDN, £43.99 UK, €66.90 EURO)
Head to the pool for a fun and different workout

Grab your swimsuit and a copy of Water Exercise and head to the pool to add variety to your workouts. Ideal for cross-training workouts and beginning to advanced fitness workouts, Water Exercise will also help you recover from injury or manage a chronic condition. With underwater photos and simple instructions for each exercise, you will learn fun exercises you can do in shallow or deep water that will help you enjoy increased muscle strength, better posture, improved endurance and fitness, greater mobility and flexibility of joints, reduced pain and fatigue, and an enhanced sense of well-being.

Water Exercise
Melissa Layne
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Take the first step toward total-body fitness

Filled with step-by-step instruction, full-color photo sequences, and expert advice for group and at-home exercises, recreational activities, yoga, balance work, core work, and nutrition essentials, Fitness: Steps to Success provides a variety of options to create a fitness program for any schedule and fitness level. The easy-to-administer assessments will help you identify a starting point and track progress made along the way.

Fitness: Steps to Success
Nancy L. Naternicola
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)

ANCILLARIES:
Instructor guide
www.HumanKinetics.com/FitnessStepsToSuccess

Fitness Series

Build strength with proven programs

Featuring 75 programs for muscle toning, body shaping, and strength training, Fitness Weight Training, Third Edition, uses color-coded workout zones—levels of difficulty and intensity—to help you achieve your weight training goals at their own pace.

Fitness Weight Training, Third Edition
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Weight Training Program Design Made Simple—includes CE exam!

An enhanced e-book with integrated video is also available for your tablet or mobile device.

Fitness Cycling
Shannon Sovndal, MD
$19.95 ($25.95 CDN, £14.99 UK, €22.80 EURO)

Fitness Running
Richard L. Brown, PhD
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)

Fitness Swimming
Emmett Hines
$19.95 ($25.95 CDN, £14.99 UK, €22.80 EURO)

Fitness Series

78 workouts for achieving any running goal

Fitness Running, Third Edition, contains programs from one of America’s most respected coaches. The 13- to 26-week programs, color coded and customizable, cover every goal, from staying in shape to preparing for races ranging from 1500 meters to the marathon. It also includes individualized testing and log pages for assessing running health and results, recommendations for female runners, and the latest information on gear and gadgets, cross-training, stretching, and recovery.

Fitness Running, Third Edition
Richard L. Brown, PhD
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)

Fitness Walking
Therese Iknoian, MS
$17.95 ($24.95 CDN, £13.99 UK, €21.30 EURO)

Fitness Walking, Second Edition
Therese Iknoian, MS
$17.95 ($24.95 CDN, £13.99 UK, €21.30 EURO)

Fitness Swimming, Second Edition
Emmett Hines
$19.95 ($25.95 CDN, £14.99 UK, €22.80 EURO)

Fitness Series

Become a fit walker

Fitness Walking, Second Edition, helps you meet fitness goals by offering a wide range of walks that can be chosen based on the duration, distance, speed, and nature of the walk. The text also offers training advice to gain the most benefit from the exercises.

Fitness Walking, Second Edition
Therese Iknoian, MS
$17.95 ($24.95 CDN, £13.99 UK, €21.30 EURO)

Fitness Cycling
Shannon Sovndal, MD
$19.95 ($25.95 CDN, £14.99 UK, €22.80 EURO)

Fitness Swimming
Emmett Hines
$19.95 ($25.95 CDN, £14.99 UK, €22.80 EURO)
A man’s guide to losing fat and keeping muscle

Build the ideal physique with a completely accessible and convenient resource from one of the world’s most sought-after personal trainers. Fitness expert and *Men’s Health* cover model Ray Klerck specifically tailors *Body Trainer for Men* to the unique needs and goals of men. Whether the goal is improved fitness and muscle definition or a slimmer, more toned physique, the book features workout programs that can be performed at home, in the park, or in the gym, while offering solutions to the most common issues men face. Whatever your present needs or future goals may be, the advice in *Body Trainer for Men* will guide you towards your fitness goals.

*Body Trainer for Men*
Ray Klerck
$24.95 ($33.95 CDN, £18.99 UK, €29.90 EURO)

### Construct the perfect core

This results-oriented, step-by-step guide includes more than 60 core exercises, ready-to-use workout plans, and advice on integrating abdominal development into cardio and strength routines. Moreover, readers will discover strategies for applying the latest research on diet and nutrition to enhance and maintain muscle definition and tone throughout the year.

*Abs Revealed*
Jonathan Ross
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

### Achieve desired results with this book and DVD package

Improve muscle tone and physique with *Sculpting Her Body Perfect*. Tailored specifically to the unique training needs and goals of women, this book and DVD helps build a strong foundation as well as smooth problem areas by using the suggested execution and toning techniques.

*Sculpting Her Body Perfect, Third Edition*
Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA
$19.95 ($27.95 CDN, £16.99 UK, €25.78 EURO)

### Total Knockout Fitness

A high-octane workout for a toned physique

*Total Knockout Fitness* incorporates a blend of boxing, cardio, and cross-training to produce the ultimate total-body workout. Featuring full-color photos, step-by-step descriptions of exercises and fundamental boxing skills, and a DVD depicting workouts, variations, and training tips, this special package contains all the information needed in order to burn calories, increase power and strength, sculpt muscles, and see the body transformed.

*Total Knockout Fitness*
Martin McKenzie and Stefanie Kirchner
©2014 • Paperback with DVD • 216 pp • ISBN 978-0-7360-9434-4
$24.95 ($33.95 CDN, £17.99 UK, €23.68 EURO)

An enhanced e-book with integrated video is also available for your tablet or mobile device.

### At-home routines for every fitness goal

Fitness expert and best-selling author Brad Schoenfeld makes sense of home-based workouts by covering fitness routines for every training style, budget, and home space. The full-color guide includes 12 four-week programs for conditioning, sculpting, and core stability, plus three levels of fat-burning cardio workouts, all customizable to fit your goals.

*Women’s Home Workout Bible*
Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA
$21.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

A companion app and an enhanced e-book with integrated video are also available for your tablet or mobile device.
Get active and eat right

ACSM’s Complete Guide to Fitness & Health includes activities and sample programs for every age group and fitness level and features strategies for planning and tracking progress over time. Full-color photos accompanying step-by-step instructions for increasing muscular strength, flexibility, and balance, along with guidance on choosing the right cardiorespiratory training based on interest and available time, makes it easy for you to get started or improve your existing fitness routines. This authoritative guide to fitness and health includes chapters with recommendations for people with special health and medical conditions, such as diabetes, obesity, high cholesterol, osteoporosis, pregnancy, high blood pressure, and arthritis.

ACSM’s Complete Guide to Fitness & Health
American College of Sports Medicine
Barbara Bushman, PhD, Editor
$24.95 ($33.95 CDN, £18.99 UK, €28.90 EURO)

ANCILLARIES: Instructor guide • Image bank
www.HumanKinetics.com/ACSMsCompleteGuideToFitnessAndHealth
The image bank is also available for purchase • ISBN 978-1-4504-4253-4

Slim, shape, and sculpt 10 minutes at a time

Total-Body Toning with Lashaun Dale is your personal program for slimming, shaping, and sculpting your body. Through interval training and a blend of traditional and nontraditional resistance exercises, perfecting your physique has never been easier.

Total-Body Toning with Lashaun Dale
Lashaun Dale
©2010 • DVD • 89 minutes • ISBN 978-0-7360-9674-4
$16.95 ($22.95 CDN, £14.16 UK, €21.50 EURO)

Core Express segment
©2010 • Video on Demand • 43 minutes • ISBN 978-1-4925-2915-6
$7.95 ($10.95 CDN, £6.66 UK, €10.08 EURO)

Energizer/Full-Body Sculpt segment
©2010 • Video on Demand • 42 minutes • ISBN 978-1-4504-5960-0
$7.95 ($9.95 CDN, £6.66 UK, €10.08 EURO)

Get active and stay active for life

Fitness Illustrated is a visual, straightforward approach to core fitness concepts, exercise programming, nutrition, and weight management. Photos, illustrations, and explanations depict how a body changes through aerobic and strength training so that customized routines can address specific needs and goals.

Fitness Illustrated
Brian J. Sharkey, PhD
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)

Take charge of your recovery and live a long and full life

At last, here are answers, advice, and support for the millions who have been diagnosed or are living with heart conditions. The Healthy Heart Book provides the blueprint for protecting your heart and living a healthy lifestyle.

The Healthy Heart Book
Morag Thow, PhD, BSc, Dip PE, Keri Graham, MSc, BSc, and Choi Lee, BSc
$17.95 ($24.95 CDN, £13.99 UK, €21.30 EURO)
Improve flexibility, strength, and overall physical conditioning

Whether you are searching for a new challenge or a way to incorporate yoga into your exercise routine, *Beth Shaw’s YogaFit* will help you reach your physical potential. Expanded and updated, this highly acclaimed program combines challenging conditioning work with strength- and flexibility-building yoga to create a total-body workout. You’ll have not only increased overall health, energy, and vitality but also a stronger and leaner body, reduced stress, better posture, improved concentration, and a higher level of fitness.

*Beth Shaw’s YogaFit, Third Edition*
Beth Shaw, E-RYT, BS, CMT
©2015 • Paperback, e-book • 288 pp
ISBN 978-1-4925-0740-6
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)

Improve relaxation, mental clarity, and balance

Join Leslie Kaminoff as he guides you through postures, movements, and breathing techniques designed to improve balance, flexibility, strength, and mental clarity. *Breath-Centered Yoga with Leslie Kaminoff* includes four complete programs.

*Breath-Centered Yoga with Leslie Kaminoff DVD*
Leslie Kaminoff
©2010 • DVD • 95 minutes ISBN 978-0-7360-9235-7
$16.95 ($22.95 CDN, £14.16 UK, €21.50 EURO)

Gain a deeper understanding of yoga structures

From breathing to inversions to standing poses, see how specific muscles respond to the movement of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body positions are all fundamentally linked.

*Yoga Anatomy, Second Edition*
Leslie Kaminoff and Amy Matthews, CMA, E–RYT
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Use yoga to improve running skills

Christine Felstead’s unique program introduces a proven cross-training approach to the sport. This guide shows runners how to incorporate yoga into their routine to improve breathing, strength, flexibility, endurance, mental sharpness, and overall athletic performance.

*Yoga for Runners*
Christine Felstead
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

See how to perform over 150 asanas

This easy-to-use quick-reference guide captures the beauty and essence of hatha yoga itself. *Hatha Yoga Asanas* features full-color photos, basic movement cues, the English and Sanskrit names, and difficulty ratings for over 150 poses.

*Hatha Yoga Asanas: Pocket Guide for Personal Practice*
Daniel DiTuro and Ingrid Yang, MD, E–RYT
$15.95 ($21.95 CDN, £12.99 UK, €19.70 EURO)
Learn to master Pilates

Having sold more than 60,000 copies and been translated into several languages, Pilates is the most respected and comprehensive guide available on the Pilates method. Exercises in the second edition are depicted in photo sequences and include difficulty ratings, recommended resistance ranges, and instructions and reasons for performing the movements. Exercises are categorized by body region, and many include variations to increase or decrease the challenge. In addition to popular mat exercises, Pilates covers exercises for the classic apparatus: reformer, cadillac, wunda chair, step and ladder barrels, ped-a-pul, arm chair, and magic circle.

Pilates, Second Edition
Rael Isacowitz
$22.95 ($31.95 CDN, £17.99 UK, €27.30 EURO)

Inside information on strengthening and toning

Pilates Anatomy presents a visual perspective on correct alignment, posture, and movements. It offers an inside look at workouts by providing a customizable approach that includes 213 illustrations and step-by-step instructions for 46 of the most effective mat exercises for building a stronger, more articulate body.

Pilates Anatomy
Rael Isacowitz and Karen Clippinger
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Improve your posture, muscles, energy, and spirit

Renowned Pilates instructor Portia Page shows you how to perform the essential movements, exercises, and mat work routines. You’ll also learn to incorporate equipment, such as a stability ball, stretch band, and Pilates ring, to isolate muscles for targeted results.

Pilates Illustrated
Portia Page
$17.95 ($24.95 CDN, £13.99 UK, €21.30 EURO)

Tone muscles from head to toe

Erika Bloom guides you through classic Pilates movements targeting the deeper intrinsic muscles for improved posture and tone. You’ll go beyond traditional mat work to incorporate strength band and Pilates ball sequences designed to tone and strengthen.

Next-Level Pilates with Erika Bloom DVD
Erika Bloom
©2010 • DVD • 93 minutes ISBN 978-0-7360-9598-3
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$7.95 ($9.95 CDN, £6.66 UK, €10.08 EURO)

Lower-Body Burn segment
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$7.95 ($9.95 CDN, £6.66 UK, €10.08 EURO)

Enjoy better health and self-awareness

Tai Chi Illustrated offers a comprehensive look at the exercise some call “moving meditation.” Full-color photo sequences demonstrate how to perform the most popular tai chi routines. Tai Chi Illustrated makes it easy to learn these mind–body exercises and harness the healing power of chi, putting readers on the path to better health and self-awareness.

Tai Chi Illustrated
Pixiang Qiu and Weimo Zhu, PhD
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

An enhanced e-book with integrated video is also available for your tablet or mobile device.

Harness the healing power of qigong

Qigong Illustrated is a step-by-step guide complete with detailed instructions and full-color photo sequences of the most effective movements, exercises, and traditional routines, including Daoist Five, Eight Silk Brocade, and Turning and Winding the Belt Vessel.

Qigong Illustrated
Christina J. Barea, MMQ
$18.95 ($26.95 CDN, £14.99 UK, £22.80 EURO)
Improve flexibility, strength, and coordination with PNF stretching

Facilitated Stretching, Fourth Edition, remains the most trusted source for the latest proprioceptive neuromuscular facilitation (PNF) stretching techniques, a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, and then stretching it again to increase range of motion. Featuring a full-color interior, streamlined organization, and a new online video package, the fourth edition brings PNF stretching beyond the treatment room with the inclusion of techniques for the gym, workout room, and home.

Facilitated Stretching, Fourth Edition With Online Video
Robert McAtee, BA, LMT, CSCS, and Jeffrey Charland, PT, ATC, CSCS, GDMT
©2013 • Paperback with online video, Enhanced e-book • 216 pp
ISBN 978-1-4504-3431-7
$34.95 ($47.95 CDN, £26.49 UK, €40.24 EURO)

Increase flexibility, reduce injury

Expanded and updated, the best-selling Stretching Anatomy shows how to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. Each exercise is illustrated in full-color and describes how to stretch, when to stretch, and which muscles are activated for support. A new chapter on dynamic stretches covers the most effective exercises for athletic warm-ups, while another chapter shows you how to customize a program based on your needs, including a program of passive static stretches proven to help lower blood glucose.

Stretching Anatomy, Second Edition
Arnold G. Nelson, PhD, and Juoko Kokkonen, PhD
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)
[ANCILLARIES: A companion app and an enhanced e-book with integrated video are also available for your Apple device.]

Increase flexibility, reduce injury
Here’s your guide for increasing flexibility, improving range of motion, toning muscles, and relieving pain and discomfort. The very best stretches for the shoulders, chest, arms, torso, back, hips, and legs are all presented in stunning detail.

Prescriptive Stretching
Kristian Berg
$21.95 ($29.95 CDN, £16.99 UK, €25.80 EURO)
[ANCILLARIES: Test package • Image bank • Online video www.HumanKinetics.com/PrescriptiveStretching.]

Be flexible to train and perform your best
This complete flexibility training system is a proven winner for today’s athlete. Learn the dynamic exercise techniques that most closely represent the movements and loads that will be required of your body on the court, field, course, track, or mat or in the water.

Stretch to Win
Ann Frederick and Chris Frederick
$23.95 ($32.95 CDN, £18.99 UK, €28.90 EURO)
[ANCILLARIES: Webinar Fascia Training: New Assessments and Strategies for Optimal Mobility and Strength • Webinar Fascial Stretch Therapy: The Missing Link in Training Fitness, and Rehab]

Proven routines for fitness and sport
Improve flexibility, balance, and strength in three steps. Only the Full-Body Flexibility system blends the best stretching methods from yoga, Pilates, martial arts, and sports training into stretching sequences for your every need.

Full-Body Flexibility, Second Edition
Jay Blahnik
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Hands on Guides for Therapists Series

The Hands-On Guides for Therapists Series provides specific tools of assessment and treatment for massage therapists and other body workers. Each full-color book is a step-by-step guide to delivering techniques to clients through instructional photographs, adjustable massage techniques, and review questions.

Learn to feel soft tissue and apply techniques to better your practice

This text provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practices. This scientifically grounded whole-body approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports, encompasses, and protects every other structure in the body.

Myofascial Release
Ruth Duncan, SST, ISRM, SMTO
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Jane Johnson, MSc
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Soft Tissue Release
Jane Johnson, MSc
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Postural Assessment: A Beginner’s Guide
Jane Johnson, MSc
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Postural Correction
Jane Johnson, MSc
$35.00 ($47.95 CDN, £26.99 UK, €41.00 EURO)

Postural Correction: An Introductory Guide
Jane Johnson, MSc
$35.00 ($47.95 CDN, £26.99 UK, €41.00 EURO)

Provide a research-informed massage therapy practice

In Massage Therapy: Integrating Research and Practice, you will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. The text offers the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often encountered in clinical practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention.

Massage Therapy: Integrating Research and Practice
Trish Dryden, MEd, RMT, and Christopher A. Moyer, PhD, Editors
$69.00 ($94.95 CDN, £51.99 UK, €79.00 EURO)

Ancillaries: Test package
www.HumanKinetics.com/MassageTherapy

Improve performance and reduce injury

Train harder, recover quickly, and improve performance. Today’s top athletes rely on sport massage to stay healthy, at the top of their game, and a step ahead of the competition. With Massage for Sport Performance, you can too.

Massage for Sport Performance
Michael McGillicuddy
©2010 • Paperback with DVD • 192 pp • ISBN 978-0-7360-8301-0
$24.95 ($33.95 CDN, £21.99 UK, €29.28 EURO)
Help athletes perform better by eating better

Nancy Clark’s Sports Nutrition Guidebook, Fifth Edition, provides comprehensive coverage for athletes and fitness exercisers alike. It contains updated information on the nutrition needs of both sexes in several sports; the female athlete triad; guidelines on clean eating; updated intake tables and recommendations for sodium, sugar, and vitamin D; and risks and warning signs of overhydration (EAH). There is new information on supplements, energy drinks, and nutrient timing, and advice for athletes who have undergone gastric bypass surgery. Also new to the fifth edition are instructor ancillary materials, including an instructor guide and image bank, to facilitate use in the classroom. This is a must-have resource for anyone seeking advice on losing weight, getting energized for exercise, or improving health and performance, as well as those who help them to achieve these goals.

Nancy Clark’s Sports Nutrition Guidebook, Fifth Edition
Nancy Clark, MS, RD
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

ANCILLARIES: Instructor guide • Image bank
Making Sense of the Commercial Sports Food Scene

A companion app for your Apple device is also available.

Enhance sport performance safely

The Athlete’s Guide to Sports Supplements is for athletes, coaches, and trainers seeking information on safe and legal performance-focused supplements. Listed alphabetically, each of the 120 supplements has a detailed description of what it is and how it works, facts on performance benefits, current research, recommended dosages, and health concerns.

The Athlete’s Guide to Sports Supplements
Kimberly Mueller, MS, RD, CSSD, and Josh Hingst, MS, RD, CSSD
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

A companion app for your Apple device is also available.

Use caffeine to improve sport performance

Caffeine for Sports Performance helps athletes understand whether and how to safely use caffeine to get the most out of their sports. It covers all issues related to caffeine and performance and includes practical guidance for athletes, coaches, and fitness enthusiasts deciding whether they should or could use caffeine to boost athletic performance.

Caffeine for Sports Performance
Louise Burke, PhD, APD, FACSM, Ben Desbrow, PhD, and Lawrence Spriet, PhD
$18.95 ($25.95 CDN, £14.99 UK, €22.80 EURO)

Power your performance with proper nutrition

Power Eating is a scientific blueprint for helping strength and power athletes achieve superior performance. All chapters and meal plans in this updated edition reflect the latest research to enable competitive and novice athletes to gain power, reduce body fat, build muscle, tighten mental focus, and enhance training.

Power Eating, Fourth Edition
Susan M. Kleiner, PhD, RD, and Maggie Greenwood-Robinson, PhD
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

A companion app for your Apple device is also available.

Waterlogged: The Serious Problem of Overhydration in Endurance Sports
Tim Noakes, MD, DSc
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Advanced Sports Nutrition, Second Edition
Dan Benardot, PhD, RD, FACSM
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ISBN 978-1-4504-0161-6
$24.95 ($33.95 CDN, £18.99 UK, €28.90 EURO)

Vegetarian Sports Nutrition CE Course
D. Enette Larson-Meyer, PhD, RD, FACSM
©2007 • Paperback, e-book • 272 pp
ISBN 978-0-7360-6361-6
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)
The definitive nutrition text for fitness professionals

NSCA's Guide to Sport and Exercise Nutrition provides valuable information and guidelines that address the nutrition needs for the broad range of clientele serviced by strength and conditioning professionals, personal trainers, and sport dietitians.

NSCA's Guide to Sport and Exercise Nutrition
National Strength and Conditioning Association
Bill I. Campbell, PhD, FISSN, CSCS, and
Marie A. Spano, MS, RD/LD, FISSN, CSCS, CSSD, Editors
©2011 • Hardcover, e-book • 320 pp
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Endurance Sports Nutrition, Third Edition
Suzanne Girard Eberle, MS, RD
$23.95 ($32.95 CDN, £18.99 UK, €28.90 EURO)

Endurance Sports Nutrition, Third Edition CE Course

Nutrient Timing for Peak Performance
Heidi Skolnik, MS, CDN, FACSM, and Andrea Chernus, MS, RD, CDE
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

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Performance Nutrition: Applying the Science of Nutrient Timing to Endurance Athletes
Krista Austin, PhD, CSCS, and Bob Seebohar, MS, RD, CSSD, CSCS
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The Athlete’s Guide to Making Weight
Michele A. Macedonio, MS, RD and Marie Dunford, PhD, RD
$17.95 ($24.95 CDN, £13.99 UK, €21.30 EURO)

ANCILLARIES AVAILABLE ONLINE

Examine how nutrients affect health and performance

Sport Nutrition for Health and Performance, Second Edition
Melinda M. Manore, PhD, RD, Nanna L. Meyer, PhD, RD, and Janice Thompson, PhD
$99.00 ($136.95 CDN, £72.99 UK, €110.90 EURO)

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Learn how kinesiology can help promote public health

*Foundations of Physical Activity and Public Health* is the first textbook to clearly define the intersection of kinesiology and public health. The text offers a solid introduction to the basic concepts of public health and kinesiology, the techniques used to measure physical activity, and the health effects of exercise and physical activity. The scientific findings and applications that led to the emergence of the field of physical activity and public health are also examined.

*Foundations of Physical Activity and Public Health*
Harold W. (Bill) Kohl, III, PhD, MSPH, and Tinker D. Murray, PhD
©2012 • Hardback • 296 pp • ISBN 978-0-7360-8710-0
$84.00 ($115.95 CDN, £61.99 UK, €94.20 EURO)

Ancillaries:
- Instructor guide
- Test package
- Image bank
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Prepare for the ACSM/NPAS exam

*ACSM/NPAS Physical Activity in Public Health Specialist Certification Enhanced Online Exam Prep/CE Course With Book*
Jay Maddock, PhD, FAABH
$99.00 ($136.95 CDN, £72.49 UK, €110.95)
*Also available without book and with e-book

Promote physical activity through cross-sector collaboration

*Implementing Physical Activity Strategies* profiles 42 successful physical activity programs helping people adopt more active and healthy lifestyles based on the U.S. National Physical Activity Plan (NPAP), a comprehensive plan to encourage physical activity. For each, you will find an explanation of how the program was executed, how it aligns with the NPAP, the target population of the program, cross-sector collaborations and their benefits, and assessment and evaluations of program effectiveness. Many of the program profiles include sample materials to help you more readily translate the ideas and materials of these programs into new physical activity initiatives.

*Implementing Physical Activity Strategies*
Russell R. Pate, PhD, and David M. Buchner, MD, MPH, Editors
National Physical Activity Plan Alliance (NPAP) and the National Coalition for Promoting Physical Activity (NCPPA)
$62.00 ($85.95 CDN, £45.99 UK, €69.90 EURO)

Find evidence for the benefits of a physically active lifestyle

*Physical Activity and Health, Second Edition,* brings together the results of the most important studies on the relationship between physical activity, sedentarism, and various health outcomes. It offers a detailed yet concise presentation of key concepts as well as a framework to help you relate results from single studies or collections of studies to the overall paradigm linking physical activity and physical fitness to health.

*Physical Activity and Health, Second Edition*
Claude Bouchard, PhD, Steven N. Blair, PED, and William L. Haskell, PhD, Editors
$99.00 ($136.95 CDN, £72.99 UK, €110.90 EURO)
Advocate a responsible approach to building partnerships

Public–Private Partnerships in Physical Activity and Sport is a guide for nonprofit, charity, and sport organizations in developing and maintaining strategic and responsible relationships with corporate partners. With its comprehensive and practical examination, this text is also relevant to private sector corporations seeking public sector partners and for agencies seeking to broker such partnerships.

Drawn from the collaboration of leaders in public and private organizations, athletes, and academics, this text presents a detailed discussion of the pros and cons of establishing partnerships between not-for-profits and the private sector. The authors illustrate how a responsible implementation of these partnerships can benefit all parties involved and highlight how partnership and social marketing studies outside of public health and health promotion can inform these growing disciplines.

Public–Private Partnerships in Physical Activity and Sport
Norm O'Reilly, PhD, and Michelle K. Brunette
$48.00 ($65.95 CDN, £35.99 UK, €54.70 EURO)

Active Living Partners

Despite the well-documented benefits of physical activity it can be difficult to convince people to add more physical activity to their lives. With the Active Living Every Day program, you’ll have all the tools you need to empower people to make the small changes that can positively affect their health.

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. As participants work through the course, they learn lifestyle management skills and build on small successes, methods that have proven effective in producing lasting change.

For more information on the Active Living Every Day program, visit www.HumanKinetics.com or contact our specialist, Michelle Maloney at MichelleM@hkusa.com or 800-747-4457 ext. 2522. For those outside of the U.S. please visit www.HumanKinetics.com/ContactUs for the appropriate point of contact.

Active Living Every Day With Online Resource, Second Edition
Steven N. Blair, PED, Andrea L. Dunn, PhD, Bess H. Marcus, PhD, Ruth Ann Carpenter, MS, RD, and Peter Jaret
©2011 • Paperback • 192 pp
$39.95 ($54.95 CDN, £29.49 UK, €44.84 EURO)

Healthy Eating Every Day Participant Package
Ruth Ann Carpenter, MS, RD, LD, and Carrie E. Finley, MS
©2005 • Paperback with online resources • 264 pp
ISBN 978-0-7360-5575-8
$39.95 ($54.95 CDN, £34.99 UK, €53.17 EURO)
Strategies for implementing worksite health programs

*Worksite Health Promotion, Third Edition,* combines theoretical principles and research with applications and real-world examples to give readers a comprehensive and immediately usable introduction to the field. The text's clear presentation of program benefits highlighted in economic-based evaluations will prepare you to make a case for your own interventions. The third edition has been fully revised with an improved organization and charts, tables, and references.

**Worksite Health Promotion, Third Edition**
David H. Chenoweth, PhD
$77.00 ($105.95 CDN, £56.99 UK, €86.60 EURO)

**ANCILLARIES:** Instructor guide • Image bank

The image bank is also available for purchase • ISBN 978-1-4504-0689-5

Research-based approaches for worksite health program design

*ACSM’s Worksite Health Handbook, Second Edition,* has been thoroughly updated and expanded to better support the business case for worksite programs. The text provides information on important contextual issues, evidence of effectiveness, assessment, program design and implementation, and strategies for encouraging employee involvement. The book is endorsed by the International Association for Worksite Health Promotion, an ACSM affiliate society.

American College of Sports Medicine
Nicolaas P. Pronk, PhD, Editor
$65.00 ($89.95 CDN, £47.99 UK, €72.90 EURO)

**INTERNATIONAL ASSOCIATION FOR WORKSITE HEALTH PROMOTION (IAWHP) ONLINE CERTIFICATE COURSE**
Nicolaas P. Pronk, PhD, Peter R. Mills, MD, Stephen Cherniak, MS, Elizabeth Monahan, MS, and William Baum, EDP, FAWHP
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$199.00 ($274.95 CDN, £144.16 UK, €219.08 EURO)
*Also available without book and with e-book
Customize workouts for those with special conditions

Explore the role of physical activity in mental health and well-being

Physical Activity and Mental Health provides an evidence-based review of the connections between physical activity, mental health, and well-being. With contributions from internationally renowned experts, this book presents research illustrating how the use of physical activity can reduce the impact of potentially debilitating mental health disorders. It details a range of mental health conditions, including Alzheimer’s disease, depression, schizophrenia, and addictive behaviors, and the connection between mental illness and ill health. Exercise readiness checklists, mental health checklists, and sample activity plans assist you in creating and implementing exercise programs to meet the needs of your patients or clients.

Physical Activity and Mental Health
Angela Clow, PhD, and Sarah Edmunds, PhD, Editors
$78.00 ($107.95 CDN, £57.99 UK, €88.10 EURO)

Design and implement appropriate exercise programs for cancer patients and survivors

ACSM’s Guide to Exercise and Cancer Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors. This guide presents evidence-based information to assist health, fitness, and medical professionals in using exercise to help cancer survivors with recovery, rehabilitation, and reducing the risk of recurrence. Chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient, such as physician’s permission forms, medical and cancer treatment history forms, weekly logs of exercise and energy levels, medication listings, and nutrition and goal-setting questionnaires.

ACSM’s Guide to Exercise and Cancer Survivorship
American College of Sports Medicine
Melinda L. Irwin, Editor
$70.00 ($96.95 CDN, £51.99 UK, €79.00 EURO)

Prepare for the ACSM/ACS exam

ACSM/ACS Certified Cancer Exercise Trainer Specialty Certification Enhanced Online Exam Prep/CE Course With Book
Karen Basen-Engquist, PhD, MPH, and Heidi Perkins, PhD
$99.00 ($136.95 CDN, £72.49 UK, €110.17 EURO)
*Also available without book and with e-book

Prescribe appropriate exercise programs

This text provides evidence-informed guidance on when, and how, to devise individualized exercise programs for persons with chronic and comorbid conditions.

ACSM’s Exercise Management for Persons With Chronic Diseases and Disabilities, Fourth Edition
American College of Sports Medicine
Geoffrey E. Moore, MD, FACSM, J. Larry Durstine, PhD, FACSM, and Patricia L. Painter, PhD, FACSM, Editors
$89.00 ($112.25 CDN, £55.99 UK, £100.30 EURO)

Don’t let diabetes keep you from being active

Featuring over 100 sport-specific training guidelines for fitness, endurance, power, and outdoor activities, this is one resource you can’t afford to be without.

Diabetic Athlete’s Handbook
Sheri R. Colberg, PhD
$24.95 ($33.95 CDN, £18.99 UK, £28.90 EURO)

Examine the latest research linking physical activity and obesity

Addressing an array of topics that explore the links between physical activity (or inactivity) and obesity, leading scientists from various backgrounds team up to provide an unrivaled resource examining the latest research and developments in the field.

Physical Activity and Obesity, Second Edition
Claude Bouchard, PhD, and Peter T. Katzmarzyk, PhD, Editors
$95.00 ($130.95 CDN, £69.99 UK, £106.40 EURO)

Delay the worsening of Parkinson’s disease symptoms with physical activity

Written for clinicians, this text expertly distills and blends diverse research-based sources with the author’s own extensive clinical experience.

Health Professionals’ Guide to Physical Management of Parkinson’s Disease
Miriam P. Boelen, PT
$76.00 ($104.95 CDN, £55.99 UK, £85.10 EURO)


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Conduct functional fitness testing and evaluate physical capacity of older adults

Senior Fitness Test Software 2.0 and Manual Package Subscription offers a comprehensive method of assessing the physical attributes that older adults need in order to perform daily activities. Consisting of the Senior Fitness Test Manual, Second Edition (with bound-in DVD), and a one-year subscription to Senior Fitness Test Software 2.0, this kit is a resource for those who work with older adults to identify weaknesses that cause mobility problems, develop exercise programs that improve functional fitness, prevent future mobility issues, and evaluate progress. Students will find guidelines on creating senior fitness programs as well as exercises to recommend for improving functional fitness.

Senior Fitness Test Software 2.0 and Manual Package Subscription
Roberta E. Rikli, PhD, and C. Jessie Jones, PhD
©2013 • Paperback with DVD and 1-year subscription to web-based software • 200 pp
ISBN 978-1-4504-3203-0 • $145.00 ($199.95 CDN, £105.83 UK, €160.83 EURO)

ALSO AVAILABLE SEPARATELY
Senior Fitness Test Manual, Second Edition
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A practical guide to balance assessment and program design for 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, you’ll gain the knowledge to offer comprehensive assessment and programming. The bound-in DVD makes the information in the text applicable to real situations. It 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. This comprehensive manual is a must for anyone in the field developing balance and mobility programs for at-risk older adults.

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
$77.00 ($105.95 CDN, £55.99 UK, €74.08 EURO)

FallProof! Designing Balance and Mobility Programs

Provide safe, effective exercises for seniors at any fitness level

This text is the most comprehensive resource that focuses on frail elders and older adults with special needs stemming from conditions including arthritis, cardiovascular disease, diabetes, hypertension, orthopedic issues, osteoporosis, Parkinson’s disease, and Alzheimer’s disease. The second edition provides a broad focus on balance, a critical component of any functional fitness program, to aid in designing classes that include stability exercises. Over 150 photos illustrate how to safely perform exercises for functional fitness, including an emphasis on range of motion, strength, and aerobic endurance.

Exercise for Frail Elders, Second Edition
Elizabeth Best-Martini, MS, CTRS, and Kim A. Jones-DiGenova, MA
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Take charge of health, performance, and life

Strength training offers many benefits for active adults, including enhanced athletic performance, reduced risk of disease, and decreased symptoms of arthritis, diabetes, and osteoporosis. In the third edition of this best-selling guide, you will find:

- 83 exercises for free weights, machines, bands, and balls
- 30 workouts for increasing size, endurance, and strength
- Sport-specific programs for tennis, golf, cycling, running, and more
- Eating plans and nutrition advice for adding lean muscle and losing fat

Strength Training Past 50, Third Edition, will keep readers active, healthy, and feeling great with workouts and programs designed specifically for people over 50.

Strength Training Past 50, Third Edition
Wayne L. Westcott, PhD, CSCS and Thomas R. Baechle, EdD, CSCS,*D; NSCA-CPT,*D
$19.95 ($27.95 CDN, £15.99 UK, €24.30 EURO)

Slow physical declines with targeted, periodized programs

Here’s a multifaceted periodized training program for older adults. You’ll learn to use tests to diagnose clients’ needs and prescribe training cycles with the appropriate mix of work, active recovery, and skill practice to maximize functional improvements.

Bending the Aging Curve
Joseph Signorile, PhD
$54.00 ($74.95 CDN, £38.99 UK, €53.08 EURO)

Bending the Aging Curve: A Periodized Prescription for Improved Aging

Develop programs that maximize functional ability and promote well-being

Create exercise and wellness programs for older adults, regardless of age or physical challenge. You will find the latest information on strength and power training and learn how to apply it to improve the functional abilities of older adults.

Exercise and Wellness for Older Adults: Practical Programming Strategies, Second Edition
Kay A. Van Norman
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Prevent, diagnose, and treat injuries in active older adults

Explore the issues involved in working with active older adults. This reference facilitates understanding of the issues involved in preventing and treating injuries and in helping them recover and return to full activity as soon as possible.

Injury Prevention and Rehabilitation for Active Older Adults
Kevin P. Speer, MD
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Help seniors build muscle and enjoy a more active lifestyle

Featuring strength training principles, protocols, adaptations, and sample program designs, Fitness Professional’s Guide to Strength Training Older Adults has everything you need for designing and directing strength training programs for seniors.

Fitness Professional’s Guide to Strength Training Older Adults, Second Edition
Thomas R. Baechle, EdD, CSCS,*D; NSCA-CPT,*D, and Wayne L. Westcott, PhD, CSCS
$42.00 ($57.95 CDN, £31.99 UK, €48.60 EURO)

Motivate older adults using a customizable balance program

This practical guide offers over 130 balance and mobility exercises that enhance older adults’ abilities to maintain balance in completing their everyday tasks. Instructors are encouraged to use activities covering all five components of the program.

ABLE Bodies Balance Training
Sue Scott, MS
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Lead safe and effective exercise classes for older adults

Physical Activity Instruction of Older Adults presents the competency-based objectives that fitness instructors should know and be able to perform to lead safe and effective physical activity programs for older adults with diverse functional capabilities.

Physical Activity Instruction of Older Adults
C. Jessie Jones, PhD, and Debra J. Rose, PhD
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**Frequency:** Monthly  
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**The International Journal of Sport Nutrition and Exercise Metabolism (IJSNEM)** is dedicated to providing original research in the fields of sport nutrition and exercise metabolism, and is both an outlet for international research and a vital resource for professionals in the many fields related to nutrition and metabolism.

**Editor:** Ronald J. Maughan, PhD  
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**Editor:** Diane E. Whaley, PhD  
**Frequency:** Quarterly (January, April, July, October)  
**Current volume:** 24 (2016)  
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**Editor:** Diane L. Gill, PhD  
**Frequency:** Semiannual (April, October)  
**Current volume:** 24 (2016)  
**Print format ISSN:** 1063-6161, **ISBN:** 978-1-4925-0179-4  
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