"The text is highly recommended for students beginning their study of human anatomy, particularly those students who learn best visually, and kinesthetically."

CAHPERD Journal (review of first edition)

Audiences: Introductory anatomy text for undergraduate courses in athletic training, physical education, coaching, kinesiology, and related physical activity courses. Reference for practitioners in physical activity fields.

Created expressly for those who will work in physical activity fields, the thoroughly revised and updated edition of Kinetic Anatomy continues to address how anatomy affects movement—how the human body is constructed and how it moves—by discussing bones, tying the bones together to make articulations, placing muscles on the bones, and observing how the joints move when the muscles contract.

This edition of Kinetic Anatomy contains the following new features:
- Photos and images in a full-color format for easier visual recognition and comprehension
- An instructor guide and test package that make it easier for instructors to deliver the course content
- Summary tables that list articulations including type of joint, bones, ligaments, and movements
- The Primal IFA Essentials CD that provides users with a superior anatomical learning tool

Kinetic Anatomy, Second Edition, encourages students to learn anatomy through hands-on experiments. The text also provides learning activities, practice questions, and suggested readings to assist in comprehension. The new edition makes it easy for future athletic trainers, physical education teachers, kinesiologists, and coaches to learn the fundamentals of anatomy—and to retain their knowledge for future application in advanced courses or on the job.

Audiences:
- Introductory anatomy text for undergraduate courses in athletic training, physical education, coaching, kinesiology, and related physical activity courses. Reference for practitioners in physical activity fields.

Make human movement fun for students

Audiences: Textbook for undergraduate courses in functional anatomy, kinesiology, and biomechanics; also a reference for specialists and instructors in human movement.

Dynatomy is written for students of human performance who have completed an introductory human anatomy course and need a strong text in functional anatomy. The easy-to-understand text considers fundamental movements—including posture, walking, running, jumping, throwing, kicking, and lifting—together with selected exercise and sport movements.

The emphasis of Dynatomy is on dynamic muscular motions rather than structural anatomy. Students benefit from a discussion of simple and complex human movements combined with an analysis of muscles in motion. The text also introduces the muscle control formula and explains how students can use it to identify the way in which muscles contract during human movement. The book features:
- A wealth of unique illustrations and photos that complement the text and improve understanding of difficult concepts
- Chapter objectives, key terms, review questions, and summaries that encourage students to interact with and remember the content
- Movement analyses that give students critical exposure to functional human movements
- The Primal IFA Essentials CD to provide users with a superior anatomical learning tool (See page 42 for more information on IFA Essentials.)

To complement the text, users now have access to additional anatomical summary tables. The tables provide users with summaries of anatomical structures commonly found in introductory courses on human anatomy or functional anatomy. Tables are presented by region (upper extremity, spinal column, and lower extremity) and describe articulations (bones, joints, ligaments, and movements) and muscles (origin, insertion, actions, nerves, and blood supply). All tables can be found online at www.HumanKinetics.com/Dynatomy.
A comprehensive view of muscle physiology

Audiences: Textbook for upper-level undergraduate and graduate students in muscle physiology. Also a professional reference for exercise and muscle physiologists and allied health practitioners.

Skeletal Muscle: Form and Function, Second Edition, provides readers with a detailed understanding of the different facets of muscle physiology. This text examines motorneuron and muscle structure and function and is intended for those who need to know about skeletal muscle—from undergraduates and graduate students gaining advanced knowledge in kinesiology to physiotherapists, physiatrists, and other professionals whose work demands understanding of muscle form and function.

A unique feature of this book is that it combines basic sciences (anatomy, physiology, biophysics, and chemistry) with clinical applications (detection of disease and genetic mutations and training and rehabilitation). Each chapter ends with a section on clinical and other applied aspects of the information presented in that chapter, showing, for example, how specific defects of muscle or nerve cells can result in certain clinical disorders. The result is a thorough understanding of skeletal muscle structure and physiology.

Skeletal Muscle: Form and Function, Second Edition
©2006 • Hardback • 432 pp • ISBN 978-0-7360-4137-9
$69.00 ($96.50 CDN, $74.00 UK, €70.50 EURO, €122.10 AUS, $145.00 NZ)

An intricate look at the anatomy of strength training

Audiences: A reference for fitness instructors, strength training professionals, or personal trainers; a text for students in kinesiology, exercise science, fitness, anatomy, or strength training courses.

Now the top-selling book on strength training anatomy comes with the leading software in interactive anatomy to create an impressive package.

Strength Training Anatomy, Second Edition, offers X-rays of hundreds of exercises, pinpointing the direct anatomical benefits of each one. Chapters are devoted to each major muscle group, with 115 total exercises for arms, shoulders, chest, back, legs, buttocks, and abdomen. Loaded with more than 400 full-color illustrations, this edition also contains new information on common strength training injuries and preventive measures for each.

The Primal Pictures software program, Essentials of Interactive Functional Anatomy (IFA Essentials), is now bound into this packaged version of the second edition. This learning tool allows the user to view the entire human body and remove anatomical structures layer by layer, through 11 layers (from skin to bone), with a unique strip-away technique. Every structure has related text to further define the structure being viewed.

Strength Training Anatomy, Second Edition Package
©2006 • Paperback with CD-ROM for Windows or Macintosh • 144 pp
ISBN 978-0-7360-6523-8
$55.00 ($75.50 CDN, $40.00 UK incl. VAT, €60.00 EURO, $97.35 AUS, $115.50 NZ)

Text also available separately!
$19.95 ($25.95 CDN, $14.99 UK, €22.49 EURO, $34.95 AUS, $41.90 NZ) T

Tone the key muscles of the female anatomy

Women’s Strength Training Anatomy describes and illustrates in detail exactly how women can modify movements to fit their anatomy and maximize the effectiveness and efficiency of each exercise. Readers can see the muscles at work during each exercise, like an X-ray of the body in motion.

Women’s Strength Training Anatomy
Frédéric Delavier
$19.95 ($25.95 CDN, $13.99 UK, €20.99 EURO, $35.95 AUS, $41.90 NZ) T

Also available
Using the same masterful anatomical artwork found in the Strength Training Anatomy books, the Strength Training Anatomy poster series consists of seven (24- x 31-inch) full-color posters that fully illustrate every major muscle group. Each region-specific poster—back, arms, shoulders, chest, abdomen, gluteals, and legs—presents nine exercise illustrations that depict the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles.

Strength Training Anatomy Poster Series
Frédéric Delavier
$89.95 ($111.95 CDN, $74.99 UK incl. VAT, €112.49 EURO, $158.95 AUS, $188.90 NZ) T
Posters are also sold individually. Please visit our Web site for details.
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The following two pages feature a selection of Primal Pictures products. For a complete listing, free trial, or for specific system requirements on any of these products, please visit www.HumanKinetics.com/Primal.

Examine the anatomy of sports injuries

The Sports Injuries Series, Second Edition DVD-ROM, contains Sports Injuries: The Knee, Second Edition; Sports Injuries: The Foot, Ankle and Lower Leg, Second Edition; and Sports Injuries: The Shoulder, Second Edition. These innovative software programs offer a unique, interactive look at the anatomy of sports injuries. The second edition has even better three-dimensional graphics with new views that include bursae, fascia, lymph system, and synovial membranes. Larger rendered images are available so the images can be viewed in a larger format when running the software. Additionally, you can import any image into your own private educational presentations at no additional cost.

All of the Sports Injuries Series programs include a high resolution, three-dimensional computer graphic model of the complete anatomy of the respective joints. The model allows you to choose from a variety of views, rotate and stop at any point, and peel away layers of anatomy from skin to bone. Clicking on any structure within the model brings up hundreds of color diagrams supported by text, videos, and slides. Injuries for each body segment are presented along with information on conservative management, surgery, rehabilitation, and new dissection views and animations.

Sports Injuries Series, Second Edition DVD-ROM
$99.00 ($648.95 CDN, £311.38 UK incl. VAT, €562.50 EURO, $867.35 AUS, $1,048.00 NZ)

Also still available!
Sports Injuries Series, Second Edition 3 CD-ROM Set
$49.00 ($648.95 CDN, £311.38 UK incl. VAT, €562.50 EURO, $867.35 AUS, $1,048.00 NZ)

Comprehensive content now available on one DVD

Compiled from the 3D Interactive Anatomy 9 CD-ROM Set, the Complete Human Anatomy DVD-ROM features comprehensive, fully labeled, three-dimensional anatomical models of:
- Interactive Thorax and Abdomen
- Interactive Pelvis and Perineum: Male and Female
- Interactive Knee 1.1
- Interactive Foot and Ankle
- Interactive Shoulder
- Interactive Hip
- Interactive Hand 2000
- Interactive Spine
- Interactive Head and Neck

The models allow you to choose from a variety of views, rotate and stop at any point, and peel away layers of anatomy from skin to bone. Clicking on any structure within a model brings up hundreds of color diagrams supported by text, videos, and slides. This intensely detailed software package includes coverage of the nervous system, organs, and skin. Corresponding MRI and cadaver images show how the models compare to actual examples.

In one single convenient format, Primal’s Complete Human Anatomy DVD-ROM is the most comprehensive picture of human anatomy available.

3D Interactive Series: Complete Human Anatomy DVD-ROM
©2005 • DVD-ROM for Windows or Macintosh • ISBN 978-1-904369-55-4
$1,200.00 ($1,560.95 CDN, £746.13 UK incl. VAT, €1,353.75 EURO, $2,085.60 AUS, $2,520.00 NZ)

Also still available in the original 9 CD-ROM set!
3D Interactive Series: Complete Human Anatomy 9 CD-ROM set
©2004 • 9 CD-ROM set for Windows or Macintosh • ISBN 978-1-904369-30-1
$1,200.00 ($1,560.95 CDN, £746.13 UK incl. VAT, €1,353.75 EURO, $2,085.60 AUS, $2,520.00 NZ)
Anatomy

“You will not find a comparable degree of versatility, depth, richness of content or pure good looks ... If you are learning or teaching anatomy, this is the one for you!”

Rheumatology Journal (review of first edition CD series)

**Audiences:** Teaching resource for functional anatomy courses. Reference for athletic trainers, physical therapists, biomechanists, sports medicine specialists, personal trainers, and other professionals.

Primal Pictures’ technology allows unparalleled gross motor movement animations that show how groups of muscles become active during common motions such as throwing, walking, or running. *Interactive Functional Anatomy, Second Edition,* answers a clearly identified need in the teaching and understanding of body musculature and motion.

Additions to the second edition include larger, easier-to-see images, many new views of the anatomy, the ability to export all animations of muscular function as video clips, and 27 new animations of muscular function, for a total of 70 animations.

This fully interactive software DVD-ROM allows you to do the following:

- Export the images into PowerPoint or Microsoft Word with ease
- View live-action video clips of surface anatomy and muscle action
- Zoom in on animations
- Print a selection of patient information sheets with common conditions to save time when preparing for consultations.

*Interactive Functional Anatomy, Second Edition,* also features a complete high-resolution 3-D model of the human musculature. The model can be rotated and allows for 15 layers of anatomy to be visually removed—from arteries down to major ligaments. Specific objects within the 3-D model can be highlighted to show accompanying text about the selected structure, such as name, agonists, antagonists, proximal attachment, distal attachment, innervation, blood supply, function, injury mechanism, and pathology of injury.

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**A fully interactive study of human anatomy**

Now available as a stand-alone item is the Primal Pictures CD-ROM titled *Essentials of Interactive Functional Anatomy* (IFA Essentials). A scaled down version of *Interactive Functional Anatomy,* this CD-ROM will help students thoroughly review components of structural anatomy through the use of computer-graphic models of human anatomy derived from MRI scan data. *IFA Essentials* features a complete high-resolution 3-D model of the human musculature. The model can be rotated and allows for 11 layers of anatomy to be visually removed—from muscles down to bones. Specific muscles within the 3-D model can be highlighted, allowing users to view accompanying text about the selected muscle. The CD-ROM also includes 34 animations—each of which can be viewed from four different angles—showing clinical muscular function and providing students with a sense of the movement around joints. Four video clips of gross human motions demonstrate complete body movements, such as sit-ups and push-ups, coupled with live-action video clips showing the electrical stimuli of active muscles. *IFA Essentials* also offers an interactive quiz.

*Essentials of Interactive Functional Anatomy*  
Primal Pictures  
©2006 • CD-ROM for Windows or Macintosh • ISBN 978-0-7360-6499-6  
$49.95 ($68.50 CDN, $59.99 UK incl. VAT, €59.99 EURO, $87.95 AUS, $104.90 NZ)

**Understand exercise anatomy with a highly interactive online course**

Gain an understanding of exercise anatomy and be able to create and modify exercise programs. *Exercise Anatomy, Updated Edition,* helps students understand how the body’s structures interact to cause movement and how these respond and adapt to exercise training. The course combines three dynamic learning components: an online study guide, the second edition of the bestselling book, *Strength Training Anatomy,* and *Anatomy.tv* software links from Primal Pictures.

*Exercise Anatomy, Updated Edition*  
Laurel T. Mackinnon, PhD, FACSM  
©2006 • Online course: HF-FT 101  
For the professional version, visit www.hkeducationcenter.com.  
For the college version, visit http://academic.hkeducationcenter.com.  
Course must be completed within a 12-month time period of initial course access.

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Visit www.HumanKinetics.com for more information or to order!
Anatomy

“...Indispensable for exercise science researchers and graduate students who want to use the methods described in the book and fully understand the literature based on these methods.”

*Rivista di Antropologia* (review of first edition)

**Audiences:** A reference for exercise science researchers and graduate students; also an excellent resource for nutritionists, human biologists, physiologists, medical researchers, pediatricians, epidemiologists, and others interested in body composition.

The second edition of *Human Body Composition* represents the most complete text in the burgeoning field of body composition research. The book covers the full range of methods to assess body composition, including dual-energy X-ray absorptiometry, electrical impedance, and imaging techniques. Maintaining the focus of the first edition as a definitive research guide, this resource incorporates updated information on current methods and topics of biological importance.

This thoroughly revised reference includes new material on molecular genetics, energy expenditure, body composition as related to various pathological states including cancer, inflammatory diseases, illness associated with HIV, and animal body composition.

The information is presented in five logical parts along with an appendix for easy comprehension of the material. **Part I** presents an introduction to the field and sets the tone for the ensuing chapters. **Part II** provides an extensive review of the available body composition methods, including measurement cost, safety, and practicality. **Part III** features reviews on specific body composition components of widespread interest, adipose tissue and skeletal muscle, along with a review of body composition models. **Part IV** covers the biological influences on body composition such as age, ethnicity, and gender. **Part V** outlines pathological states related to body composition, including morbidity-mortality links.

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**Human Body Composition, Second Edition**

Steven B. Heymsfield, MD, Timothy G. Lohman, PhD, ZiMian Wang, PhD, and Scott B. Going, PhD, Editors

©2005 • Hardback • 536 pp • ISBN 978-0-7360-4655-8

$89.00 ($121.95 CDN, $60.50 UK, €90.75 EURO, $157.30 AUS, $187.00 NZ)

**Applied Body Composition Assessment, Second Edition**

Vivian H. Heyward, PhD, and Dale R. Wagner, PhD


$52.00 ($70.95 CDN, $35.50 UK, €53.25 EURO, $92.40 AUS, $109.00 NZ)

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**Ancillaries**

All ancillary materials for this text are **FREE** to course adopters and available online at [www.HumanKinetics.com/AppliedBodyCompositionAssessment](http://www.HumanKinetics.com/AppliedBodyCompositionAssessment).

**Instructor guide.** Provides professors with a suggested syllabus, lab activities, class projects, graphics for classroom use, and more.

**Test package.** Created with Respondus 2.0, the test package includes a bank of more than 475 questions in true-or-false, multiple-choice, and essay formats. Instructions for downloading a free version of Respondus are included.

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**Assessing Body Composition**

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