

NewTitles

 HUMAN KINETICS

JULY–DECEMBER 2013










THE ICE WOMAN COMETH

TV Gladiator 'Ice' delivers
*Better Body Workouts
for Women, page 5*

38
NEW
TITLES










20 BESTSELLERS

- I**  Strength Training Anatomy, 3rd Edition
ISBN 978-0-7360-9226-5
£14.99 / €19.50
- 2**  Yoga Anatomy, 2nd Edition
ISBN 978-1-4504-0024-4
£14.99 / €19.50
- 3**  The Art of Running Faster
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- 4**  Pilates Anatomy
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ISBN 978-1-4504-1989-5
£16.99 / €22.10
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ISBN 978-1-4504-0051-0
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- 8**  Mastering Mountain Bike Skills, 2nd Edition
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ISBN 978-0-7360-7460-5
£13.99 / €18.20
- 10**  Delavier's Core Training Anatomy
ISBN 978-1-4504-1399-2
£14.99 / €19.50

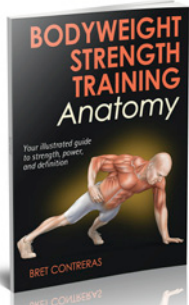
- 11**  Hatha Yoga Illustrated
ISBN 978-0-7360-6203-9
£10.99 / €14.30
- 12**  Delavier's Stretching Anatomy
ISBN 978-1-4504-1398-5
£14.99 / €19.50
- 13**  Ultimate Skiing
ISBN 978-0-7360-7959-4
£16.99 / €22.10
- 14**  Dance Anatomy
ISBN 978-0-7360-8193-1
£16.99 / €22.10
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£14.99 / €19.50
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ISBN 978-0-7360-9169-5
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£13.99 / €18.20
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ISBN 978-1-4504-3278-8
£9.99 / €13.00
- 20**  **NEW** Archery
ISBN 978-1-4504-2020-4
£16.99 / €22.10

20 BESTSELLERS

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- 2**  Foundations of Sport & Exercise Psychology, 5th Edition
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- 4**  NSCA's Essentials of Personal Training, 2nd Edition
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ISBN 978-1-4504-0709-0
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ISBN 978-0-7360-6692-1
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£48.99 / €63.70
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ISBN 978-0-7360-8286-0
£56.99 / €74.10
- 20**  101 Classroom Games
ISBN 978-0-7360-9510-5
£12.99 / €16.90

Due Nov 2013
 ISBN 978-1-4504-2929-0
 174 colour illustrations
 160 colour photographs
 179 x 254 mm
 224 pp
 Paperback
 £14.99 / €19.50



BODYWEIGHT STRENGTH TRAINING ANATOMY

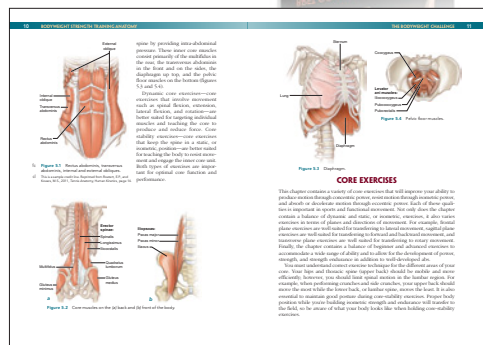
Bret Contreras

In *Bodyweight Strength Training Anatomy*, author and renowned trainer Bret Contreras has created the authoritative resource for increasing total-body strength without the need for free weights, fitness machines, or even a gym.

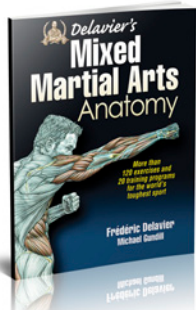
Going far beyond standard pull-ups, push-ups and squats, *Bodyweight Strength Training Anatomy* presents 156 innovative exercises that work every muscle in the body.

Each exercise includes step-by-step instructions demonstrating proper technique, and more than 170 full-colour anatomical illustrations depict muscles in action and point out which ones are being engaged.

Part of Human Kinetics' bestselling Anatomy series that has sold more than two million copies.



Due Dec 2013
 ISBN 978-1-4504-6359-1
 120 colour illustrations
 237 colour photographs
 179 x 254 mm
 144 pp
 Paperback
 £16.99 / €22.10



DELAVIER'S MIXED MARTIAL ARTS ANATOMY

Frédéric Delavier and Michael Gundill

For more than a decade, Frédéric Delavier's acclaimed books have enjoyed robust sales, including his bestselling *Strength Training Anatomy*, which has sold more than 1.5 million copies worldwide.

Now the acclaimed author, illustrator and former powerlifting champion brings his expertise to the immensely popular sport of mixed martial arts.

Featuring the most effective exercises for enhancing the full range of combat skills, this invaluable resource allows athletes to spend less time in the gym and more time in the ring.

This distinctive approach will help them enhance their strengths while improving their weak points.



Delavier's signature illustrations will floor readers.

Due Dec 2013
 ISBN 978-1-4504-3815-5
 118 colour illustrations
 119 colour photographs
 179 x 254 mm
 224 pp
 Paperback
 £14.99 / €19.50



STRETCHING ANATOMY, 2nd Edition

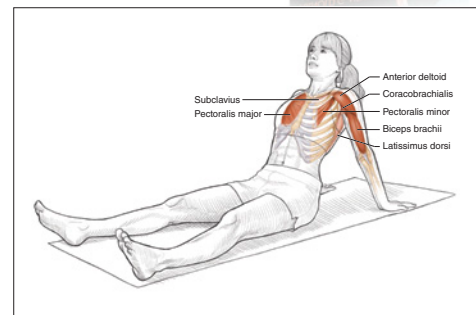
Arnold G. Nelson and Jouko Kokkonen

Visually stunning and immediately accessible, this bestselling guide has step-by-step instructions for 86 stretches and 110 colour anatomical illustrations highlighting all the muscles engaged.

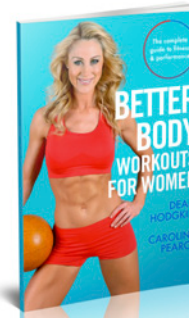
More than an instruction manual, *Stretching Anatomy* shows the procedure and utility for each exercise as well as safety considerations, benefits and variations for increasing or decreasing difficulty.

Stretching provides numerous benefits, including improved flexibility, stamina, posture and muscular strength as well as reduced muscle soreness.

Stretching Anatomy is one of 20 titles in the Anatomy series, Human Kinetics' bestselling series of all time with over two million copies in print.



Due Dec 2013
 ISBN 978-1-4504-3276-4
 1 colour illustration
 240 colour photographs
 179 x 254 mm
 264 pp
 Paperback
 £13.99 / €18.20
 Cover subject to change



BETTER BODY WORKOUTS FOR WOMEN

Dean Hodgkin and Caroline Pearce

In *Better Body Workouts for Women*, fitness expert Dean Hodgkin and tv star, Caroline Pearce present a training system tailored to the unique needs and goals of women.

The book offers routines that can be performed both at home and in the gym and is packed with full-colour photographs of workouts for fat loss, strength, endurance, agility and power.

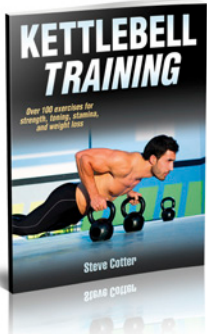
Readers will also be able to assess their fitness levels and develop personalized routines that accommodate recent injuries, pregnancy, menopause and osteoporosis.

Users are able to track their progress with a training log and balance workouts with a nutrition programme that explains how to eat well, set goals and overcome barriers.



TV Gladiator and Channel 5 presenter Caroline Pearce.

Due Dec 2013
 ISBN 978-1-4504-3011-1
 371 photographs
 216 x 279 mm
 232 pp
 Paperback
 £13.99 / €18.20

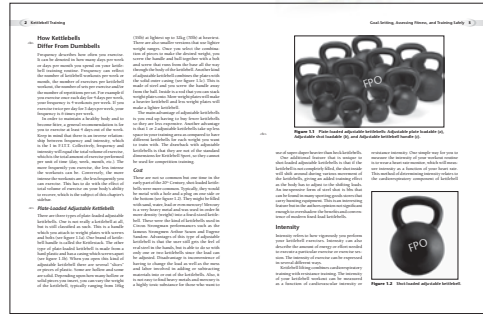


KETTLEBELL TRAINING
 Steve Cotter

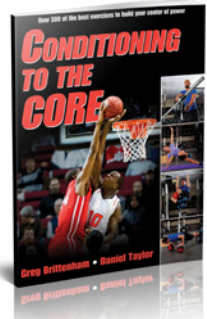
In recent years the all-in-one handheld gym has taken the fitness world by storm. In 2011, nearly 47 million Americans used some form of hand weights and the popularity of kettlebells continues to rise thanks to the way they help improve strength, endurance, coordination and balance.

Few people are more knowledgeable about the benefits of kettlebell use than Steve Cotter. A leading kettlebell expert, martial artist and certified strength and conditioning specialist, Cotter has trained professional American Football teams, Navy SEALs and US Marines.

Offering extensive coverage on getting started – including setting goals, assessing fitness and using safe technique – this guide features step-by-step instructions with photo sequences depicting key movements.



Due Oct 2013
 ISBN 978-1-4504-1969-7
 29 colour illustrations
 467 colour photographs
 216 x 279 mm
 336 pp
 Paperback
 £14.99 / €19.50



CONDITIONING TO THE CORE
 Greg Brittenham and Daniel Taylor

The primary goal for this book is to deliver a torso trained for high-level sport performance.

The book offers a functional approach to core training for athletes seeking a competitive edge in sports. Colour-coded stability, strength and power training exercises and programmes help readers grasp the proper design of a regime able to meet their respective goals.

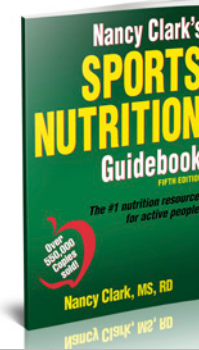
Full-colour anatomical artwork and demonstration photos further inform readers on developing the most functional athletic core.

Conditioning to the Core includes the most effective assessment tools and proven training programmes, complete with sport-specific examples, tips and applications for football, basketball, swimming, running and more.



Full-colour functional training for the core

Due Dec 2013
 ISBN 978-1-4504-5993-8
 30 illustrations
 1 photograph
 152 x 229 mm
 544 pp
 Paperback
 £13.99 / €18.20



NANCY CLARK'S SPORTS NUTRITION GUIDEBOOK, 5th Edition
 Nancy Clark

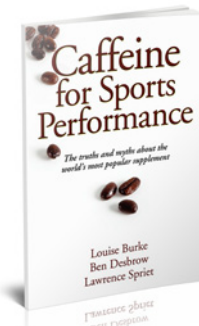
With over 550,000 copies sold, *Nancy Clark's Sports Nutrition Guidebook* is the number one nutrition resource for active people.

Nancy Clark is an internationally respected sports nutritionist and registered dietitian who specializes in nutrition for exercise and health. She is also experienced in the nutritional management of eating disorders.

This latest edition provides comprehensive coverage for athletes and fitness exercisers alike. It contains updated information on the nutrition needs of both sexes in several sports and also includes new information on supplements, energy drinks, and nutrient timing as well as advice for athletes who have undergone gastric bypass surgery.



Due Oct 2013
 ISBN 978-0-7360-9511-2
 12 illustrations
 3 photographs
 179 x 254 mm
 216 pp
 Paperback
 £12.99 / €16.90

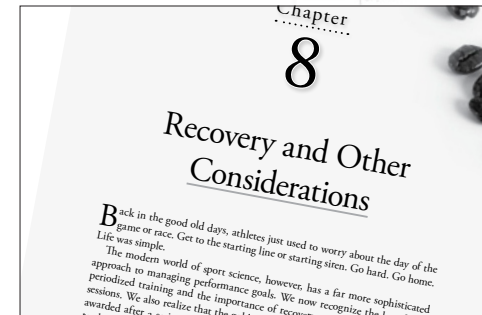


CAFFEINE FOR SPORTS PERFORMANCE
 Louise Burke, Ben Desbrow and Lawrence Spriet

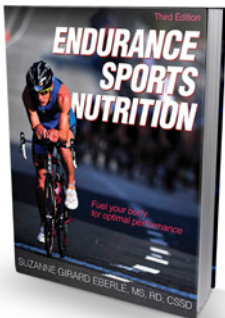
Caffeine for Sports Performance is the definitive resource on caffeine and its use and impact on sports performance. Based on the most recent research, studies and guidelines, this guide is ideal for athletes and fitness enthusiasts looking to improve training and competition.

Caffeine for Sports Performance provides plenty of practical tips for using caffeine as an aid to improved physical performance. Readers will also find interviews with top athletes and coaches regarding their experiences using caffeine particularly interesting.

It provides new insight into current attitudes towards caffeine and how those attitudes have changed over the years.



Due Dec 2013
 ISBN 978-1-4504-3215-3
 5 illustrations
 18 photographs
 179 x 254 mm
 392 pp
 Hardback
 £16.99 / €22.10

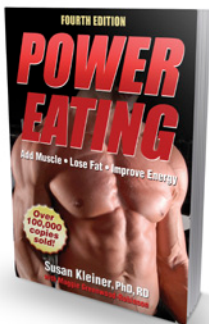


ENDURANCE SPORTS NUTRITION, 3rd Edition
Suzanne Girard Eberle

Packed with nutrition plans for middle and long-distance, ultra-endurance and multiday events, *Endurance Sports Nutrition* focuses on the unique nutritional needs of endurance athletes, including runners, cyclists, mountain bikers, open-water swimmers and triathletes.

This comprehensive resource provides in-depth strategies for day-to-day consumption including dining away from home, eating vegetarian and managing food intolerances.

Due Oct 2013
 ISBN 978-1-4504-3017-3
 10 photographs
 178 x 254 mm
 376 pp
 Paperback
 £13.99 / €18.20

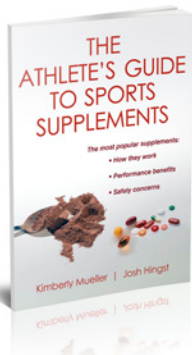


POWER EATING, 4th Edition
Susan Kleiner and Maggie Greenwood-Robinson

This fourth edition of *Power Eating* offers readers a better way to achieve goals in physique and performance, in ways that are safe, legal and effective.

It provides the latest scientifically proven nutrition guidance, popular diet plans that provide meal suggestions for each meal of the day and new findings suggesting how certain plants can improve performance when introduced to your diet.

Due Aug 2013
 ISBN 978-0-7360-9369-9
 1 illustration
 2 photographs
 178 x 254 mm
 304 pp
 Paperback
 £12.99 / €16.90



THE ATHLETE'S GUIDE TO SPORTS SUPPLEMENTS
Kimberly Mueller and Josh Hingst

A countless number of new, renamed and variations of sport supplements flood the market each year. This book separates fact from fiction, provides quick answers to the most common questions and delivers trustworthy information. It provides concise descriptions for 120 of today's most popular supplements and details, how it works, performance benefits, research studies and outcomes, dosage recommendations and health concerns.

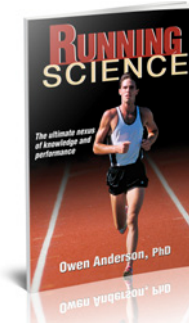
Due Dec 2013
 ISBN 978-1-4504-3417-1
 18 illustrations
 369 photographs
 179 x 254 mm
 256 pp
 Paperback
 £13.99 / €18.20



YOGA FOR RUNNERS
Christine Felstead

Christine Felstead's unique program, *Yoga for Runners*, provides a proven cross-training approach to the sport. Practical and accessible, this guide shows runners how to incorporate yoga into their routine to improve breathing, strength, flexibility, endurance, mental sharpness and overall athletic performance.

Due Sept 2013
 ISBN 978-0-7360-7418-6
 10 illustrations
 151 photographs
 178 x 254 mm
 608 pp
 Paperback
 £18.99 / €24.70



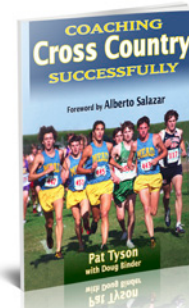
RUNNING SCIENCE
Owen Anderson

Running Science is an easy to understand repository of running research and offers a wealth of insights distilled from great sport and exercise scientists, coaches and runners.

It provides an array of the most credible and widely used training principles and programmes.

ALSO AVAILABLE
Triathlon Science, ISBN:
 978-0-1430-42380-9

Due Nov 2013
 ISBN 978-1-4504-4019-6
 6 illustrations
 117 photographs
 216 x 279 mm
 168 pp
 Paperback
 £14.99 / €19.50



COACHING CROSS COUNTRY SUCCESSFULLY, 2nd Edition
Pat Tyson and Doug Binder

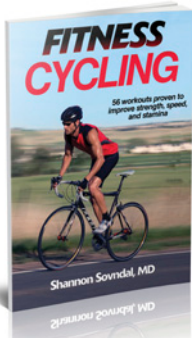
Coaching Cross Country Successfully covers every aspect of how to build and maintain a successful cross country programme. Offering advice for coaches from primary school to university levels, the book explores the most important aspects of coaching a successful cross country team.

The book goes beyond the physical aspects of running to describe other factors related to performance, such as motivating runners and getting athletes hooked on running, so that the team stays enthused about running every day.

Coaching Cross Country Successfully covers areas that coaches need but often fail to consider, such as recruiting students to the programme; working with coaching staff, school administrators, parents and volunteers; fund-raising; and hosting meetings.



Due July 2013
 ISBN 978-1-4504-2930-6
 18 colour illustrations
 45 colour photographs
 178 x 254 mm
 224 pp
 Paperback
 £12.99 / €16.90



FITNESS CYCLING

Shannon Sovndal

From customized workouts to authoritative advice, *Fitness Cycling* provides the most effective workouts for achieving peak physical cycling conditioning.

Fitness Cycling features 56 workouts based on specific aspects of riding, such as base building, interval training, sprint and hill climbing and time trialing.

Each workout is colour coded for intensity level, allowing the creation of a targeted programme based on individual goals, current fitness levels and cycling experience.

With recommendations, advice and professional insights on riding techniques, goal setting, training concepts, recovery and prevention of common cycling injuries, this training guide provides a lifetime of the best cycling workouts.



Fitness Cycling is full of colour images.

Due Aug 2013
 ISBN 978-0-7360-8328-7
 20 illustrations
 110 photographs
 178 x 254 mm
 224 pp
 Paperback
 £13.99 / €18.20



DEVELOPING SPEED

NSCA and Ian Jeffreys

Athletes in all sports rely to a greater or lesser degree on speed, whether it involves sprinting down the track or chasing a loose ball, speed often contributes to overall athletic ability.

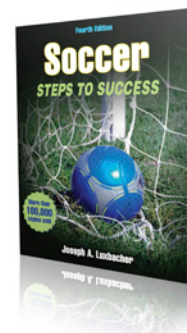
Developing Speed is an elite-level guide to speed development for all sports.

In addition to the scientific coverage of speed development, it helps in the assessment of current ability and identification of areas of greatest need. Athletes and coaches can then dedicate the necessary time and resources where it is most needed.

Combining this information with the suggested drills and exercises, provides the tools and information for creating an individualised speed development programme.



Due Oct 2013
 ISBN 978-1-4504-3542-0
 38 colour illustrations
 127 colour photographs
 216 x 279 mm
 272 pp
 Paperback
 £14.99 / €19.50



SOCCER, 4th Edition

Joseph A. Luxbacher

This comprehensive guide provides step-by-step instruction how to learn and excel in individual player skill and team tactics.

It describes how and when to apply specific skills in game situations, such as winning individual on field battles, attacking and defending.

In fact, this full colour book covers every aspect of soccer: dribbling, passing, receiving, shooting, tackling, heading and goalkeeping.

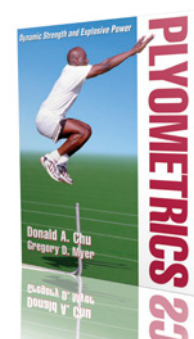
In total, more than 180 exercises and small sided games test players readiness to progress to the next step through the use of an easy-to-follow scoring system.

This book has become one of the sport's most popular resources and has helped more than 100,000 players take their game to the next level.

STEPS TO SUCCESS SERIES

Each book's step-by-step approach makes it easy to teach the techniques, skills and tactics to master the sport. Clear photos, many in colour, along with simple advice and a proven system for gauging progress are the key features which have made this collection of books the world's bestselling sport instructional series. You can find all of the series together in one place online at: humankinetics.com/steps

Due Oct 2013
 ISBN 978-0-7360-7960-0
 20 illustrations
 371 photographs
 216 x 279 mm
 248 pp
 Paperback
 £17.99 / €23.40



PLYOMETRICS

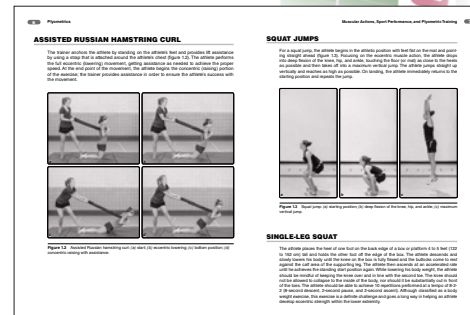
Donald A. Chu and Gregory D. Myer

Plyometrics, also known as jump training, are a group of exercises based on the principle of having muscles exert maximum force in as short a time as possible, with the intention of increasing both strength and power.

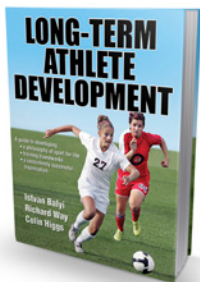
Plyometric training has become an important element in most sport conditioning programmes over the past two decades. But many athletes are still doing it wrong and getting injured or getting far less than they should from their training.

Plyometrics presents only the best scientific and tested exercises and programmes ensuring optimal power with minimal risk of injury.

This comprehensive guide also includes sport-specific power training regimes for basketball, soccer, rugby and volleyball.



Due Nov 2013
 ISBN 978-0-7360-9218-0
 70 illustrations
 43 photographs
 216 x 279 mm
 296 pp
 Hardback
 £33.99 / €44.20



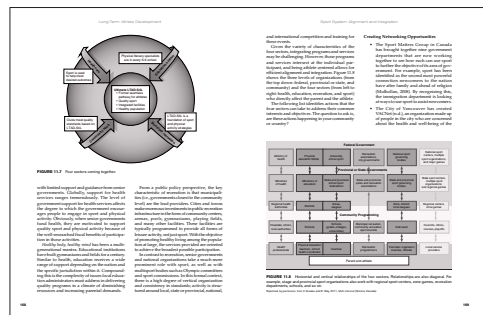
LONG-TERM ATHLETE DEVELOPMENT
Istvan Balyi, Richard Way and Colin Higgs

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional and national sport organizations.

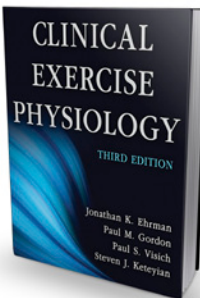
This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development.

By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes.

Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes and creating healthy, active citizens.



Due Sept 2013
 ISBN 978-1-4504-1280-3
 69 illustrations
 26 photographs
 216 x 279 mm
 776 pp
 Hardback
 £63.99 / €83.20

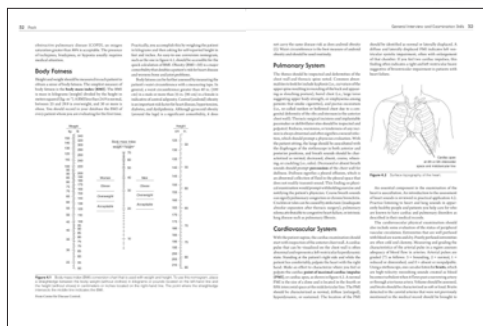


CLINICAL EXERCISE PHYSIOLOGY, 3rd Edition
Jonathan K. Ehrman, Paul M. Gordon, Paul S. Visich and Steven J. Keteyian

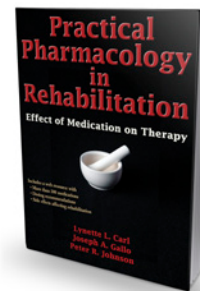
Clinical Exercise Physiology, provides a comprehensive look at the clinical aspects of exercise physiology by thoroughly examining the relationship between exercise and chronic disease.

It provides professionals and students with fundamental knowledge of disease-specific pathology and treatment guidelines. The text also helps guide readers through exercise testing and training principles for patients with chronic diseases.

It builds on information presented in the previous editions with reorganized chapters, updated and revised content, and the latest information on the key practice areas of clinical exercise physiology.



Due Nov 2013
 ISBN 978-0-7360-9604-1
 7 photographs
 216 x 279 mm
 640 pp
 Hardback
 £53.99 / €70.20



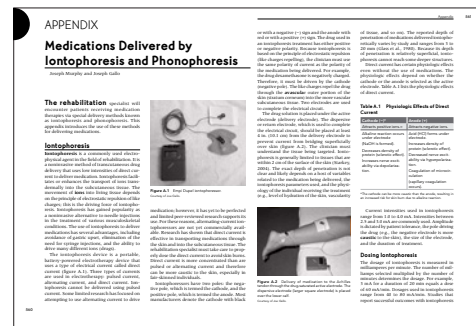
PRACTICAL PHARMACOLOGY IN REHABILITATION
Lynette L. Carl, Joseph A. Gallo and Peter R. Johnson

This book takes an interdisciplinary look at the effects of medications on recovering patients and assists rehabilitation professionals in designing patient-specific therapy plans.

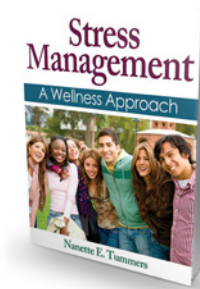
It explains the necessary pharmacology then focuses on the relationship between medications and rehabilitation.

Throughout the text more than 100 easy-to-use tables provide quick access to information, including potential side effects. Expanded versions of many of these tables are offered as PDFs in the accompanying web resource.

For rehab professionals, this essential reference provides an integrated understanding of medication use with nonpharmacologic therapies in rehabilitation patients.



Due Sept 2013
 ISBN 978-1-4504-3166-8
 8 illustrations
 26 photographs
 216 x 279 mm
 200 pp
 Hardback
 £26.99 / €35.10



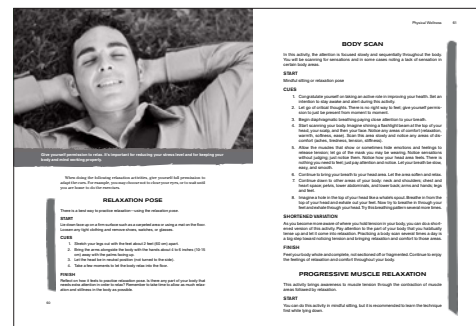
STRESS MANAGEMENT
Nanette E. Tummers

Stress is an unavoidable part of our everyday lives and while a little of it can be a good thing, a lot of stress is unhealthy.

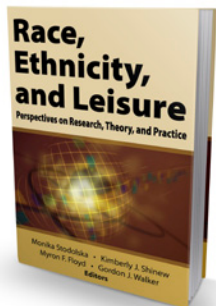
Most students don't know how to cope with stress and ignoring or mishandling it can lead to all sorts of negative consequences.

This book helps university students manage their own stress by exploring key issues of stress and stress management and offering evidence-based research and practical tools to deal with it.

The material cultivates students' strengths rather than pointing out their weaknesses. The book also includes sidebars describing resources (books and websites) that instructors and students alike can use in further exploration of issues in stress management.



Due Dec 2013
 ISBN 978-0-7360-9452-8
 13 illustrations
 90 photographs
 216 x 279 mm
 384 pp
 Hardback
 £39.99 / €52.00



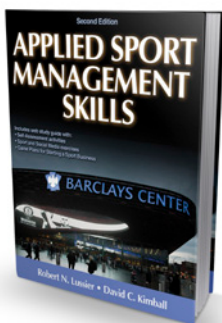
RACE, ETHNICITY, AND LEISURE

Monika Stodolska, Kimberly J. Shinew, Myron F. Floyd and Gordon J. Walker

Race and ethnicity have a significant impact on our leisure behaviour and activity choices but, until now, no book has thoroughly explored these vital dimensions.

Here, 28 world-renowned researchers provide a comprehensive review and unified perspective on leisure in relation to five minority populations. The result is an unprecedented text that offers an extensive look at the changing landscape of recreation.

Due Dec 2013
 ISBN 978-1-4504-3415-7
 104 illustrations
 216 x 279 mm
 536 pp
 Hardback
 £56.99 / €74.10



APPLIED SPORT MANAGEMENT SKILLS, 2nd Edition

Robert N. Lussier and David C. Kimball

Applied Sport Management Skills, uses the four management functions of planning, organizing, leading and controlling to teach students how to become strong leaders and managers in the world of sport.

This comprehensive and fully updated text provides an overview of management topics with a unique focus on developing the skills necessary for managing sport organizations.

Due Oct 2013
 ISBN 978-0-7360-9611-9
 6 illustrations
 3 photographs
 216 x 279 mm
 240 pp
 Hardback
 £49.99 / €65.00



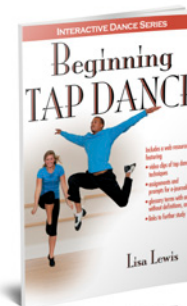
MANAGING SPORT EVENTS

T. Christopher Greenwell, Leigh Ann Danzey-Bussell and David J. Shonk

Whether it's a local event, county championship or international competition, running a successful sport event requires the knowledge and skills of planning organising, promotion, leadership and communication.

Managing Sport Events provides the principles and practices related to effective event management, taking readers through the entire process from event conception through post event evaluation.

Due Aug 2013
 ISBN 978-1-4504-1198-1
 42 colour illustrations
 46 colour photographs
 178 x 254 mm
 122 pp
 Paperback
 £31.99 / €41.60



BEGINNING TAP DANCE

Lisa Lewis

Designed for those on introductory tap dance courses, *Beginning Tap Dance* contains descriptions of exercises, steps and techniques.

Featuring more than 70 video clips of tap steps with verbal cues, the web resource helps students review content learned in class or other beginning steps.

It also contains learning features to support and extend students' knowledge of tap dance, including assignments, e-journaling prompts, tests of tap dance terminology, a glossary and links to further study.

The book introduces students to the dance form by detailing its physical and mental benefits. With *Beginning Tap Dance*, students also learn about etiquette, proper attire, health, and injury prevention for dancers.

Part of the Interactive Dance Series, see them all at humankinetics.com



Due Dec 2013
 ISBN 978-1-4504-1973-4
 55 illustrations
 79 photographs
 216 x 279 mm
 168 pp
 Paperback
 £19.99 / €26.00
 Cover subject to change



PHYSICAL EDUCATION FOR STUDENTS WITH AUTISM SPECTRUM DISORDERS

Michelle Grenier

Current estimates are that one out of 88 children will be diagnosed with one form of autism spectrum disorders (ASD). Planning a curriculum that includes all students, including those with ASD can be a challenging task but well worth the effort needed to design appropriate instructional activities.

This book identifies strategies that highlight students' skills, interests and abilities through collaborative practices, environmental design and assistive technologies.

Written by contributors with extensive experience in developing inclusive programming for students with ASD, *Physical Education for Students With Autism Spectrum Disorders* is ideal for PE and adapted PE courses.

