Greetings from Human Kinetics!

This catalog is just one of the ways we strive to keep in touch with you to ensure we’re delivering the most relevant and focused content in our fields. The coming months will feature many exciting new product offerings, and we hope you will find meaningful additions to your professional and academic collections.

This year we lost a valued colleague as long-time prolific author and friend Dick Schmidt passed away. We reflect back on his legacy of contributions and the many people his work inspired.

We are proud to introduce a new range of important works that we believe will help you in your given field of work and study. Orthopedic Clinical Examination is an important work from Michael Reiman at Duke University and marks a significant foray for HK into major texts within physical therapy. The expansive work is innovative in its approach and a significant contribution that we believe will be embraced as a core text.


New products that we are excited to share include the text Women and Sport by Ellen Staurowsky, which will respond to a growing demand for a quality, comprehensive treatment of the subject. Noted sport psychologist Costas Karageorghis’ new book, Applying Music in Exercise in Sport, will bring the latest research to audiences in a practical, fascinating way.

We are excited to unveil a new powerful eLearning platform in the coming year—HK SpringBoard will provide instructors with valuable tools for framing assessments and tracking student progress. We continue to look for ways we can serve you with custom e-book offerings, and our sales staff is eager to respond to your needs as they arise.

Beyond these many resources and others, we want to continue to hear from you about what may be missing from these pages. What is the product that you need for your course or the book on an emerging topic that would support your efforts? We do our best to stay in tune with your needs, but we also need your help in charting the course for growing informational and service needs in the fields we serve.

We wish you continued success in your pursuits, and thank you for letting us be a part of those efforts!

Steve Ruhlig, Vice President and Division Director
Higher Education and Professional Division

Throughout this catalog, look for these quick references to identify various components related to each product.

©2016 • Hardback, e-book • 648 pp — Look in the products details to see which are also available in e-book formats.

Authors and editors of these products have conducted a free webinar hosted by HK. Use them for personal education or for class assignments. Find the archived recordings at www.HumanKinetics.com/Webinars.

CE course available Earn continuing education credits through companion HK courses. Certifying organizations, credit hours, course materials, and more can be found at www.HumanKinetics.com/Continuing-Education.

Review the list of available ancillaries and the specific web address to find them. Ancillary materials are free to course adopters.

Identify the products that are, or include, DVDs or DVD-ROMs.

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INSTRUCTORS:

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Look for the loose-leaf icon in the catalog to see if this is an option for your course.
Attention instructors!

As an instructor in higher education, we know you are seeking the educational tools and resources that will help your students succeed in both the classroom and their future careers. We hope this comprehensive catalog helps you find the materials you need. For fastest service exam copies may be requested online at www.HumanKinetics.com/Exam-Desk-Copy-Request-Form, or you may contact your sales representative at any time—we are happy to assist you! Below is a reference guide providing quick access to our most popular texts.

Thank you,
Higher Education Sales Team

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*Ancillary key:
IG = Instructor guide • TP = Test package • CQ = Chapter quizzes • PP = Presentation package • IB = Image bank • WR = Web resource • WSG = Web study guide • OV = Online video
**Active Aging**

This page features a variety of texts and resources related to aging, exercise, and cognitive function. The page includes books, software packages, and measurement tools, all aimed at understanding and improving the quality of life for older adults. The texts cover topics such as the effects of exercise on cognition, measurement issues in aging and physical activity, and the physical dimensions of aging. Each resource is described with details such as the author, publication year, format, and price, making it easy to compare and choose the most suitable options. The page also promotes online access to the Human Kinetics website, encouraging further exploration and learning. The information is presented clearly and logically, providing a comprehensive overview of the available resources in the field of active aging.
Exercise for Frail Elders, Second Edition
This comprehensive resource 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 updated second edition provides a broader focus on balance, a critical component of any functional fitness program, to aid in designing classes that include stability exercises. More than 150 photos illustrate how to perform exercises for functional fitness safely, including an emphasis on range of motion, strength, and aerobic endurance.

Elizabeth Best-Martini, MS, CTRS, and Kim A. Jones-DiGenova, MA
$85.00 ($90.95 CDN, $47.95 UK, €72.90 EURO, $93.00 AUS/NZ)

Bending the Aging Curve: The Complete Exercise Guide for Older Adults
This text and accompanying DVD provide a multifaceted periodized training program specifically for older adults. Training strategies help improve body composition, flexibility, bone density, muscular strength and power, and cardiovascular fitness, and unique translational exercises simulate everyday activities for improved daily function.

Joseph F. Signorile, PhD
$54.00 ($75.95 CDN, £38.99 UK, €53.08 EURO, $77.20 AUS/NZ)

Fitness Professional’s Guide to Strength Training Older Adults, Second Edition
Contains the tools needed to assist older adults in committing to and benefiting from individualized strength training programs, and recommendations for modifications assist in constructing programs that meet each client’s needs.

Thomas R. Baechle, EdD, CSCS,*D; NSCA-CPT,*D, and Wayne Westcott, PhD, CSCS
$42.00 ($58.95 CDN, £31.99 UK, €48.60 EURO, $60.10 AUS/NZ)

ABLE Bodies Balance Training With Web Resource
More than 130 balance and mobility exercises that enhance older adults’ balance in everyday tasks. A web resource provides downloadable handouts for all balance training activities for easy instructor use and distribution.

Sue Scott, MS
$59.00 ($82.95 CDN, £43.49 UK, €66.14 EURO, €84.40 AUS/NZ)

FallProof! A Comprehensive Balance and Mobility Training Program, Second Edition
A practical guide to implementing a multidimensional balance and mobility training program to address the increasing incidence of falls among older adults. Offers a range of balance and mobility assessments, and instructions on implementing the FallProof! program. The bound-in DVD shows how to administer tests, demonstrates selected exercise progressions for the major program modules, and provides a sample FallProof! class session.

Debra J. Rose, PhD
©2010 • Hardback with DVD
328 pp • ISBN 978-0-7360-6748-8
$77.00 ($107.95 CDN, £55.99 UK, €74.08 EURO, $110.10 AUS/NZ)

Exercise and Wellness for Older Adults: Practical Programming Strategies, Second Edition
An introduction to aging and wellness and an essential guide to creating exercise and wellness programs for older adults, regardless of age or physical challenge. The text provides a framework to help readers make the critical shift from expectations of decline to an age-neutral focus on maximizing functional ability.

Kay A. Van Norman, MS
$48.00 ($66.95 CDN, £35.99 UK, €54.70 EURO, $68.60 AUS/NZ)

Functional Fitness for Older Adults
Provides physical activity programs for improving the functional performance levels of adults over the age of 65, as well as improving their health-related quality of life. Each program is designed to work with busy schedules, participants’ needs, and institutional budgets.

Patricia A. Brill, PhD
$48.00 ($66.95 CDN, £35.99 UK, €54.70 EURO, $68.60 AUS/NZ)

Also see
Exercise Management for Special Conditions resources (page 13)
Injury Prevention and Rehabilitation for Active Older Adults (page 30)
Journal of Aging and Physical Activity (page 51)

Find more detailed descriptions and excerpts online at www.HumanKinetics.com/ActiveAging
Visit HK online at www.HumanKinetics.com
Delavier’s Mixed Martial Arts Anatomy
Frédéric Delavier takes on mixed martial arts, providing more than 120 exercises, 20 training programs, and advice on injury prevention for veteran and beginning fighters.
Frédéric Delavier
©2013 • Paperback • 144 pp • ISBN 978-1-4504-6359-1
$24.95 ($34.95 CDN, £16.99 UK, €25.40 EURO, $35.95 AUS/NZ)

Soccer Anatomy
Combines step-by-step instructions and anatomical illustrations to convey proper form of the 79 soccer specific exercises that increase speed, strength, and agility.
Donald T. Kirkendall, PhD
$21.95 ($30.95 CDN, £15.99 UK, €22.40 EURO, $30.95 AUS/NZ)

Basketball Anatomy
Loaded with 88 exercises and 151 full-color anatomical illustrations to increase strength, speed, and agility. It also examines the anatomy of some of the most common injuries.
Brian Cole, MD, MBA, and Rob Panariello, MS, PT, ATC, CSCS
$21.95 ($30.95 CDN, £16.99 UK, €25.80 EURO, $30.95 AUS/NZ)

Golf Anatomy
Links physical conditioning to perfect strokes with 72 exercises and more than 175 illustrations to develop key components of a good swing.
Craig Davies and Vince DiSasa, CSCS
$21.95 ($30.95 CDN, £15.99 UK, €22.40 EURO, $30.95 AUS/NZ)

Running Anatomy
Detailed anatomical illustrations show step-by-step exercises that convey proper form as well as the link between muscle development and the runner in motion. It includes rehab exercises for common running injuries.
Joe Puleo and Patrick Milroy, MD
©2010 • Paperback, e-book
$21.95 ($30.95 CDN, £14.99 UK, £22.40 EURO, £30.95 AUS/NZ)

Triathlon Anatomy
See what it takes to maximize multisport strength, power, speed, and endurance. This book shows how to improve performance by increasing muscular strength and optimizing the efficiency of every movement.
Mark Klon, MD, and Troy Jacobson
©2013 • Paperback, e-book • 208 pp
ISBN 978-1-4504-2138-6
$21.95 ($30.95 CDN, £14.99 UK, £22.40 EURO, £30.95 AUS/NZ)

Swimming Anatomy
A stunning visual perspective on swimmers’ muscles and how they are developed. Contains over 200 illustrations and exercises with icons identifying the strokes that will benefit most from each exercise.
Ian McLeod
$23.95 ($33.95 CDN, £16.99 UK, £25.40 EURO, £33.95 AUS/NZ)

Dance Anatomy
Includes proper form for 82 exercises arranged anatomically from the center outward, providing a view of how muscles contribute to improved technique, injury prevention, and artistic expression.
Jacqui Greene Haas
$24.95 ($34.95 CDN, £17.99 UK, £27.30 EURO, £35.95 AUS/NZ)

Cycling Anatomy
Provides a unique approach to training, showing in detail how each exercise is directly linked to performance on the bike. This is the ultimate training guide to building an effective cycling program.
Shannon Sovndal, MD
©2009 • Paperback, e-book • 200 pp
$19.95 ($27.95 CDN, £13.99 UK, £21.30 EURO, £28.95 AUS/NZ)

Pilates Anatomy
Presents a customizable approach to Pilates that includes 213 illustrations and step-by-step instructions for 46 of the most effective mat exercises for building a stronger, more articulate body.
Rael Isacowitz and Karen Clippinger
©2011 • Paperback, e-book • 216 pp
$19.95 ($27.95 CDN, £13.99 UK, £21.30 EURO, £28.95 AUS/NZ)

Yoga Anatomy, Second Edition
Brings the relationship between yoga and anatomy to life with detailed, full-color anatomical illustrations, and provides an inside look into each pose and a better understanding of the movements involved.
Leslie Kaminoff and Amy Matthews
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Jacqui Greene Haas
$24.95 ($34.95 CDN, £17.99 UK, £27.30 EURO, £35.95 AUS/NZ)

 See full Anatomy Series on page 56
Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition With Online Video

Presents foundational information that instills a thorough understanding of rehabilitative techniques. Updated with the latest in contemporary science and peer-reviewed data, this edition prepares upper-undergraduate and graduate students for everyday practice. The text details what is happening in the body, why certain techniques are advantageous, and when certain treatments should be used across rehabilitative time lines. Accompanying online video demonstrates some of the more difficult or unique techniques, and can be used in the classroom or in everyday practice. The content aligns with the Board of Certification’s (BOC) accreditation standards and prepares students for the BOC Athletic Trainers’ exam. Readers will understand what to expect when treating clients, how to apply evidence-based knowledge in a clinical setting, and how to develop custom individual programs.

Peggy A. Houglum, PhD, ATC, PT
$155.00 ($216.95 CDN, £112.49 UK, €170.94 EURO, $221.70 AUS/NZ)

Ancillaries: Instructor guide • Test package • Presentation package plus image bank • Online video
www.HumanKinetics.com/TherapeuticExerciseForMusculoskeletalInjuries

NEW EDITION!

Therapeutic Modalities for Musculoskeletal Injuries, Fourth Edition With Online Video

Provides comprehensive coverage of evidence-based therapies for musculoskeletal injuries. In addition to explaining how to apply each therapy, the book addresses when and why each intervention can safely improve the outcome of treatment. New to this edition are 21 online videos visually demonstrating application of various modalities to individual patients.

Craig R. Denegar, PhD, ATC, PT, Ethan Saliba, PhD, ATC, PT, and Susan Saliba, PhD, ATC, PT
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Examination of Musculoskeletal Injuries, Fourth Edition With Web Resource

Presents injury examination strategies in on-site, acute, and clinical settings, and provides the information on mastering the skills needed for the Board of Certification examination for athletic trainers. The fourth edition has been substantially updated and retooled and includes more than 40 online videos, full-color photos, and medical artwork.

Sandra J. Shultz, PhD, ATC, CSCS, Peggy A. Houglum, PhD, ATC, PT, and David H. Perrin, PhD, ATC
$102.00 ($142.95 CDN, £78.49 UK, €119.34 EURO, $145.90 AUS/NZ)

Ancillaries: Instructor guide • Test package • Presentation package plus image bank • Web resource with online video

Core Concepts in Athletic Training and Therapy With Web Resource

Covers the theory and application of athletic training, including evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute and emergency care, therapeutic interventions, and health care administration. A companion web resource contains 41 clinical proficiency exercises.

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Management Strategies in Athletic Training, Fourth Edition

Uses a unique case-study approach in teaching students the theories of organization and administration and their applications to real-world situations.

Richard Ray, EdD, ATC, and Jeff Konin, PhD, ATC, PT
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www.HumanKinetics.com/ManagementStrategiesInAthleticTraining

Developing Clinical Proficiency in Athletic Training: A Modular Approach, Fourth Edition

Presents a flexible system consisting of 146 modules used for assessing students’ clinical skill development over the course of their program.

Kenneth L. Knight, PhD, and Kirk Brumels, PhD
©2010 • Spiral binding • 352 pp • ISBN 978-0-7360-8361-4
$57.00 ($79.95 CDN, £43.99 UK, €66.90 EURO, $81.50 AUS/NZ)
Psychology of Sport Injury
Provides a thorough explanation of the elements and effects of sport injuries along with up-to-date research and insights for practical application. The authors offer a contemporary approach to preventing, treating, rehabilitating, and communicating professionally about sport injuries that take into account physical, psychological, and social factors.
Britton W. Brewer, PhD, and Charles J. Redmond, ATC, LAT, PT
©2017 • Hardback, e-book • Approx. 304 pp
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Ancillaries: Presentation package
www.HumanKinetics.com/PSYCHOLOGYOFSPORTINJURY

Evidence-Based Practice in Athletic Training
Explains the basics of evidence-based practice (EBP) and the research design methods that are so vital to its implementation. In addition to in-depth information on the principles and application of EBP, the text presents clinically based scenarios that allow students to apply their recently acquired knowledge to real-life situations, thus encouraging a deeper understanding of the topics presented throughout the text.
Scot Raab, PhD, and Debbie Craig, PhD
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Ancillaries: Instructor guide • Presentation package plus image bank
www.HumanKinetics.com/EVIDENCEBASEDPRACTICEINATHLETICTRAINING

Athletic Taping and Bracing, Third Edition
Covers the 46 most frequently applied taping and bracing procedures in clinical practice. Features more than 480 illustrations and photos, including three-dimensional anatomical images.
David H. Perrin, PhD, ATC
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Ancillaries: Competency testing checklists • Image bank
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Also available:
Sport Taping Basics DVD, Second Edition

Cultural Competence in Sports Medicine
Stresses the importance of recognizing cultural attitudes, beliefs, and expectations so that athletic trainers and other professionals can modify their behavior to reflect their sensitivity to patients’ needs.
Lorin A. Cartwright, MS, ATC, and René Revis Shingles, PhD, ATC
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Ancillaries: Instructor guide • Test package
www.HumanKinetics.com/CULTURALCOMPETENCEINSPORTS MEDICINE

Fundamentals of Athletic Training, Third Edition
Explains foundational concepts in athletic training and presents injuries and illnesses commonly encountered by athletic trainers. Topics include treatment, care, administration, and certification.
Lorin A. Cartwright, MS, ATC, and William A. Pitney, EdD, ATC
$71.00 ($98.95 CDN, €52.99 UK, €80.50 EURO, $101.50 AUS/NZ)
Ancillaries: Instructor guide • Test package • Image bank
Anatomy DVD-ROM
www.HumanKinetics.com/FUNDAMENTALSOFAthleticTRAINING

Athletic Trainers’ BOC Exam Prep Enhanced Online Course
Prepares students and individuals for the qualifying exam to become a certified athletic trainer with the National Athletic Trainers’ Association (NATA). Provides hundreds of online practice questions, as well as references, lists of study resources, and in-depth information on the format and content of the exam.
Lorin A. Cartwright, MS, ATC
©2016 • Enhanced online course • ISBN 978-1-4504-9853-1
$60.00 ($86.95 CDN, €44.16 UK, €67.08 EURO, $85.80 AUS/NZ)
Also available from the iBooks Store
www.HumanKinetics.com/AthleticTrainersBOCExamPrep

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Available Dec 2016
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Also see
Clinical Guide to Positional Release Therapy With Web Resource (page 21)
International Journal of Athletic Therapy & Training (page 50)
Physical Therapy, Medicine, and Rehabilitation in Exercise and Sport resources (page 29)
Biomechanics of Sport and Exercise, Third Edition With Web Resource and MaxTRAQ Educational 2D Software Access

Introduces exercise biomechanics in concise terms that explain external forces and their effects, how the body generates forces to maintain position, and how forces create movement. By examining ordinary activities firsthand, students will be able to develop meaningful explanations resulting in a deeper understanding of the underlying mechanical concepts.

This edition incorporates these features to facilitate learning:
- Access to MaxTRAQ Educational 2D software allows students to analyze real-world sport movements through video.
- A web resource guides students step by step through the process of solving 18 sample problems.
- Art and diagrams enhance problem sets and help students visualize the mechanics of real-world scenarios.
- Increased number of review questions (200) and problem sets (120) provide an opportunity for practical application of concepts.
- Content on deriving kinematic data from video or film and the use of accelerometers in monitoring physical activity keeps students informed of technological advances in the field.

Peter M. McGinnis, PhD
$105.00 ($146.95 CDN, £91.49 UK, €139.04 EURO, $149.00 AUS/NZ)

Ancillaries: Instructor guide • Test package • Image bank • Web resource • MaxTRAQ Educational 2D software

www.HumanKinetics.com/BiomechanicsOfSportAndExercise

Structure and Function of the Musculoskeletal System, Second Edition

Integrates anatomy and biomechanics to explore the characteristics of musculoskeletal components and the response and adaptation of these components to the physical stress imposed by everyday activities.

James Watkins, PhD
$102.00 ($142.95 CDN, £74.99 UK, €114.00 EURO, $145.90 AUS/NZ)

Ancillaries: Image bank


Ergonomics in Sport and Physical Activity: Enhancing Performance and Improving Safety

Examines how ergonomics can be applied in the context of sport and other physical activities to reduce injury and improve performance, blending concepts from biomechanics, physiology, and psychology.

Thomas Reilly, PhD, DSc, FERgS, FIBiol
$74.00 ($103.95 CDN, £54.99 UK, €83.60 EURO, $105.80 AUS/NZ)

Biomechanical Analysis of Fundamental Human Movements

Invaluable tool for those pursuing the study of advanced quantitative biomechanics. It presents a clear introduction to the principles that underlie all human motion and provides a complete study of fundamental human movements and their components.

Arthur E. Chapman, PhD
$95.00 ($138.95 CDN, £72.99 UK, €110.90 EURO, $141.60 AUS/NZ)

Essentials of Electromyography

Aids in the comprehension of issues in electromyography (EMG), including handling noise contamination to the area, slope, and variability of the EMG signal. Also a solid reference for practitioners who use EMG.

Gary Kamen, PhD, and David A. Gabriel, PhD
$71.00 ($98.95 CDN, £52.99 UK, €80.50 EURO, $101.50 AUS/NZ)

Ancillaries: Image bank


Innovative Analyses of Human Movement

Offers mathematical and statistical procedures for analyzing small and large biomechanical data sets. Readers will learn how to use these techniques in research, and understand how they apply to data analysis.

Nicholas Stergiou, PhD, Editor
©2004 • Hardback • 344 pp • ISBN 978-0-7360-4467-7
$108.00 ($150.95 CDN, £78.99 UK, £120.10 EURO, $154.40 AUS/NZ)

Sport Mechanics for Coaches, Third Edition

Introduces the mechanics of sport in an understandable manner for the novices in the field. It includes content to help readers understand and incorporate technology and sport equipment to enhance training, identify errors in technique, and improve performance.

Brendan Burkett, PhD
$39.00 ($54.95 CDN, £29.99 UK, €45.60 EURO, $55.80 AUS/NZ)

Also see
Journal of Applied Biomechanics (page 57)
Research Methods in Biomechanics, Second Edition (page 46)
Neuromechanics of Human Movement, Fifth Edition
Draws on the disciplines of neurophysiology and physics to explore how the nervous system controls the actions of muscles to produce human motion. The text includes 70 practical learning examples, giving students opportunities to work through a variety of problems and explore research and applications. Content is visually reinforced with 341 figures, including specific illustrations of the neuromechanics involved in sport and rehabilitation movements. Significant content updates include more contemporary examples throughout the text for both research and clinical environments, and a new chapter on movement analysis. The following are additional key changes:
• New figures that highlight and clarify key points, and new information on energy costs
• Debunking the concept of motor unit types
• Detailed information on the center of mass trajectory
• Explanation of neuromodulation
• Additional content on PET imaging to help examine activity intensity

Roger M. Enoka, PhD
$98.00 ($136.95 CDN, £71.99 UK, €109.40 EURO, $140.10 AUS/NZ)
Ancillaries: Image bank
www.HumanKinetics.com/NeuromechanicsOfHumanMovement
ACSM’s Exercise Management for Persons With Chronic Diseases and Disabilities, Fourth Edition

Presents a framework for optimizing patients’ and clients’ functionality by keeping them physically active. Featuring new content on common comorbid conditions, this edition is streamlined to better suit chronic populations. Major advancements and features of the fourth edition include the following:

- Current evidence on exercise management for persons with multiple conditions, providing guidance for working with these common yet complex populations
- A refocused goal of using physical activity to optimize patients’ and clients’ functionality and participation in life activities rather than only to treat and prevent disease
- Specific content to help physicians prescribe physical activity and exercise to patients for promotion of health, well-being, and longevity
- Reorganization of case studies into one streamlined chapter along with commentary from the senior editor to encourage critical thinking and recognize the unique needs of each patient

American College of Sports Medicine
Geoffrey E. Moore, MD, FACSM, J. Larry Durstine, PhD, FACSM, and Patricia L. Painter, PhD, FACSM, Editors
$89.00 ($124.95 CDN, £65.99 UK, €100.30 EURO, $127.30 AUS/NZ)

Ancillaries: Presentation package
www.HumanKinetics.com/ACSMsExerciseManagementForPersonsWithChronicDiseasesAndDisabilities

Clinical Exercise Physiology, Third Edition

Thoroughly examines the relationship between exercise and chronic disease. The text provides fundamental knowledge of disease-specific pathology and treatment guidelines while also guiding readers through exercise testing and training principles for patients with chronic diseases. The detailed chapters address 27 diseases, covering the scope of the condition; its physiology, pathophysiology and treatment options; clinical considerations, including the administration of a graded exercise test; and exercise prescription.

Patient case studies allow students to put their knowledge into practice, a chapter on intellectual disability lends evidence to how the field has evolved in considering patients with more widely diagnosed diseases and conditions, and practical application boxes offer tips on maintaining a professional environment for client–clinician interaction.

Jonathan K. Ehrman, PhD, Paul M. Gordon, PhD, Paul S. Visich, PhD, and Steven J. Keteyian, PhD
$102.00 ($142.95 CDN, £74.99 UK, €114.00 EURO, $145.90 AUS/NZ)

Ancillaries: Test package • Presentation package plus image bank
www.HumanKinetics.com/ClinicalExercisePhysiology

ACSM’s Guide to Exercise and Cancer Survivorship

Presents the science behind the benefits of exercise for cancer survival and survivorship and the application of that science to the design or adaptation of exercise programs for cancer patients and survivors. This authoritative reference offers information for health and fitness professionals working with survivors of many types of cancers. 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.

American College of Sports Medicine
Melinda L. Irwin, PhD, MPH, Editor
$70.00 ($97.95 CDN, £51.99 UK, €79.00 EURO, $100.10 AUS/NZ)

Pediatric Exercise Medicine: From Physiologic Principles to Health Care Application

Examines physical activity as a prerequisite to the good health and physical performance of children. The text considers the effects of lack of exercise on children and the relevance of exercise for children with chronic diseases.

Oded Bar-Or, MD, and Thomas W. Rowland, MD
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$109.00 ($152.95 CDN, £79.99 UK, £121.00 EURO, $155.90 AUS/NZ)

Also see
Physical Activity and Mental Health (page 18)
Physical Activity Epidemiology, Second Edition (page 19)
Reversing the Obesogenic Environment (page 19)
Children’s Exercise Physiology (page 34)
Youth Physical Activity and Sedentary Behavior (page 34)
EXERCISE MANAGEMENT for SPECIAL CONDITIONS

SERIES

Action Plan for Allergies
Offers those with allergies authoritative advice for alleviating symptoms, reducing dependence on medication, and attaining optimal health through exercise. Also provides tips for creating an allergen-free environment and practical lifestyle tools.

William Briner, MD
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Action Plan for Diabetes eBook
This complete guide to managing and preventing complications associated with the diabetes can significantly decrease chances of needing insulin injections. This exercise-based plan can be tailored for increased energy levels and weight loss.

Darryl E. Barnes, MD
$17.95 ($24.95 CDN, £11.66 UK, €17.75 EURO, $26.70 AUS/NZ)

Action Plan for High Cholesterol
Contains proven programs to bring cholesterol levels under control as quickly and effectively as possible. Also discusses how lifestyle changes may result in ability to reduce or even eliminate medications.

Larry Durstine, PhD
©2006 • Paperback • 208 pp • ISBN 978-0-7360-5440-9
$17.95 ($24.95 CDN, £13.99 UK, €21.30 EURO, $25.95 AUS/NZ)

Action Plan for High Blood Pressure eBook
Lower blood pressure, boost energy, and reduce or eliminate the need for medication with Action Plan for High Blood Pressure. Based on proven research, this exercise-based plan will help readers take control of their diet and health.

Jon Divine, MD
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Action Plan for Menopause
Reduce menopausal symptoms, promote bone health, and decrease the risk of cardiovascular disease. This exercise-based plan will help readers live more comfortably and take control of their diet, fitness level, and health.

Barbara Bushman, PhD, and Janice Clark Young, EdD
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Physical Activity and Obesity, Second Edition
Addresses an array of topics that explore and divulge the links between physical activity (or inactivity) and obesity. Leading scientists from various backgrounds team up to provide a clear explanation of the concepts, research techniques, and results of studies critical to understanding physical activity and the obesity epidemic.

Claude Bouchard, PhD, and Peter T. Katzmarzyk, PhD, Editors
$95.00 ($132.95 CDN, £69.99 UK, €106.40 EURO, $135.90 AUS/NZ)

Diabetic Athlete’s Handbook
Stay healthy, train smart, and maximize sports performance with this text. Featuring more than 100 sport-specific training guidelines, this text provides information on fitness and exercise basics, sport nutrition, exercise guidelines, and injury prevention and treatment, as well as the mental aspects involved with training and competing as an athlete with diabetes.

Sheri R. Colberg, PhD
$24.95 ($34.95 CDN, £18.99 UK, €28.90 EURO, $35.95 AUS/NZ)

Obesity: Etiology, Assessment, Treatment, and Prevention
This comprehensive professional reference combines a literature review with practical application, incorporating expert analysis and synthesis of obesity treatment and prevention. It provides practitioners with insight into integrating physical activity, nutrition, psychology, and medicine to help obese patients manage their weight.

Ross E. Andersen, PhD, Editor
$95.00 ($132.95 CDN, £69.99 UK, €106.40 EURO, $135.90 AUS/NZ)

Health Professionals’ Guide to Physical Management of Parkinson’s Disease
Distills and blends diverse research-based sources with the author’s own extensive clinical experience, comprehensively addressing the physical management of Parkinson’s disease in a single volume. The concise manual provides the science as well as the clinical application necessary in the selection of physical interventions.

Miriam P. Boelen, PT
$76.00 ($105.95 CDN, £55.99 UK, £85.10 EURO, $108.70 AUS/NZ)

Find more detailed descriptions and excerpts online at www.HumanKinetics.com/HealthCareInExerciseAndSport
Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video

This text provides a comprehensive approach to physical fitness appraisal and exercise prescription. It helps bridge the gap between research and practice by synthesizing concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to provide a clearly defined approach to physical fitness testing and the design of individualized exercise programs. The accompanying online videos enhance the learning experience and teach the techniques necessary for conducting fitness testing and program design. More than 40 clips featuring common exercise assessments will help students learn essentials of fitness testing, such as calibration of blood pressure cuffs, functional movement assessment, and push-up and pull-up testing. The seventh edition reflects current guidelines and recommendations, including physical activity recommendations from the U.S. government, American Heart Association, and American College of Sports Medicine (ACSM), as well as ACSM guidelines for medical exam and exercise testing requirements before beginning exercise programs.

Vivian H. Heyward, PhD, and Ann L. Gibson, PhD
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Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package plus image bank • Online video
www.HumanKinetics.com/AdvancedFitnessAssessmentAndExercisePrescription

LEADING TEXT!
Fitness Professional’s Handbook, Seventh Edition With Web Resource

Provides current and future fitness professionals with the knowledge to screen participants, conduct standardized fitness tests, evaluate the major components of fitness, and prescribe appropriate exercise. The fully updated text uses the latest standards, guidelines, and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of clients and populations.

This full-color text incorporates information from the 10th edition of ACSM’s Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for adults, older adults, children, and those with special needs. The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need- and goal-specific physical activity and fitness programs.

The web resource includes a library of 25 online video clips that correspond to key techniques covered in the book, particularly those which benefit from the presentation in video form. The web resource also includes fillable and printable versions of many of the forms found in the text, as well as bi-annual industry updates and references from the authors.

Edward T. Howley, PhD, and Dixie L. Thompson, PhD
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Methods of Group Exercise Instruction, Third Edition With Online Video

Explores the most common group exercise modalities, enhancing readers’ marketability by giving them the skills to lead dynamic, safe, and effective classes. This text highlights training principles, correction and progression techniques, and safety tips to enhance the skills of both group exercise leaders and program directors. This edition moves from theory to practice in a logical progression and helps instructors develop the core skills needed for creating routines, using proper cueing, and adapting their teaching to new modalities. Accompanying online video totaling over 100 minutes demonstrates key content in the text.

Carol Kennedy-Armbruster, PhD, and Mary M. Yoke, MA, MMM
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Ancillaries: Instructor guide • Test package • Image bank • Online video
www.HumanKinetics.com/MethodsOfGroupExerciseInstruction

Fitness & Health, Seventh Edition

Offers a comprehensive understanding of the exercise–health relationship and provides a framework for attaining health and fitness goals. This handbook for students and fitness professionals explores the physiology and benefits of fitness while also providing information and tools for improving health and wellness. Readers will excel with chapter summaries of content for easier review and tables and figures that organize information for quick reference.

Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
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Ancillaries: Instructor guide • Test package • Presentation package plus image bank
www.HumanKinetics.com/FitnessAndHealth

Core Assessment and Training

Written for coaches and fitness professionals, this text covers all aspects of core training—from basic to advanced core exercises, stretches, and plyometrics. More than 120 exercises come to life with photos, illustrations, and instructions. An accompanying DVD features demonstrations that help readers review proper techniques and protocols for the exercises.

Human Kinetics
©2010 • Paperback with DVD • 160 pp • ISBN 978-0-7360-7384-4
$50.00 ($69.95 CDN, £35.99 UK, €48.88 EURO, $71.50 AUS/NZ)
Ancillaries: Instructor guide • Image bank
www.HumanKinetics.com/CoreAssessmentAndTraining

ACSM’s Complete Guide to Fitness & Health

From the renowned American College of Sports Medicine, this text offers activity and nutrition guidelines along with exercises, activities, and programs for every age and fitness goal. This guidebook makes adding, enhancing, or customizing a fitness and health routine safe and effective—for life.

American College of Sports Medicine
Barbara Bushman, PhD, Editor
$24.95 ($34.95 CDN, £18.99 UK, €28.90 EURO, $35.95 AUS/NZ)
Ancillaries: Instructor guide • Image bank
www.HumanKinetics.com/ACSMsCompleteGuideToFitnessAndHealth
Contains essential information to build skills, increase confidence, and prepare for the Personal Training Specialist (PTS) Certification with canfitpro. Extensively updated, this new edition includes a chapter on foundational movement sequences, and strategies for cultivating the personal trainer-client relationship. A new web resource featuring video clips, printable forms, and other supplemental materials provides readers with further practice opportunities prior to the PTS exam.

canfitpro
$78.00 ($109.00 CDN, £57.49 UK, €87.34 EURO, $111.50 AUS/NZ)

Client-Centered Exercise Prescription, Third Edition With Web Resource
Emphasizes a personalized approach to exercise, expanding the role of the fitness professional to include activity counseling, design modification, exercise demonstration, functionally integrated exercise, injury prevention, and follow-up monitoring for a variety of clients. Seven models for each major fitness component serve as a template of options for each decision in the prescription process. A web resource includes more than 40 reproducible forms that can be printed and shared with clients.

John C. Griffin, MSc
$67.00 ($93.95 CDN, £49.49 UK, €75.24 EURO, $95.80 AUS/NZ)

Offers practical application of knowledge and skills associated with standardized health- and fitness-related tests. Progressing through 14 easy-to-follow experiential-based learning labs, readers will gain the skills and techniques required for successful completion of the ACSM Certified Health Fitness Specialist certification (CHFS).

Edmund O. Acevedo, PhD, and Michael A. Starks, PhD
$51.00 ($70.95 CDN, £39.99 UK, €50.80 EURO, $64.00 AUS/NZ)

Exercise Prescription: A Case Study Approach to the ACSM Guidelines, Second Edition
Prepare for the American College of Sports Medicine (ACSM) certification exam with this study resource. This text presents a series of real-life case studies that translate the ACSM guidelines for exercise prescription into practical knowledge.

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EuropeActive’s Essentials for Personal Trainers
Provides personal trainers with thorough information and best practices to help their clients achieve their health and fitness goals. The content provides practical knowledge and on-the-job examples to personal trainers so that they can deliver enjoyable and effective services to their clients.

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EuropeActive’s Foundations for Exercise Professionals
Uses scientific foundations to cover concepts and hands-on skills that promote best practices in exercise instruction and training. The content applies to all levels of the European Qualifications Framework, ensuring smooth movement and work transfers among employers, educational institutions, and countries in Europe.

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EuropeActive’s Essentials for Fitness Instructors
Covers all of the necessary subjects for level 3 classification requirements in the European Qualifications Framework, the baseline standards for registered fitness instructors in Europe. This text includes fundamentals and best practices of concepts, procedures, duties and responsibilities that individual and group fitness instructors perform.

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Biologic Regulation of Physical Activity
Provides a cutting-edge perspective of underlying issues that may contribute to the obesity epidemic, with a detailed account of how current research may support the existence of a biologic regulator—a mechanism in the brain that involuntarily controls biological processes—associated with physical activity.

Thomas W. Rowland, MD
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Sedentary Behavior and Health: Concepts, Assessments, and Intervention
Presents evidence on sedentary behavior, its apparent health risks, and suggestions of ways to alter this behavior. The highly respected author team provides an interdisciplinary review of research, examining scientific, public-health, and broader social questions about the implications of sedentary behavior.

Weimo Zhu, PhD, and Neville Owen, PhD, Editors
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Physical Activity and Health, Second Edition
Offers an overview of research on the benefits of a physically active lifestyle in comparison with the harmful consequences of physical inactivity.

Claude Bouchard, PhD, Steven N. Blair, PED, and William L. Haskell, PhD, Editors
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Physical Activity Epidemiology, Second Edition
Discusses population-level studies with a detailed review of research findings and implications regarding the relationship between physical activity and a variety of health risks.

Rod K. Dishman, PhD, Gregory W. Heath, DHSc, MPH, and I-Min Lee, MBBS, MPH, ScD
$94.00 ($131.95 CDN, €68.99 UK, €104.90 EURO, €134.40 AUS/NZ)

Ancillaries: Image bank
www.HumanKinetics.com/PhysicalActivityEpidemiology

Winning Health Promotion Strategies
Offers everything needed to design, implement, and evaluate wellness programs in school, community, or worksite settings, addressing physical activity, nutrition, preventive care, and the benefits of wellness programming.

Anne Marie Ludovici-Connolly
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A guide for nonprofit, charity, and sport organizations in developing and maintaining strategic and responsible relationships with corporate partners.

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Emphasizes a customized approach to physical activity interventions with evidence-based recommendations for designing, implementing, and evaluating appropriate interventions for diverse populations.

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Physical Activity Interventions in Children and Adolescents
Guides readers in designing successful interventions that can change physical activity behavior for the children and adolescents with whom they work.

Dianne S. Ward, EdD, Ruth P. Saunders, PhD, and Russell R. Pate, PhD
$50.00 ($69.95 CDN, £37.99 UK, £57.70 EURO, £71.50 AUS/NZ)

Also see
Youth Physical Activity and Sedentary Behavior (page 34)
Introduction to Kinesiology: Studying Physical Activity, Fourth Edition With Web Study Guide

This all-inclusive introduction to the field of kinesiology demonstrates how its many disciplines integrate into a unified body of knowledge. It orients and prepares students for in-depth studies in their areas of interest. Its broad scope acknowledges students’ diverse interests and aspirations in professional and scholarly career tracks as well as teaching and coaching. Top kinesiologists expand discussion of physical activity beyond exercise, sport, or health-related activity in an effort to broaden conceptions of physical activity and the potential contributions of kinesiology.

A fully integrated web study guide helps students explore and comprehend concepts presented in the text. Callouts in the text direct students to interactive activities, such as scenario-based activities, drag-and-drop, selecting from a menu, or responding with short answers to photos and scenarios presented. With its full-color format and engaging writing style, this volume presents the unified discipline of kinesiology and the variety, complexity, elegance, and importance of physical activity.

Shirl J. Hoffman, EdD, Editor
$109.00 ($152.95 CDN, £79.49 UK, €120.90 EU, $155.90 AUS/NZ)

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Clinical Guide to Positional Release Therapy With Web Resource

Provides professionals in the sports medicine and therapy fields with an easy-to-read reference on the clinical application of positional release therapy (PRT). The book is an invaluable resource for those who desire to learn, practice, and perfect the art of PRT to gently treat patients of all ages who have acute and chronic somatic dysfunction, including tightness and pain. The text is supplemented by a web resource that includes scanning charts and 61 videos demonstrating PRT techniques described in the book.

Timothy E. Speicher, PhD, ATC, LAT, CSCS
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Offers evidence-based information, guidelines, and recommendations for the treatment of conditions often encountered in clinical practice.

Trish Dryden, MED, RMT, and Christopher A. Moyer, PhD, Editors
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Demonstrates how to perform several different massage techniques; administer routines for pre-and postcompetition; treat critical muscle groups for elevated performance; and minimize injury, pain, and fatigue.

Michael McGillicuddy
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Provides the fundamental theory and practical basis for using sports massage to keep athletes in top shape, recover from injuries, and improve performance.

Patricia J. Benjamin, PhD, and Scott P. Lamp
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Ruth Duncan, SST, ISRM, SMT0
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See full Hands-On Guides for Therapists Series on page 57

This introductory textbook uses the model of constraints in discussing reasons for changes in movement throughout the life span. Focusing more heavily on assessment than previous editions, this edition encourages students to observe and examine how the interactions of the individual, environment, and task bring about changes in a person's movements. This classic textbook is accompanied by a web study guide with 40 lab activities and 114 video clips that will provide students with opportunities for hands-on application throughout the semester.

The sixth edition contains a full-color interior that provides a more engaging presentation of the material, and updated research includes Generation R studies and research connecting fitness and motor skills. Revised video clips offer a comprehensive video diary of the first nine months of a baby's life, and an updated chapter on assessment features figures that help to explain in detail the functional constraints approach to assessment.

Kathleen M. Haywood, PhD, and Nancy Getchell, PhD
$112.00 ($156.95 CDN, £78.49 UK, €119.34 EURO, $159.00 AUS/NZ)

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package plus image bank • Web study guide with lab activities
www.HumanKinetics.com/LifeSpanMotorDevelopment

Motor Learning and Development Explains how motor development affects motor learning and provides a framework for establishing programs that facilitate skill acquisition for all learners. Examines the development of movement skill in humans from infancy to older adulthood and how differing motor, cognitive, and social abilities affect when, why, and how an individual learns motor skills.

Pamela S. Haibach, PhD, Greg Reid, PhD, and Douglas H. Collier, PhD
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Ancillaries: Test package • Image bank
www.HumanKinetics.com/MotorLearningAndDevelopment

Infant Motor Development Concentrates on motor development during infancy—the stage in which the greatest qualitative changes in the life span occur. With this text, students will understand the subject area from a variety of disciplines and perspectives, and clinicians will learn to apply theory and research.

Jan P. Piek, PhD
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$89.00 ($124.95 CDN, £65.99 UK, €100.30 EURO, $127.30 AUS/NZ)

Growth, Maturation, and Physical Activity, Second Edition

Comprehensive text on the biological growth, maturation, physical performance, and physical activity of children and adolescents. Covers techniques for body composition assessment, the human genome, hormonal regulation of growth and maturation, clarification of dietary reference intakes, and the study of risk factors for several adult diseases.

Robert M. Malina, PhD, Claude Bouchard, PhD, and Oded Bar-Or, MD
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Now in full color, the fifth edition features a more streamlined organization with practice situations integrated directly into chapters rather than appearing at the end of the text, facilitating a stronger link between principles derived from research and practical applications. The addition of author Timothy Lee adds a fresh perspective to the text, and an improved web study guide offers a principles-to-application exercise and multiple interactive activities for each chapter, ensuring that students will be able to transfer core content from the book to various applied settings.

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www.HumanKinetics.com/MotorLearningAndPerformance
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Also see
Journal of Motor Learning and Development (page 52) Motor Control (page 52)

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Explores how a person’s focus of attention affects motor performance and, in particular, the learning of motor skills. It also provides practical implications for both instructional and rehabilitative settings. The text shares insights from athletes as they learn selected skills, highlights potential research studies, and helps teachers understand how the wording of their instruction can facilitate the learning process.

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This text presents the principles, background, and rationale for nutrition guidelines specifically for athletes. Using a physiological basis, this text provides an in-depth look at the science behind sport nutrition including the exercise biochemistry involved and the energy needs for athletes. It also covers the effects of nutrition on training adaptations, weight management and body composition for athletes, recommendations for carbohydrate intake during training, and the role of protein in strength and endurance training. Students will come away with a comprehensive understanding of nutrition as it relates to sport and the influence of nutrition on exercise performance, training, and recovery.

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Performance Nutrition: Applying the Science of Nutrient Timing

Based on research in nutrient timing, this text blends theory with applied content and real-life examples to show nutritionists, coaches, and athletes how to optimize training, improve performance, and enhance recovery.

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See full Fundamentals of Sport and Exercise Science Series on page 57
Sport Nutrition for Health and Performance, Second Edition

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National Strength and Conditioning Association
Bill I. Campbell, PhD, CSCS, and
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Written by a clinical pharmacist, a speech-language pathologist, and a physical therapist and athletic trainer, this unique guide helps readers optimize rehabilitation sessions with appropriately timed and dosed administration of medication, understand the effects of medication on cognition and learning necessary for accomplishing the tasks of rehabilitation, and identify medication-associated issues affecting the rehabilitation progress, such as dysphagia and problems with muscle function. In addition, more than 100 tables provide quick access to information useful in everyday practice. Expanded versions of many of these tables are offered in the accompanying web resource.

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Leslie Bonci, MPH, RD, CSSD
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Also see
International Journal of Sport Nutrition and Exercise Metabolism (page 55)

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Lori Thein Brody, PT, PhD, SCS, ATC, and Paula Richley Geigle, PT, PhD, Editors
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Kevin P. Speer, MD, Editor
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The text provides evidence-based principles to assist clinicians in improving joint stabilization, strength, muscular endurance, and range of motion in the shoulder. The highly visual book is complemented by 20 online video clips and an appendix that includes Thrower’s Ten and Advanced Thrower’s Ten exercise program handouts for students or patients.

Todd S. Ellenbecker, DPT, MS, SCS, DCS, CSCS, and Kevin E. Wilk, PT, DPT, FAPTA
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Effective Functional Progressions in Sport Rehabilitation
Helps clinicians develop the strategies and tools they need to prepare their clients for the physical demands required by their sport in order to return to athletic competition.

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Handbook of Neurological Sports Medicine: Concussion and Other Nervous System Injuries in the Athlete
Presents techniques for diagnosis and treatment of head-related injuries, offering guidelines for managing these serious injuries and return-to-play and participation recommendations.

Anthony L. Petraglia, MD, Julian E. Bailes, Jr., MD, and Arthur L. Day, MD
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Also see
Athletic Training and Therapy resources (page 8)
ACSM’s Exercise Management for Persons with Chronic Diseases and Disabilities, Fourth Edition (page 13)
Clinical Guide to Positional Release Therapy (page 21)
Journal of Sport Rehabilitation (page 50)
Low Back Disorders, Third Edition (page 11)
Psychology of Sport Injury (page 9)
Physiology of Sport and Exercise, Sixth Edition With Web Study Guide

Frames research findings in physiology in a reader-friendly format, making it a favorite of instructors and students alike. Its enhanced visual appeal provides students with an improved learning experience. Photos, illustrations, and medical artwork offer a higher level of detail and clarity to better illustrate how the body performs and responds to physical activity. Thoroughly revised and updated, the sixth edition features several new elements to facilitate learning comprehension, exploring the complex relationship between human physiology and exercise. Updated references and new learning elements provide insight into developments in the field. Seven animations have been added, bringing the total to 25 and providing a dynamic new way to experience the course material. New to this edition, 60 audio clips provide explanations of complex physiological processes to aid students’ understanding of important illustrations in the text, and approximately 20 video clips from leaders in the field discuss recent developments and real-world applications to help students connect theoretical and practical concepts.

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Laboratory Manual for Exercise Physiology With Web Resource

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See full Advanced Exercise Physiology Series on page 56

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Growth, Maturation, and Physical Activity, Second Edition (page 22)
International Journal of Golf Science (page 50)
International Journal of Sports Physiology and Performance (page 51)
Pediatric Exercise Science (page 51)
Practical Guide to Exercise Physiology
Guides readers through the scientific concepts of exercise physiology with highly visual, easy-to-follow content. The text applies complex concepts of physiology to exercise program design, giving personal trainers, strength and conditioning specialists, and other health and fitness professionals an accessible resource to use with their clients. Written specifically for those in the fitness industry, the text covers various training goals and considerations when working with clients and athletes at all levels.

This guide takes an application-based approach in describing intricate physiological processes so that professionals can select and explain the appropriate exercises and physical activity regimens for clients. The text is complemented by medical artwork that puts complex systems in a digestible visual context. These systems are then applied to real-world practice through explanations of exercises that are beneficial to specific body systems and instructions on combining various exercises to achieve the desired results.

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Leads students through the fundamentals of collecting and analyzing human performance data by focusing on the core concepts of reliability and validity. It helps students apply their results to real-life situations, providing tools for evidence-based decision making that can be applied to physical therapy, allied health professions, kinesiology, sport and exercise science, health, and fitness.

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The following pages feature the full line-up of scholarly and professional journals published by Human Kinetics. Spanning a variety of physical activity fields, HK Journals have widely recognized editors and undergo rigorous, peer-reviewed editorial scrutiny. All online subscriptions include access back to Volume 1, Issue 1 for each title for the duration of the subscription.

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This year, Human Kinetics will move all of its online content, both current volumes and archives, to the Atypon Literatum publishing platform to offer greater ease of use for our subscribers, and an upgrade to online journals’ infrastructure and functionality. Look for more information on this exciting development coming soon.

#### Athletic Training, Therapy, and Rehabilitation

<table>
<thead>
<tr>
<th>Journal</th>
<th>Description</th>
<th>Editors</th>
<th>Frequency</th>
<th>2017 Volume</th>
<th>Print ISSN</th>
<th>Online ISSN</th>
<th>Indexes include</th>
</tr>
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<tbody>
<tr>
<td>IJATT</td>
<td>Provides insights into issues in professional practice, highlights techniques in clinical sport health care, shares experiential knowledge, and presents practical applications of current evidence-based research. Due to IJATT's dedication to presenting current information on the widest variety of topics, the Medical Library Association identified it as one of three source journals for athletic therapists.</td>
<td>Jennifer M. Medina McKeon, PhD, ATC, CSCS, and Patrick O. McKeon, PhD, ATC, CSCS, Co-editors</td>
<td>Bimonthly</td>
<td>22</td>
<td>2157-7277 • Online ISSN: 2157-7285</td>
<td></td>
<td>Scopus, SPORTDiscus</td>
</tr>
<tr>
<td>JSR</td>
<td>Applies basic science in the clinical setting and provides mechanistic-level explanations of clinically based problems. It is dedicated to advancing the understanding of all aspects of sport rehabilitation, particularly in the areas of therapeutic exercise, therapeutic modalities, injury evaluation, and psychology. JSR serves the needs of all members of the modern sports medicine team, including athletic trainers, physical therapists and physiotherapists, sports medicine physicians, and allied health professionals.</td>
<td>Carl G. Mattacola, PhD, ATC, Editor</td>
<td>Bimonthly</td>
<td>26</td>
<td>1056-6716 • Online ISSN: 1543-3072</td>
<td></td>
<td>MEDLINE, PsycINFO, Science Citation Index, Scopus, SPORTDiscus</td>
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#### Sport and Exercise Science/Kinesiology

<table>
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<tr>
<th>Journal</th>
<th>Description</th>
<th>Editors</th>
<th>Frequency</th>
<th>2017 Volume</th>
<th>Print ISSN</th>
<th>Online ISSN</th>
<th>Indexes include</th>
</tr>
</thead>
<tbody>
<tr>
<td>IJGS</td>
<td>Works to advance the scientific knowledge of the game of golf and to enhance the game through the application of that knowledge. This journal is dedicated to stimulating and disseminating research related to the golfer, equipment and technology, the golf course, business and management, and golf analysis. UGS is the official journal of the World Scientific Congress of Golf (WSCG).</td>
<td>Martin Toms, PhD, Editor</td>
<td>Semiannual</td>
<td>6</td>
<td>2168-7595 • Online ISSN: 2168-7609</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IJSNEM</td>
<td>Dedicated to providing original research in the fields of sport nutrition and exercise metabolism. It is both an important outlet for international research and a vital resource for professionals in the many fields related to nutrition and metabolism. IJNEM not only presents research findings, but also features articles that relate principles from biochemistry and physiology to nutrition in sport and exercise.</td>
<td>Ronald J. Maughan, PhD, Editor</td>
<td>Bimonthly</td>
<td>27</td>
<td>1526-484X • Online ISSN: 1543-2742</td>
<td></td>
<td>MEDLINE, Science Citation Index, Scopus, SPORTDiscus</td>
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</table>

2.105  
2015 Impact Factor  

### International Journal of Golf Science (IJGS)

- **Work** to advance the scientific knowledge of the game of golf and to enhance the game through the application of that knowledge.
- **Editors**:
  - Martin Toms, PhD, Editor
  - Frequency: Semiannual
  - 2017 Volume: 6
  - Print ISSN: 2168-7595 • Online ISSN: 2168-7609
  - journals.HumanKinetics.com/IJGS

### Journal of Sport Rehabilitation (JSR)

- **Applies** basic science in the clinical setting and provides mechanistic-level explanations of clinically based problems.
- **Editors**:
  - Carl G. Mattacola, PhD, ATC, Editor
  - Frequency: Bimonthly
  - 2017 Volume: 26
  - Print ISSN: 1056-6716 • Online ISSN: 1543-3072
  - journals.HumanKinetics.com/JSR

### International Journal of Golf Science (IJGS)

- **Frequency**: Bimonthly
- 2017 Volume: 22
- Print ISSN: 2157-7277 • Online ISSN: 2157-7285
- indexes: Scopus, SPORTDiscus
- journals.HumanKinetics.com/IJATT

### International Journal of Golf Science (IJGS)

- **Frequency**: Semiannual
- 2017 Volume: 6
- Print ISSN: 2168-7595 • Online ISSN: 2168-7609
- journals.HumanKinetics.com/IJGS

### Journal of Sport Rehabilitation (JSR)

- **Frequency**: Bimonthly
- 2017 Volume: 26
- Print ISSN: 1056-6716 • Online ISSN: 1543-3072
- journals.HumanKinetics.com/JSR

### International Journal of Golf Science (IJGS)

- **Frequency**: Bimonthly
- 2017 Volume: 22
- Print ISSN: 2157-7277 • Online ISSN: 2157-7285
- indexes: Scopus, SPORTDiscus
- journals.HumanKinetics.com/IJATT

### International Journal of Golf Science (IJGS)

- **Frequency**: Semiannual
- 2017 Volume: 6
- Print ISSN: 2168-7595 • Online ISSN: 2168-7609
- journals.HumanKinetics.com/IJGS

### Journal of Sport Rehabilitation (JSR)

- **Frequency**: Bimonthly
- 2017 Volume: 26
- Print ISSN: 1056-6716 • Online ISSN: 1543-3072
- journals.HumanKinetics.com/JSR

### International Journal of Golf Science (IJGS)

- **Frequency**: Semiannual
- 2017 Volume: 6
- Print ISSN: 2168-7595 • Online ISSN: 2168-7609
- journals.HumanKinetics.com/IJGS
Journal of Physical Activity & Health (JPAH)
Publishes peer-reviewed original research and review papers examining the relationship between physical activity and all aspects of health. With an editorial board composed of international researchers who are widely recognized for their work, JPAH examines physical activity as an exposure as well as an outcome. JPAH calls for papers that examine behavioral, community, and environmental interventions that may affect physical activity on an individual and population-wide basis. JPAH is the official journal of the International Society for Physical Activity and Health. Loretta DiPietro, PhD, Editor
Frequency: Monthly
2017 Volume: 14
Print ISSN: 1543-3080 • Online ISSN: 1543-5476
Indexes include: MEDLINE, PsycINFO, Social Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/JPAH

International Journal of Sports Physiology and Performance (IJSPP)
Publishes authoritative research in sports physiology and related disciplines that has direct practical application in enhancing sport performance, preventing declines in performance, and enhancing recovery of athletes. IJSPP is an international, peer-reviewed journal dedicated to advancing the knowledge of sport and exercise physiologists, sport performance researchers, sport physicians, coaches, students, and other sport scientists.
Ralph Beneke, MD, PhD, Editor
Frequency: 10 issues/year
2017 Volume: 12
Print ISSN: 1555-0265 • Online ISSN: 1555-0273
Indexes include: MEDLINE, Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/IJSPP

Journal of Applied Biomechanics (JAB)
Devoted to the study of musculoskeletal or neuromuscular biomechanics in human movement, sport, and rehabilitation. It contains research articles and technical notes, and also publishes reviews on topics of applied biomechanics and is divided into six editorial sections: biomechanical modeling, clinical biomechanics, gait and posture mechanics, musculoskeletal biomechanics, neuromuscular biomechanics, and sport mechanics. JAB is an official journal of the International Society of Biomechanics.
J.J. Trey Crisco, PhD, Editor
Frequency: Bimonthly
2017 Volume: 33
Print ISSN: 1065-8483 • Online ISSN: 1543-2688
Indexes include: MEDLINE, Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/JAB

Journal of Aging and Physical Activity (JAPA)
Provides researchers and practitioners with up-to-date scientific information that can be applied directly to practice. It focuses on the aging process and the role of physical activity in promoting health and preventing or delaying the onset of disability. It also explores the aging process from psychological, physiological, and sociological perspectives. JAPA is the official journal of the International Coalition for Aging and Physical Activity.
Philip D. Chilibeck, PhD, Editor
Frequency: Quarterly
2017 Volume: 25
Print ISSN: 1063-8652 • Online ISSN: 1543-267X
Indexes include: MEDLINE, PsycINFO, Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/JAPA

Pediatric Exercise Science (PES)
Strives to promote physical activity and fitness for health in children, recognize limits and training methods for child athletes, and assess the role of exercise as a therapeutic intervention in children with chronic disease. PES communicates information among various groups of interest, including exercise physiologists, physicians, public health specialists, and physical educators. PES is the official journal of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology.
Bareket Falk, PhD, Editor
Frequency: Quarterly
2017 Volume: 29
Print ISSN: 0899-8493 • Online ISSN: 1543-2920
Indexes include: MEDLINE, Science Citation Index, Scopus
journals.HumanKinetics.com/PES
Journal of Sport & Exercise Psychology (JSEP)
Specializes in providing the foremost coverage of research on sport and exercise psychology. Whereas many journals in the subdiscipline focus on applied issues, the JSEP mission gives prominence to theory and theory-grounded research. This esteemed journal presents innovative research in all areas of sport and exercise psychology from leading scholars. JSEP is widely regarded as the premier journal in the subdiscipline, featuring a thorough and efficient review process. This allows JSEP to publish the most important articles in the field as quickly as possible upon reviewing them—thus ensuring that the most progressive research is disseminated while it is still on the cutting edge. JSEP is an official publication of the North American Society for the Psychology of Sport and Physical Activity.

Martyn Standage, PhD, Editor
Frequency: Bimonthly
2017 Volume: 39
Print ISSN: 0895-2779 • Online ISSN: 1543-2904
Indexes include: MEDLINE, PsycINFO, Social Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/JSEP

2.379
2015 Impact Factor

The Sport Psychologist (TSP)
Examines consulting and interventions in sport psychology and addresses the practical implications of research and theory. TSP emphasizes the application of psychological services in sport and the delivery of these services to practitioners such as athletes and coaches. In addition, TSP presents international news regarding sport psychology, media reviews, and articles that synthesize research findings into implications for professional practice.
Sheldon Hanton, PhD, Editor
Frequency: Quarterly
2017 Volume: 31
Print ISSN: 0888-4781 • Online ISSN: 1543-2793
Indexes include: PsycINFO, Social Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/TSP

1.104
2015 Impact Factor

Motor Control (MC)
Provides a multidisciplinary international forum for the exchange of scientific information on the control of human movement across the life span, including issues related to motor disorders. To this end, MC publishes clinical, experimental, modeling, and theoretical studies from a variety of disciplines, including biomechanics, kinesiology, neurophysiology, neuroscience, psychology, physical medicine, and rehabilitation. MC is the official journal of the International Society of Motor Control.
Mindy F. Levin, PhD, PT, Editor
Frequency: Quarterly
2017 Volume: 21
Print ISSN: 1087-1640 • Online ISSN: 1543-2696
Indexes include: MEDLINE, PsycINFO, Science Citation Index, Scopus
journals.HumanKinetics.com/MC

1.037
2015 Impact Factor

Journal of Clinical Sport Psychology (JCSP)
Promotes the understanding and advancement of the integration of clinical, counseling, and sport psychology. JCSP will stimulate thought, promote empirical investigation, and disseminate scientifically informed knowledge related to the comprehensive psychological care and overall well-being of athletes, coaches, and sport organizations. The journal is designed for specialists who are engaged in a variety of contexts, including private, public, and educational settings.
Donald Marks, PsyD, Editor
Frequency: Quarterly
2017 Volume: 11
Print ISSN: 1932-9261 • Online ISSN: 1932-927X
Indexes include: PsycINFO, SPORTDiscus
journals.HumanKinetics.com/JCSP

1.104
2015 Impact Factor

Journal of Motor Learning and Development (JMLD)
Aims to advance the understanding of movement skill acquisition and change across the life span. This journal provides a platform for innovative research related to factors that influence the learning or relearning of skills in individuals with various movement-related abilities and disabilities. JMLD is an official publication of the North American Society for the Psychology of Sport and Physical Activity.
Daniela Corbetta, PhD, Editor
Frequency: Semiannual
2017 Volume: 5
Print ISSN: 2325-3193 • Online ISSN: 2325-3215
journals.HumanKinetics.com/JMLD

1.037
2015 Impact Factor
Case Studies in Sport and Exercise Psychology (CSSEP)

This online, peer-reviewed journal is composed of a searchable library of original case studies, focusing on providing practitioners, students, and instructors with various approaches (strategies) and methods (tactics) to sport and exercise psychology consulting and cover a variety of issues and topics that arise in the profession worldwide. Jointly published by the Association for Applied Sport Psychology (AASP) and Human Kinetics, this unique collection of case studies will contain cutting-edge cases reviewed by an editorial board of outstanding academics and consultants in the field, covering emerging and established areas of sport and exercise psychology. Each case is indexed and searchable by topic, author, geographic region, and key word, making it easy for users to find cases related to their needs and interests.

Stewart Cotterill, PhD, Editor
Frequency: Continually updated
2017 Volume: 1
Print ISSN: 2470-4849 • Online ISSN: 2470-4857
journals.HumanKinetics.com/CSSEP

Women in Sport and Physical Activity Journal (WSPAJ)

A peer-reviewed scholarly journal devoted to advancing the understanding of women in sport and physical activity. This journal aims to facilitate opportunities for girls and women to enjoy and benefit from sports and other physical activities. WSPAJ is the official journal of the Program for the Advancement of Girls and Women in Sport and Physical Activity in the Center for Women’s Health and Wellness at the University of North Carolina at Greensboro.

Diane L. Gill, PhD, Editor
Frequency: Semianual
2017 Volume: 25
Print ISSN: 1063-6161 • Online ISSN: 1938-1581
Indexes include: Women’s Studies International, GenderWatch, Proquest Health and Medical Complete
journals.HumanKinetics.com/WSPAJ

Case Studies in Sport Management (CSSM)

A peer-reviewed pedagogical journal of case studies pertaining to the sport management discipline. CSSM enhances sport management education through the dissemination of cases across the most common subject areas and those consistent with the COSMA common professional component topics. New cases are continually added, most with teaching notes, offering instructors flexibility and variety in covering emerging and established areas of sport management.

Jess Dixon, PhD, Editor
Frequency: Continually updated
2017 Volume: 6
Print ISSN: 2372-5540 • Online ISSN: 2167-2458
journals.HumanKinetics.com/CSSM

Kinesiology Review (KR)

Provides a forum for discussion and analysis of kinesiology research and its applications. This peer-reviewed journal will serve the interests of those in all areas of study related to kinesiology—sport and exercise psychology, motor behavior, exercise physiology, biomechanics, sports medicine, sport history, sport philosophy, sport sociology, physical education pedagogy, and sport management. KR is the official journal of the National Academy of Kinesiology (NAK) and the American Kinesiology Association (AKA).

Maureen Weiss, PhD, Editor
Frequency: Quarterly
2017 Volume: 6
Print ISSN: 2163-0453 • Online ISSN: 2161-6035
journals.HumanKinetics.com/KR

International Journal of Sport Communication (IJSC)

Provides a platform for the dissemination of research and information on the unique aspects and divergent activities associated with sport communication. It covers any topic related to communication in sport, through sport, or in a sport setting. This rigorously reviewed quarterly journal features quantitative and qualitative articles, including cutting-edge research, case studies, and editorials.

Paul M. Pedersen, PhD, Editor
Frequency: Quarterly
2017 Volume: 10
Print ISSN: 1936-3915 • Online ISSN: 1936-3907
journals.HumanKinetics.com/IJSC
Journal of Sport Management (JSM)
Reflects the rapid expansion of the field with its commitment to presenting outstanding original research and up-to-date information addressing the management and marketing of sport and sport organizations. *JSM* focuses on advancing theory and application of management and marketing in sport, with a special emphasis on new trends and insights to the business of sport. The journal keeps readers informed on developments in the discipline through reviews, research reports, editorials on significant issues, and book reviews. *JSM* is the official journal of the North American Society for Sport Management.

David Shilbury, PhD, Editor
Frequency: Bimonthly
2017 Volume: 31
Print ISSN: 0888-4773 • Online ISSN: 1543-270X
Indexes include: Social Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/JSM

0.684
2015 Impact Factor

Journal of Intercollegiate Sport (JIS)
Provides a forum for research addressing sport in college and university settings. This cross-disciplinary journal publishes articles from the sciences, social sciences, humanities, and professional fields, providing a complete look at all factors affecting intercollegiate sport. The research presented crosses traditional academic boundaries and challenges current views and practices while maintaining an informative rather than editorial focus.

Laura Burton, PhD, Editor
Frequency: Semiannual
2017 Volume: 10
Print ISSN: 1941-6342 • Online ISSN: 1941-417X
journals.HumanKinetics.com/JIS

Recreational Sports Journal (RSJ)
The premier scholarly publication for the field of recreational sport administration, offering the latest empirical, theoretical, and applied research on issues and trends of interest to both academics and professionals in the field of campus recreation. Topics covered include the impact of participation in recreational programs on students’ academic and social success, risk management, leadership, and outdoor and adventure programs. *RSJ* is the official journal of the National Intramural-Recreational Sports Association (NIRSA) Foundation.

Paul R. Milton, PhD, Editor
Frequency: Semiannual
2017 Volume: 41
Print ISSN: 1558-8661 • Online ISSN: 1558-867X
journals.HumanKinetics.com/RSJ

Journal of Legal Aspects of Sport (JLAS)
Increases the understanding and advancement of legal issues as applied to all aspects of the sport paradigm. It covers legal and policy issues relevant to professional, intercollegiate, interscholastic, recreational, and Olympic sport as well as legal, policy, and associated risk management issues affecting sport clubs, fitness, health and wellness, and physical activity. *JLAS* is an official publication of the Sport and Recreation Law Association (SRLA).

Thomas Baker, III, PhD, Editor
Frequency: Semiannual
2017 Volume: 27
Print ISSN: 1072-0316 • Online ISSN: 2325-2162
Indexes include: Westlaw, Hein Online, SPORTDiscus
journals.HumanKinetics.com/JLAS

Sport Management Education Journal (SMEJ)
Promotes advancement of the body of knowledge in pedagogy as it relates to sport management education and disseminates knowledge about sport management courses, curricula, and teaching. This established semiannual journal addresses a range of issues concerning graduate and undergraduate education in sport management. Topics of interest include curriculum development accreditation planning, employment competencies, effective teaching methods, experiential learning, online learning, and issues and trends in sport management education.

Lynn L. Ridinger, PhD, Editor
Frequency: Semiannual
2017 Volume: 11
Print ISSN: 1938-6974 • Online ISSN: 2163-2367
journals.HumanKinetics.com/SMEJ
International Sport Coaching Journal (ISCJ)

Seeks to advance the profession of coaching through research articles, informative essays, experiential accounts, and systematic applications that enhance the education, development of knowledge, leadership, and best practices of coaches. A joint venture of the International Council for Coaching Excellence (ICCE) and Society of Health and Physical Educators (SHAPE America)—and an official journal for both organizations—ISCJ publishes a blend of relevant studies, technical insights, examples of coaching methods employed around the world, engaging front-line stories, and thought-provoking commentaries.

Wade Gilbert, PhD, Editor
Frequency: 3x/year
2017 Volume: 4
Print ISSN: 2328-918X • Online ISSN: 2328-9198
journals.HumanKinetics.com/ISCJ

Adapted Physical Activity Quarterly (APAQ)

Designed to stimulate and communicate high scholarly inquiry related to physical activity for special needs populations. Articles appearing in APAQ are informed by a range of disciplines, including corrective therapy, gerontology, health care, occupational therapy, pediatrics, physical education, dance, sports medicine, physical therapy, recreation, and rehabilitation. APAQ is the official journal of the International Federation of Adapted Physical Activity (IFAPA).

Yeshayahu Hutzler, PhD, Editor
Frequency: Quarterly
2017 Volume: 34
Print ISSN: 0736-5829 • Online ISSN: 1543-2777
Indexes include: MEDLINE, PsycINFO, Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/APAQ

Journal of Teaching in Physical Education (JTPE)

Presents original research on teaching, curriculum, and teacher education in physical education from the leading experts in the field. Qualitative and quantitative research is based on classroom, lab, and survey studies; summary and review articles; and discussions of current trends in the field. JTPE is endorsed by the Curriculum and Instruction Academy of the National Association for Sport and Physical Education (NASPE), and the International Association for Physical Education in Higher Education (AIESEP).

Weidong Li, PhD, Editor
Frequency: Quarterly
2017 Volume: 36
Print ISSN: 0273-5024 • Online ISSN: 1543-2769
Indexes include: ERIC, PsycINFO, Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/JTPE

Sociology of Sport Journal (SSJ)

Aims to stimulate and communicate research, critical thought, and theory development on issues pertaining to sociology and sport. A leading authoritative journal in the field, SSJ maintains its strong commitment to sociology and sport with methodological coverage ranging from qualitative research and experimental narrative research writing to quantitative social science. SSJ is the official journal of the North American Society for the Sociology of Sport (NASSS).

Michael Giardina, PhD, Editor
Frequency: Quarterly
2017 Volume: 34
Print ISSN: 0741-1235 • Online ISSN: 1543-2785
Indexes include: PsycINFO, Social Science Citation Index, Scopus, SPORTDiscus
journals.HumanKinetics.com/SSJ

Sport History Review (SHR)

With an editorial board that reflects the international diversity of its contents, SHR offers a solid approach to research and writing about sport history. Submissions undergo a rigorous review process to provide readers with the most authoritative and accurate information. SHR is an essential resource for those wishing to deepen their knowledge of sport and to understand the ongoing human fascination with sport.

Carly Adams, PhD, Editor
Frequency: Semiannual
2017 Volume: 48
Print ISSN: 1087-1659 • Online ISSN: 1543-2947
journals.HumanKinetics.com/SHR
Advanced Exercise Physiology Series

These books highlight the complex interaction of various systems both at rest and during exercise. Each text offers an explanation of the system and details how each is affected by acute exercise and chronic exercise training.

Advanced Exercise Endocrinology

Advanced Cardiovascular Exercise Physiology

Advanced Neuromuscular Exercise Physiology

Advanced Environmental Exercise Physiology

Aging, Exercise, and Cognition Series

This series presents advanced research and key issues for understanding and researching the links between exercise, aging, and cognition. The three volumes provide scientific evidence demonstrating the beneficial effects of regular physical activity on cognitive functioning and general health during aging.

Active Living, Cognitive Functioning, and Aging

Exercise and Its Mediating Effects on Cognition

Enhancing Cognitive Functioning and Brain Plasticity

Anatomy Series


Basketball Anatomy

Bodybuilding Anatomy, Second Edition

Bodyweight Strength Training Anatomy
ISBN 978-1-4504-2929-0 (page 48)

Cycling Anatomy

Dance Anatomy

Delavier’s Anatomy for Bigger, Stronger Arms

Delavier’s Core Training Anatomy

Delavier’s Mixed Martial Arts Anatomy

Delavier’s Sculpting Anatomy for Women
ISBN 978-1-4504-3475-1

Delavier’s Stretching Anatomy

Delavier’s Women’s Strength Training Anatomy Workouts

Golf Anatomy

Pilates Anatomy
ISBN 978-0-7360-8386-7 (page 7)

Running Anatomy
ISBN 978-0-7360-8230-3 (page 7)

Soccer Anatomy
ISBN 978-0-7360-9569-3 (page 7)

Strength Training Anatomy, Third Edition

The Strength Training Anatomy Workout

The Strength Training Anatomy Workout II

Stretching Anatomy, Second Edition
ISBN 978-1-4504-3815-5 (page 49)

Swimming Anatomy

Tennis Anatomy

Triathlon Anatomy
ISBN 978-1-4504-2138-6 (page 7)

Women’s Strength Training Anatomy

Yoga Anatomy, Second Edition
Biomechanics of Human Motion Series
The three volumes in this series will help advanced readers in human movement science gain a comprehensive understanding of the biomechanics of human motion as presented by one of the world’s foremost researchers on the subject, Dr. Vladimir M. Zatsiorsky.

Biomechanics of Skeletal Muscles
ISBN 978-0-7360-8020-0 (page 11)

Kinematics of Human Motion
ISBN 978-0-88011-676-3 (page 11)

Kinetics of Human Motion

EuropeActive Series
The books in this series are endorsed by EuropeActive, the fitness and health industry’s standard-setting authority in Europe, providing essential knowledge for those striving to achieve EuropeActive’s objective: “More people, more active, more often.”

New!
EuropeActive’s Essentials for Personal Trainers
ISBN 978-1-4504-2378-6 (page 17)

EuropeActive’s Foundations for Exercise Professionals

EuropeActive’s Essentials for Fitness Instructors
ISBN 978-1-4504-2379-3 (page 17)

Fundamentals of Sport and Exercise Science Series
Designed to provide essential basic information such as key concepts, terms, and history of the subject area, these books provide students, instructors, academic counselors, and other professionals a great starting point on the road to more comprehensive knowledge of the subject matter.

New!
Fundamentals of Sociology of Sport and Physical Activity
ISBN 978-1-4504-2102-7 (page 42)

Fundamentals of Motor Behavior
ISBN 978-0-7360-7714-9 (page 22)

Fundamentals of Sport and Exercise Nutrition

Hands-On Guides for Therapists Series
This series provides specific tools of assessment and treatment for massage therapists, as well as other body workers such as osteopaths and fitness instructors. Each guide includes step-by-step instructions for delivering techniques accompanied by full color instructional photographs.

Deep Tissue Massage

Myofascial Release
ISBN 978-1-4504-4457-6 (page 21)

Postural Assessment

Postural Correction
ISBN 978-1-4925-0712-3 (page 21)

Soft Tissue Release

Sports Massage
ISBN 978-0-7360-8260-0 (page 21)

Therapeutic Stretching
ISBN 978-1-4504-1275-9 (page 49)
Physical Activity Intervention Series

This series of books provides evidence-based methods and techniques for planning, developing, implementing, and evaluating physical activity interventions. Written by leading researchers in their respective fields, the books include practical suggestions, examples, and specific intervention techniques that can be applied in field settings.

- Developing Effective Physical Activity Programs
- Motivating People to Be Physically Active, Second Edition
- Physical Activity Interventions in Children & Adolescents
- Public-Private Partnerships in Physical Activity and Sport
- Reversing the Obesogenic Environment

Science of Strength and Conditioning Series

Developed with the expertise of the National Strength and Conditioning Association (NSCA), this series of texts provides the guidelines for converting scientific research into practical application.

- NSCA’s Guide to Program Design
- NSCA’s Guide to Sport and Exercise Nutrition
- NSCA’s Guide to Tests and Assessments
  ISBN 978-0-7360-8368-3 (page 40)

Sport Performance Series

The world’s leading organization in the field of sport conditioning, the National Strength and Conditioning Association (NSCA), developed these essential training guides for athletes and coaches seeking to excel in today’s fast-action sports.

- Developing Agility and Quickness
  ISBN 978-0-7360-8326-3 (page 47)
- Developing the Core
- Developing Endurance
  ISBN 978-0-7360-8327-0 (page 47)
- Developing Speed
  ISBN 978-0-7360-8328-7 (page 47)
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