The latest guidelines for testing and modifying exercise programs

**Audiences:** A text for undergraduate and beginning graduate courses in fitness testing, programming, and exercise prescription that assume a general background in anatomy and physiology. Also a reference for health and fitness professionals and those preparing for certification with the American College of Sports Medicine or other organizations.

*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. 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.

Every chapter has been updated, allowing readers to explore the newest theories and research findings and apply them to real-world situations. The following are among the most significant changes to the seventh edition:

- A new chapter: “Training for Performance,” helps professionals expand their practice to work with recreational athletes who have performance-related goals
- New information, including the consequences of exercise-induced muscle damage (rhabdomyolysis), devices used to track physical activity and estimate energy expenditure (e.g., accelerometers), relative flexibility and the role of lumbopelvic rhythm in back function, the importance of progression in an exercise prescription, and the professional standard of care associated with HIIT programs reflects recent topics of interest and research
- Updated statistics on CVD and CHD from the American Heart Association, adult and childhood obesity, and the prevalence of COPD, asthma, bronchitis, and emphysema ensure accurate representation of data

*Fitness Professional’s Handbook, Seventh Edition With Web Resource*
Edward T. Howley, PhD, and Dixie L. Thompson, PhD, Editors
©2017 • Hardback • 592 pp
Print: ISBN 978-1-4925-2337-6 • $97.00 ($135.95 CDN, £70.49 UK, €107.14 EURO)
E-book: ISBN 978-1-4925-3593-5 • $53.00 ($72.95 CDN, £33.33 UK, €50.67 EURO)
ANCILLARIES

All ancillaries are free to course adopters and available at www.HumanKinetics.com/FitnessProfessionalsHandbook

Instructor guide. Completely updated for this edition, the instructor guide includes a syllabus, course outcomes that detail lecture topics and lab and classroom activities; initial and final practical exams, including checklists for easy grading; and a laboratory notebook that students can use to track their completion of 12 fitness assessment and programming activities.

Test package. Includes more than 650 questions, including true or false, multiple choice, and short answer and essay questions. The questions have been updated to reflect the new content added to the text.

NEW! Chapter quizzes. These new learning management system (LMS)-compatible, ready-made quizzes can be used to measure student learning of the most important concepts for each chapter. More than 350 unique multiple-choice, true or false, fill-in-the-blank, and short answer and essay questions are included.

Presentation package plus image bank. Contains more than 700 slides that present the textbook material in a lecture-friendly format, including art, photos, and tables pulled from the text. The image bank contains most of the art, tables, content photos, and reproducible forms from the text. Instructors may print the reproducible forms and use the art, tables, and photos to create class presentations.

NEW! Web resource. Includes a library of online video clips. This 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.

The web resource is also available for purchase separately ISBN 978-1-4925-2927-9 • $19.95 ($27.95 CDN, £24.99 UK, €37.95 EURO)

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Twenty four video clips are included and correspond to key techniques covered in the book, particularly those which benefit from the presentation in video form.

Objectives, key points, glossary terms, and chapter review questions guide students to important concepts.

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Research insight boxes and procedures for common fitness tests draw attention to commonly sought information.

References are numbered and organized by chapter at the end of the book to provide direction for more in-depth research.

References are numbered and organized by chapter at the end of the book to provide direction for more in-depth research.

Case study questions and answers help readers apply the concepts to real-world scenarios.
Prepare students for the NSCA CSCS exam with text and study course

**Audiences:** A text for those preparing for the Certified Strength and Conditioning Specialist (CSCS) examination and for upper-level undergraduates taking courses related to strength training and conditioning.

Developed by the National Strength and Conditioning Association (NSCA) and in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance.

Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable.

*Essentials of Strength Training and Conditioning, Fourth Edition With Web Resource*
National Strength and Conditioning Association
G. Gregory Haff, PhD, CSCS,*D, FNSA, and N. Travis Triplett, PhD, CSCS,*D, FNSA, Editors
©2016 • Hardback • 752 pp
Print: ISBN 978-1-4925-0162-6 • $104.00 ($145.95 CDN, £74.49 UK, €113.24 EURO)
E-book: ISBN 978-1-4925-1415-2 • $78.00 ($107.95 CDN, £48.33 UK, €73.42 EURO)

**ANCILLARIES**
Instructor guide • Instructor video • Test package • Presentation package plus image bank
Student web resource with online video

The web resource with online video is also available for purchase separately
ISBN 978-1-4925-0166-4 • $19.95 ($27.95 CDN, £8.33 UK, €12.67 EURO)

This online study course works in tandem with *Essentials of Strength Training and Conditioning, Fourth Edition*, to help students study for the content assessed on the CSCS exam. The course features more than 160 interactive learning activities and concludes with a test that evaluates the student’s content knowledge.

*NSCA's Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study/CE Course*
National Strength and Conditioning Association
©2015 • Enhanced online course • Contact your sales rep for academic pricing and details

Prepare students for the NSCA-CPT exam

NSCA's Essentials of Personal Training, Second Edition, presents the knowledge, skills, and abilities required for future personal trainers. This text covers applied aspects of personal training as well as clear explanations of supporting scientific evidence. It is also the authoritative preparation text for the National Strength and Conditioning Association’s Certified Personal Trainer (NSCA-CPT) exam candidates.

*NSCA’s Essentials of Personal Training, Second Edition*
National Strength and Conditioning Association
Jared W. Coburn, PhD, CSCS,*D, FNSCA, FACSM, and Moh H. Malek, PhD, CSCS,*D, NSCA-CPT,*D, FNSCA, FACSM, Editors
©2012 • Hardback • 696 pp
Print: ISBN 978-0-7360-8415-4 • $102.00 ($142.95 CDN, £74.99 UK, €114.00 EURO)
E-book: ISBN 978-0-7360-8562-5 • $77.00 ($105.95 CDN, £47.49 UK, €72.17 EURO)

**ANCILLARIES**
Instructor guide • Image bank

NSCA’s latest exercise technique manual with online video

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

*Exercise Technique Manual for Resistance Training, Third Edition With Online Video*
National Strength and Conditioning Association
©2016 • Paperback • 224 pp
Print: ISBN 978-1-4925-0699-7 • $46.00 ($53.95 CDN, £26.66 UK, €34.67 EURO)
E-book: ISBN 978-1-4925-0692-8 • $84.00 ($117.95 CDN, £61.49 UK, £93.44 EURO)

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Online video • Image bank
The online video is also available for purchase separately • ISBN 978-1-4925-0694-2
$19.95 ($27.95 CDN, £8.33 UK, €12.67 EURO)
Develop a lifelong passion for personal training

**Audiences:** The primary manual for preparing for the canfitpro Personal Training Specialist certification. Also a reference for personal trainers and other fitness professionals as well as a text for students in upper-level personal training courses.

Foundations of Professional Personal Training, Second Edition With Web Resource, serves as a road map toward becoming a successful certified personal trainer. Developed and written by canfitpro, Canada’s foremost education and certification provider for fitness professionals, this full-color edition of Foundations of Professional Personal Training contains information for building skills, increasing confidence, and preparing for the Personal Training Specialist (PTS) certification with canfitpro.

A new web resource provides readers with further practice opportunities before the PTS exam, featuring video clips, printable forms, and other supplemental materials. Thirty-six video clips demonstrate proper technique of various exercises as well as dynamic assessment techniques for identifying improper movement patterns or imbalance. The reproducible forms can be printed and used in assessing clients and documenting training sessions. The web resource also includes answers to the in-text review questions found throughout the book, which will aid in comprehension and retention.

**Foundations of Professional Personal Training, Second Edition With Web Resource**
canfitpro
©2016 • Hardback • 384 pp
Print: ISBN 978-1-4504-6852-7 • $78.00 ($109.00 CDN, £57.49 UK, €87.34 EURO)
Ebook: ISBN 978-1-4925-2220-1 • $64.00 ($89.00 CDN, £39.99 UK, €60.75 EURO)

Employ a balanced approach to assessing physical fitness

**Audiences:** Text for upper-undergraduate and graduate exercise science students in advanced courses dealing with physical fitness appraisal and exercise prescription; resource for health and fitness instructors, exercise physiologists, personal trainers, and strength and conditioning specialists.

Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video, provides a comprehensive approach to physical fitness appraisal and exercise prescription. The text bridges the gap between research and practice and synthesizes 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. Forty-four accompanying online videos enhance the learning experience and teach the techniques necessary for conducting fitness testing and program design.

**Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video**
Vivian H. Heyward, PhD, and Ann L. Gibson, PhD
©2014 • Hardback • 552 pp
Print: ISBN 978-1-4504-6600-4 • $102.00 ($142.95 CDN, £74.49 UK, €113.24 EURO)
E-book: ISBN 978-1-4504-8102-1 • $56.00 ($76.95 CDN, £34.99 UK, €53.17 EURO)

**ANCILLARIES**
www.HumanKinetics.com/AdvancedFitnessAssessmentAndExercisePrescription

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

The online video is also available for purchase separately • ISBN 978-1-4504-6813-8 • $19.95 ($27.95 CDN, £12.67 EURO)
**Individualize exercise prescriptions for comorbid populations**

The fourth edition of ACSM’s Exercise Management for Persons With Chronic Diseases and Disabilities reveals common ground between medical and exercise professionals, creating a more collaborative approach to patient care. Developed by the American College of Sports Medicine (ACSM) with contributions from a specialized team of experts, this text presents a framework for optimizing patients’ and clients’ functionality by keeping them physically active.

*ACSM’s Exercise Management for Persons With Chronic Diseases and Disabilities, Fourth Edition*
American College of Sports Medicine
Geoffrey E. Moore, MD, FACSM, J. Larry Durstine, PhD, FACSM, and Patricia L. Painter, PhD, FACSM, Editors
©2016 • Hardback • 416 pp
Print: ISBN 978-1-4504-3431-7 • $89.00 ($117.95 CDN, £65.99 UK, €93.44 EURO)

**Explore the science behind resistance training programs**

Designing Resistance Training Programs, Fourth Edition, provides students with a thorough understanding of the process of designing resistance training programs from both scientific and practical perspectives. Two experts on strength training explore how training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world.

*Designing Resistance Training Programs, Fourth Edition*
Steven J. Fleck, PhD, and William J. Kraemer, PhD
©2014 • Hardback • 520 pp
Print: ISBN 978-0-7360-8170-2 • $89.00 ($124.95 CDN, £65.99 UK, €100.30 EURO)
E-book: ISBN 978-1-4925-0206-7 • $43.00 ($58.95 CDN, £26.66 UK, €40.50 EURO)

**Teach effective group exercise leadership**

Methods of Group Exercise Instruction, Third Edition With Online Video, highlights a variety of group exercise formats through training principles, correction and progression techniques, and safety tips to enhance the skills of group exercise leaders. This research-based text features applied learning through short practical assignments, and is supplemented with online video clips, making it even easier to see and then lead effective group exercise classes.

*Methods of Group Exercise Instruction, Third Edition With Online Video*
Carol Kennedy-Armbruster, PhD, and Mary M. Yoke, MA, MM
©2014 • Hardback • 440 pp
Print: ISBN 978-1-4504-2381-6 • $84.00 ($117.95 CDN, £61.49 UK, €93.44 EURO)

**Simplify complex PNF techniques**

Facilitated Stretching, Fourth Edition With Online Video, guides readers through proprioceptive neuromuscular facilitation (PNF) stretching techniques, a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically again to increase range of motion. The accompanying online video then demonstrates more than 90 PNF stretches to reinforce proper technique for each stretch as well as four sample stretching routines.

*Facilitated Stretching, Fourth Edition With Online Video*
Robert E. McAtee, BA, LMT, CSCS, and Jeff Charland, PT, ATC, CSCS, GDMT
©2014 • Paperback • 224 pp

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©2014 • Paperback • 224 pp
Promote physical activity and fitness in the classroom

Fitness & Health, Seventh Edition offers a comprehensive understanding of the exercise-health relationship and provides a framework for attaining health and fitness goals. This one-stop handbook for students explores the physiology and benefits of fitness while also providing information and tools for improving health and wellness.

A personalized approach to prescribing exercise

Client-Centered Exercise Prescription, Third Edition emphasizes a personalized approach in which programs are designed to meet the interests and needs of each individual client. The companion web resource contains more than 40 reproducible worksheets, forms, and checklists as well as sample interviews and exercise programs to assist in working with clients.

Client-Centered Exercise Prescription, Second Edition

Practical Guide to Exercise Physiology guides students through the scientific concepts of exercise physiology with highly visual, easy-to-follow content. 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 and instructions on combining them to achieve results.

Develop successful coaching skills in lifestyle wellness

Lifestyle Wellness Coaching, Second Edition offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. The text includes essential structures for coaching conversations and practical considerations to help readers adapt materials to their unique career interests.

A visual guide to exercise physiology

Practical Guide to Exercise Physiology offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. The text includes essential structures for coaching conversations and practical considerations to help readers adapt materials to their unique career interests.

Attention instructors – request an exam copy today!

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