

HUMAN KINETICS 2008

FITNESS CATALOG



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HUMAN KINETICS

The Information Leader in Physical Activity

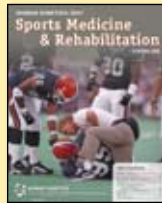
Additional Professional Catalogs (Free upon request)

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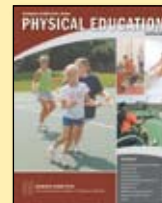
Kinesiology Catalog

Contains our latest products in the areas of physical activity, physiology of exercise and sport, motor behavior, and more.



Sports Medicine and Rehabilitation Catalog

Contains our latest products in the areas of medicine in exercise and sport, athletic training, sport physical therapy, cardiopulmonary rehabilitation, and more.



Physical Education Catalog

Features our latest products relating to physical education for teachers, researchers, and professionals.



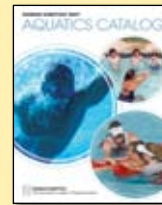
Recreation Catalog

Features our latest resources for recreation management professionals and faculty.



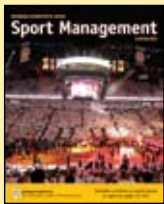
Dance Catalog

Provides a wide variety of resources for dance educators, professionals, and researchers.



Aquatics Catalog

Includes our latest products relating to lifeguarding and safety, aquatic fitness, aquatic management and operations, swim instruction and programming, and other aquatic activities.



Sport Management Catalog

Features our latest sport management and sport marketing products for faculty and professionals. Also contains a section on social issues in sport.



Journals Catalog

Contains all the journals, print and online, published by Human Kinetics.

Additional Resources

For a complete listing of consumer related products, log on to www.HumanKinetics.com!



Join the HK team as an educational sales representative

Would you like to supplement your income?

Do you have contact with others interested in physical activity and fitness?

Want to apply your knowledge of your field in a new way?

If you have contact with physical education faculty members, coaches, athletic directors, or professionals working in sport facilities, recreation departments, or health clubs, we want to hear from you!

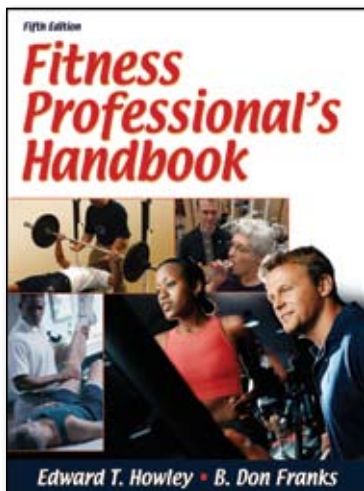
You can join our team as an education sales representative and earn a commission for sales of various HK programs and products or be paid for your time for offering seminars or informational sessions using our products.

To learn more, please contact Tonya Horn at TonyaH@hkusa.com and provide details about your areas of interest and physical activity or fitness experience. We would love to work with you!



HUMAN KINETICS

The Information Leader in Physical Activity



Evaluate and prescribe exercise with updated industry-leading resource

Audiences: A text for upper-level undergraduate and beginning graduate students in fitness testing and exercise prescription courses as well as those studying exercise physiology and biomechanics. A reference for health and fitness professionals and specialists and those preparing for ACSM certification.

Formerly titled *Health Fitness Instructor's Handbook*, this full-color text has undergone a title change to better reflect its extensive use in the field. Reflective of updates made in the seventh edition of *ACSM's Guidelines for Exercise Testing and Prescription*, it serves as an essential text and an invaluable reference.

Every chapter has been updated, allowing readers to explore the newest theories, research findings, and current issues in the field. The following are among the most significant changes to the text:


- A completely rewritten chapter on health appraisal that focuses on the sequence of steps to follow in screening participants
- Updates based on the most recent dietary guidelines and current standards
- A thorough discussion of how to develop effective exercise prescriptions for strength and endurance in a very small space
- A new chapter that focuses on yoga, Pilates, and other mind-body exercises

- Additional insight from an expert providing real-life experiences in both fitness- and hospital-based programs and details regarding budget development

Through this text, students will learn to screen participants, carry out standardized fitness tests to evaluate major components of fitness, and write appropriate fitness prescriptions. They will also learn how to apply this information to special populations, including children, older adults, women, or those with chronic disease (e.g., hypertension) or a specific condition (e.g., pregnancy). The text retains the best features of previous editions, such as reproducible forms, useful key points, interesting sidebars, case study questions and answers, key terms and glossary, and extensive references throughout the book.

Fitness Professional's Handbook, Fifth Edition
Edward T. Howley, PhD, and B. Don Franks, PhD
©2007 • Hardback • 568 pp
ISBN 978-0-7360-6178-0
\$69.00 (\$94.95 CDN, £47.00 UK, €70.50 EURO,
\$145.00 NZ)


Ancillaries

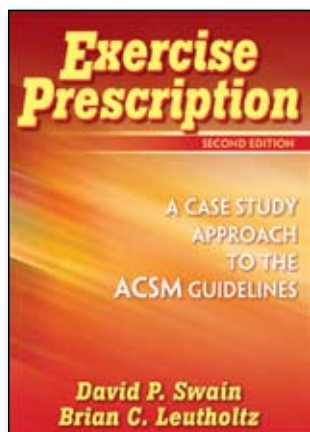
All ancillary materials are **FREE** to course adopters and available online at www.HumanKinetics.com/FitnessProfessionalsHandbook. 

Instructor Guide. Contains a student syllabus, course outline highlighting the lecture topic and lab or activity for each class, initial practical exam, final practical exam, and laboratory notebook used to track twelve fitness assessments and programs.

Test Bank. Created with Respondus 2.0, the test bank contains more than 400 questions, including true or false, multiple-choice, and short answer/essay questions covering the key information of each chapter.

Presentation Package. Includes approximately 580 PowerPoint slides of text, art, tables, and photos from the book that instructors can use for class discussion and illustration.

The presentation package is also available on CD-ROM  for Windows or Macintosh • ISBN 978-0-7360-6204-6
\$295.00 (\$406.95 CDN, £235.00 UK incl. VAT, €350.00 EURO,
\$619.50 NZ)



A practical approach to the ACSM guidelines

Audiences: A reference for professionals and those interested in ACSM certification, especially at the health/fitness instructor level. Also a supplemental text for students in exercise science programs.

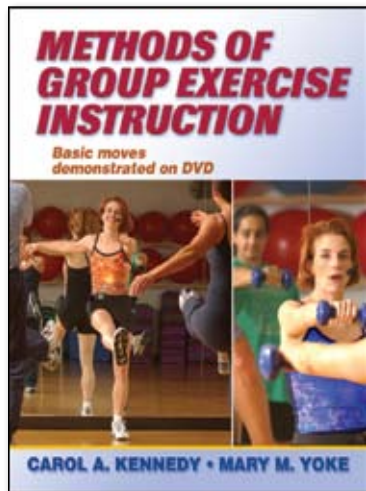
This second edition of *Exercise Prescription: A Case Study Approach to the ACSM Guidelines* utilizes the most up-to-date information published in the seventh edition of the ACSM's Guidelines. And unlike the numerous texts that concentrate on the theory and fundamentals of exercise prescription, this text presents real-life case studies that clearly show readers how the information is applied. You will find new criteria for screening, risk factor thresholds, and fitness norms, in addition to revised recommendations for exercise intensity. The text also contains expanded readings on special populations such as pregnant women, children, older adults,

and clients with heart disease, diabetes, or hypertension.

The text is formatted for easy reading and includes an appendix of 10 additional case studies—complete with 100 questions and answers—to help you assess your newly gained knowledge.

Exercise Prescription: A Case Study Approach to the ACSM Guidelines, Second Edition
David P. Swain, PhD, and Brian C. Leutholtz, PhD
©2007 • Paperback • 208 pp
ISBN 978-0-7360-6680-8
\$29.00 (\$39.95 CDN, £18.50 UK, €27.75 EURO,
\$61.00 NZ)

New Edition!



Book and DVD demonstrate more than 15 class formats

Audiences: A methods textbook for exercise science, fitness, physical education, kinesiology, dance, and recreation majors; a research-based reference for group fitness and exercise professionals, fitness program administrators, and recreation program directors.

Methods of Group Exercise Instruction is the most comprehensive research-based book available for health and fitness professionals who want to learn how to lead effective group exercise classes. It describes the methodology required for setting up classes, how to create effective teaching progressions, and how to choreograph and program to music. More than 15 different class formats are covered.

Included with the book is an accompanying training DVD of video clips that provide valuable visual and practical information. It contains examples of fundamental instructional techniques for alignment and counting out


the beat; segment demonstrations for warm-up, cardiorespiratory training, muscular conditioning, flexibility training, and cool-down; basic moves, progressions, sample music, and sample routines for five class formats; and demonstrations of 10 other popular group exercise class modalities.

Methods of Group Exercise Instruction

Carol A. Kennedy, MS, and Mary M. Yoke, MA, MM
©2005 • Paperback with DVD-ROM • 264 pp
ISBN 978-0-7360-4907-8
\$64.00 (\$87.95 CDN, £45.00 UK incl. VAT,
€67.50 EURO, \$130.00 NZ)

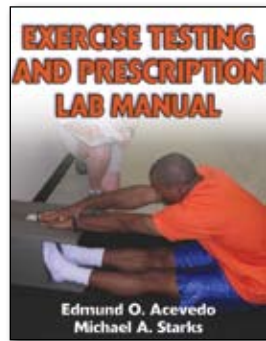
Methods of Group Exercise Instruction Online Course... see page 41

Ancillaries

All ancillary materials are **FREE** to course adopters and available online at www.HumanKinetics.com/MethodsofGroupExerciseInstruction. 

Instructor Guide. Includes a sample syllabus, class guidelines and handouts, and lesson suggestions, as well as practical exam guidelines and certification information.

Test Package. Created with Respondus 2.0 and includes a bank of questions in multiple-choice and essay format. Instructions for downloading a free version of Respondus are included in the test package.



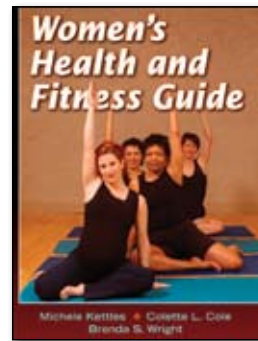
Thirteen laboratories for fitness professionals

Exercise Testing and Prescription Lab Manual fills a void for the health fitness practitioner studying for the American College of Sports Medicine (ACSM) Health/Fitness Instructor Certification Examination. The manual features 13 labs that correspond directly with the practical skills evaluated on the exam, as well as the worksheets, reference tables,

and charts that supply all the information necessary to complete the labs. The text also presents 12 case studies to help readers learn how to thoroughly examine and interpret available information on real-life patients in terms of risk factors, appropriate goals, and program design.

Exercise Testing and Prescription Lab Manual

Edmund O. Acevedo, PhD, and Michael A. Starks
©2003 • Paperback • 176 pp • ISBN 978-0-7360-4694-7
\$37.00 (\$50.95 CDN, £25.00 UK, €37.50 EURO, \$78.00 NZ)



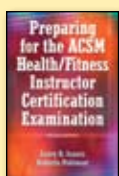
A life-span approach to women's health and fitness

Women's Health and Fitness Guide is a practical guide that describes the unique anatomic, physiologic, and psychosocial characteristics of women and follows a life-stage approach to physical activity and fitness. Examining adolescence through pregnancy, menopause, and the senior years, this text addresses physical, mental, emotional, and social challenges

women are likely to face during each transitional period. The authors provide sound rationale and advice for rethinking traditional exercise in favor of functional and integrated exercises that will help women achieve any level of fitness they desire.

Women's Health and Fitness Guide

Michele A. Kettles, MD, MSPH, Colette L. Cole, MS, and Brenda S. Wright, PhD
Foreword by Kenneth Cooper, MD, MPH
©2006 • Hardback • 264 pp • ISBN 978-0-7360-5769-1
\$47.00 (\$64.95 CDN, £30.00 UK, €45.00 EURO, \$94.50 NZ)



Preparing for the ACSM Health/Fitness Instructor Certification Examination, Second Edition

Larry D. Isaacs, PhD, and Roberta Pohlman, PhD
©2004 • Paperback • 256 pp
ISBN 978-0-7360-4240-6
\$29.00 (\$39.95 CDN, £18.50 UK,
€27.75 EURO, \$57.00 NZ)



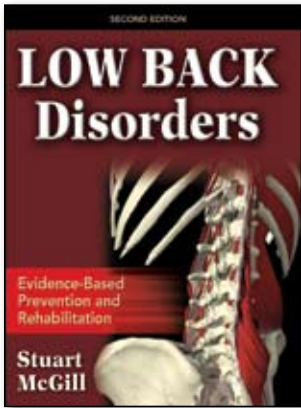
Fitness Leader's Handbook, Second Edition

B. Don Franks, PhD, and Edward T. Howley, PhD
©1998 • Paperback • 272 pp
ISBN 978-0-88011-654-1
\$34.00 (\$46.95 CDN, £22.00 UK,
€33.00 EURO, \$67.00 NZ)



Women's Fitness Program Development

Ann F. Cowlin
©2002 • Hardback • 320 pp
ISBN 978-0-88011-937-5
\$47.00 (\$64.95 CDN, £32.00 UK,
€48.00 EURO, \$99.00 NZ)



Research-based, clinically tested strategies for injury prevention and rehabilitation

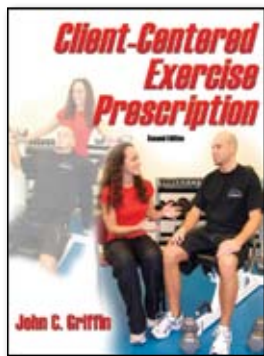
In *Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition*, internationally recognized low back specialist Stuart McGill presents original research to quantify the forces that specific movements and exercises impose on the low back, dispels myths regarding spine stabilization exercises, and suggests preventive approaches and strategies to offset injuries, reduce pain, and restore function.

The second edition presents enhanced algorithms to guide progressive therapeutic exercise and specially designed patient assessment provocation tests to help you determine the cause of back troubles, guide your choices in the best ways to

eliminate problems, and improve the development of appropriate activities for functional gain. Whereas the first edition focused on increasing spine stability, the second edition provides new information on dealing with both regional instability or mobility and regional stiffness present in individuals where most of the motion occurs at a single spinal segment.

Low Back Disorders: Evidence-Based Prevention and Rehabilitation, Second Edition

Stuart McGill, PhD
©2007 • Hardback • 328 pp
ISBN 978-0-7360-6692-1
\$55.00 (\$69.95 CDN, £35.00 UK, €52.50 EURO, \$115.50 NZ)



A personalized approach to prescribing exercise

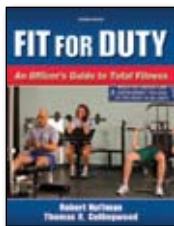
Client-Centered Exercise Prescription, Second Edition, will help fitness professionals listen to their clients, assess their interests, and prescribe exercise that will work for them.

This edition is extensively revised, with substantial new material on activity counseling, client motivation, and step-by-step prescription models, which are directly linked to program design. The models address the following issues:

- Establishing rapport and increasing adherence
- Understanding clients' unique psychological needs
- Monitoring clients' needs over time
- Applying strategies for treating and preventing overuse injuries

Client-Centered Exercise Prescription, Second Edition

John C. Griffin, MSc
©2006 • Paperback • 352 pp
ISBN 978-0-7360-5495-9
\$44.00 (\$59.95 CDN, £28.50 UK, €42.75 EURO, \$88.00 NZ)



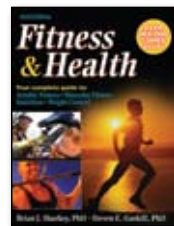
Physical training for law enforcement

Fit for Duty, Second Edition, provides readers with information to develop a comprehensive fitness program. The programs outlined in this text reflect and anticipate present-day situations that public safety personnel may encounter, and include precise, job-specific training for

improving explosive strength, agility, speed, and anaerobic power.

Fit for Duty, Second Edition

Robert Hoffman and Thomas R. Collingwood
©2005 • Paperback • 208 pp • ISBN 978-0-7360-5543-7
\$19.95 (\$24.95 CDN, £13.99 UK, €20.99 EURO, \$41.90 NZ)



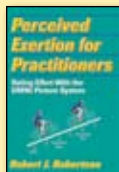
Improve overall quality of life through better fitness and nutrition

Fitness and Health, Sixth Edition, is your guide to both a deeper understanding of the activity-health relationship and a map for meeting your individual needs and goals. The text clearly explains how the body responds to physical

activity, why physical activity is so beneficial, and the way in which physical activity enhances fitness, weight control, performance in work and sport, energy, and vitality.

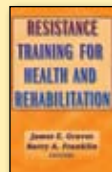
Fitness & Health, Sixth Edition

Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
©2007 • Paperback • 440 pp • ISBN 978-0-7360-5614-4
\$27.95 (\$35.95 CDN, £19.99 UK, €29.99 EURO, \$58.90 NZ)



Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System

Robert J. Robertson, PhD
©2004 • Paperback • 184 pp
ISBN 978-0-7360-4837-8 • \$30.00 (\$41.50 CDN, £19.50 UK, €29.25 EURO, \$61.00 NZ)



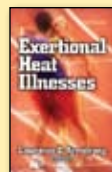
Resistance Training for Health and Rehabilitation

James E. Graves, PhD, and Barry A. Franklin, PhD, Editors
©2001 • Hardback • 432 pp
ISBN 978-0-7360-0178-6 • \$55.00 (\$75.95 CDN, £35.50 UK, €53.25 EURO, \$109.00 NZ)



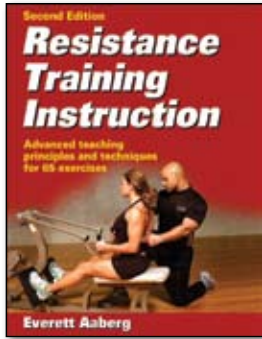
Functional Resistance Training Techniques CD-ROM

Lee Brown, EdD, CSCS, *D, FACSM, and Matthew Comeau, PhD, CSCS, ATC
©2003 • CD-ROM for Windows or Macintosh
ISBN 978-0-7360-4511-7 • \$59.95 (\$82.95 CDN, £47.99 UK incl. VAT, €71.99 EURO, \$125.90 NZ)



Exertional Heat Illnesses

Lawrence E. Armstrong, PhD, Editor
©2003 • Hardback • 288 pp
ISBN 978-0-7360-3771-6 • \$45.00 (\$61.95 CDN, £30.50 UK, €45.75 EURO, \$94.50 NZ)



Advanced teaching principles and techniques for 65 exercises

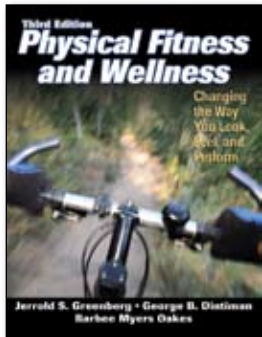
Resistance Training Instruction, Second Edition, combines detailed illustrations and expert technical guidance to show exactly how to target specific muscles by using the most efficient alignment, positioning, and lifting technique for each exercise. Photos depict trainers in action, allowing you to see proper positioning and training technique for

every exercise. Three sample periodized programs demonstrate how to develop base strength, improve whole-body fitness, and design advanced split routines by selecting, combining, and sequencing the best exercises for each client. Readers will also learn the science and art of how and when to vary intensity, volume, recovery, and exercise sequencing to customize individual routines to meet long-term training goals for clients.

Resistance Training Instruction, Second Edition

Everett Aaberg

©2007 • Paperback • 256 pp • ISBN 978-0-7360-6403-3
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Empower students to achieve fitness and wellness

Physical Fitness and Wellness, Third Edition, provides complete information, strategies, and motivation to help students improve the way they look, feel, and perform. This book teaches students how they can take charge of their lives; overcome the many barriers to achieving fitness and wellness; and make lifestyle changes to help themselves

physically, mentally, emotionally, and spiritually.

Physical Fitness and Wellness: Changing the Way You Look, Feel, and Perform, Third Edition

Jerrald S. Greenberg, EdD, George B. Dintiman, EdD, and Barbee Myers Oakes, PhD

©2004 • Paperback • 520 pp • ISBN 978-0-7360-4696-1
\$45.00 (\$61.95 CDN, £30.50 UK, €45.75 EURO, \$94.50 NZ)

Ancillaries

All ancillary materials for this text are **FREE** to course adopters and available online at



www.HumanKinetics.com/PhysicalFitnessandWellness.

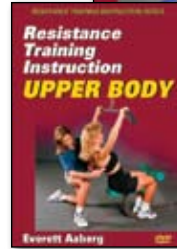
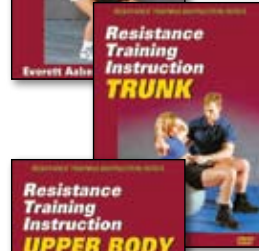
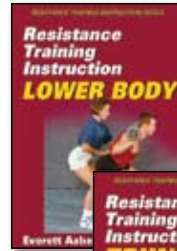
Ancillaries include:

- *Test Package*
- *Presentation Package*

Presentation Package is also available on CD-ROM for Windows or Macintosh




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The Resistance Training Instruction DVD Series

The *Resistance Training Instruction DVD Series* leads trainers through the steps of instructing clients during resistance training. The three videos cover the lower body, trunk, and upper body.


Resistance Training Instruction: Lower Body

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\$34.95 (\$47.95 CDN, £25.99 UK incl. VAT, €38.99 EURO, \$73.50 NZ)


Resistance Training Instruction: Trunk

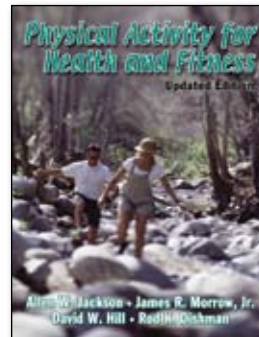
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ISBN 978-0-7360-7015-7
\$34.95 (\$47.95 CDN, £25.99 UK incl. VAT, €38.99 EURO, \$73.50 NZ)

Resistance Training Instruction: Upper Body

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Resistance Training Instruction DVD Series Package

©2007 • 3 DVDs • Approx 55 min. • ISBN 978-0-7360-7371-4 
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An individualized lifetime approach

Physical Activity for Health and Fitness, Updated Edition, presents students with medical evidence showing that a lifetime of physical activity will improve their fitness and enhance their quality of life. They will explore the connection between sedentary living and several major diseases and conditions, and learn ways to prevent or lessen their

risks. They'll also learn the importance of both cardiovascular and muscular fitness and discover how to develop healthy habits in these areas.

Physical Activity for Health and Fitness, Updated Edition

Allen W. Jackson, James R. Morrow, Jr., David W. Hill, and Rod K. Dishman

©2004 • Paperback • 376 pp • ISBN 978-0-7360-5205-4
\$32.00 (\$43.95 CDN, £22.00 UK, €33.00 EURO, \$67.00 NZ)

Ancillaries

All ancillary materials for this text are **FREE** to course adopters and available



online at www.HumanKinetics.com/PhysicalActivityforHealthandFitness.

Ancillaries include:

- *Sample Course Outline*
- *Test Package*
- *Presentation Package*

Presentation Package is also available on CD-ROM for Windows or Macintosh



ISBN 978-0-7360-5504-8 • \$245.00 (\$337.95 CDN, £200.00 UK incl. VAT, €300.00 EURO, \$514.50 NZ)



New!

A new way to prepare for the AEA Certification Exam

Audiences: Aquatic Exercise Association members who are preparing for the certification exam to become or recertify as an Aquatic Fitness Professional. Individuals seeking to continue their education in the area of aquatic fitness.

For the first time ever, those wishing to be certified by the Aquatic Exercise Association (AEA) as aquatic fitness professionals can prepare for the Aquatic Fitness Professional Certification Examination by studying online. The *AEA Certification Prep* online course is a highly interactive learning tool that will guide students through every topic on the exam. This self-study online course is the first component in the new blended approach to preparing for certification. After taking this course, students will be better prepared for the instructor-led practice workshop, recommended by the AEA. Students could also choose to move directly to the testing phase after completing this online course.

This online course, designed in cooperation with the AEA, is an engaging, thorough, and interactive learning experience designed to help students

comprehend the material being presented. The online delivery of this course gives students the comfort and convenience of learning in their own homes or offices at their own pace. This course mirrors the material in the *Aquatic Fitness Professional Manual* and allows students to revisit each course unit as many times as they wish to ensure mastery of the subject.

AEA Certification Prep online course

©2007 • Online Course: AE200A

With Text: ISBN 978-0-7360-6811-6

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\$95.00 (\$130.95 CDN, £76.00 UK incl. VAT,

€114.00 EURO, \$199.50 NZ)

Visit www.AquaticEducationCenter.com

for more information or to register.



An indispensable resource for all aquatic fitness professionals

Extensive updates and additions, including a full chapter on deep water training guidelines, assure that this fifth edition of the *AEA Aquatic Fitness Professional Manual* is more valuable than ever before. With input from over 40 industry professionals, this manual is recommended for instructors, personal trainers, therapists, and facility or program managers who specialize in water exercise.

A library of cardiorespiratory movements, toning exercises for major muscles groups and stretching

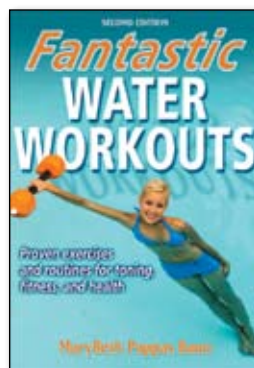
options are clearly demonstrated, for both shallow and deep water programming, with over 100 full color photos. Detailed concepts and practical applications on topics to assist the fitness professional to designing and leading safe, effective and enjoyable aquatic exercise programs.

Aquatic Fitness Professional Manual: A Resource Manual for Aquatic Fitness Professionals, Fifth Edition

Aquatic Exercise Association

©2006 • Paperback • 372 pp • ISBN 978-0-9760021-0-9

\$55.00 (\$75.95 CDN, £37.50 UK, €56.25 EURO, \$115.50 NZ)



Your complete water workout guide

Fantastic Water Workouts provides water exercisers with an easy to follow guide to improving fitness and physique. *Fantastic Water Workouts* offers more than 90 photograph-guided water exercises and 25 step-by-step workouts. These all-inclusive workouts address a range of fitness objectives and interest groups including those of older adults, pregnant women, people in physical rehabilitation, and people with special health considerations.

New Edition!

Available November 2007!

Fantastic Water Workouts, Second Edition

MaryBeth Pappas Baun

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\$17.95 (\$21.95 CDN, £10.99 UK, €16.49 EURO, \$37.90 NZ) T

New Edition!



Aquatic Exercise Toolbox, Updated Edition

Harriet Purcell Adams, Charlotte Owen Norton, and Helen Mautz Tilden

©2006 • Box with water-resistant cards and CD-ROM containing 62-page Reference Manual and User's Guide ISBN 978-0-7360-0177-9 • \$139.00 (\$191.95 CDN, £111.00 UK incl. VAT, €166.50 EURO, \$292.00 NZ)



YMCA Water Fitness for Health

Mary Sanders

©2000 • Paperback • 368 pp

ISBN 978-0-7360-3246-9

\$39.00 (\$53.95 CDN, £26.50 UK, €39.75 EURO, \$82.00 NZ)



Water Fun Book/DVD Package

Terri Lees

©2007 • Paperback with DVD • 192 pp

ISBN 978-0-7360-6768-3

\$49.95 (\$68.95 CDN, £34.99 UK incl. VAT, €52.49 EURO, \$105.00 NZ)

New!



coreassist™
PROFESSIONAL WELLNESS COACH

Produce professional-quality fitness programs and meal plans based on clients' needs

Audiences: Software resource for fitness professionals working one on one with clients in their own businesses or as trainers in a club or clinical setting; wellness coordinators, lifestyle coaches, dietitians and nutritionists, cardiac and other specialty clinics, and allied health professionals.

For the ultimate comprehensive fitness resource, look no further than this new software program from Human Kinetics and Corehealth Technologies. *CoreAssist* is a software tool that allows fitness and lifestyle professionals to manage their clients more successfully. By incorporating assessment, fitness, and nutrition components, *CoreAssist* allows for a holistic approach to achieving goals in a way no other fitness software resource does.


CoreAssist was designed with the fitness or lifestyle professional in mind and is flexible and easy to use. Derived from widely accepted fitness assessment and exercise prescription formulas, data, and methods, the software includes the following components:

- An assessment module provides questionnaires to give to your client (online or on paper) in order to discuss tangible and realistic goals. After assessing the client's specific health needs and risks, you can print out results for the client and use those as a benchmark and motivational tool.
- A fitness module allows you to design an appropriate program using clients' goals and

the FITT (frequency, intensity, type, and time) principle. You may choose from more than 330 activities or 40 fitness regimens included in the software or modify and select exercises as desired.

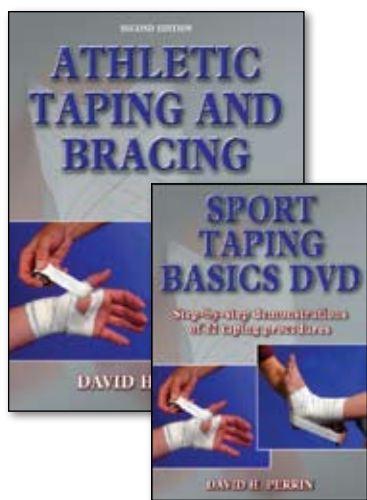
- A nutrition module is based on the U.S. and Canadian government Dietary Reference Intakes (DRI) data and allows you to easily produce menu plans that fulfill each client's DRI needs. By choosing from more than 600 foods and 10 meal programs included, you can quickly and easily produce a diet catered to each unique lifestyle.

CoreAssist Professional Wellness Coach

Corehealth Technologies
©2006 • CD-ROM for Windows • Release 1.3 
ISBN 978-0-7360-6543-6
\$299.00 (\$369.95 CDN, £239.00 UK incl. VAT,
€358.50 EURO)
Not available in New Zealand.

Order info is for a one-user license. For details and pricing on network versions of CoreAssist, please contact Human Kinetics at 800-747-4457 x2516 US, or email CoreAssist@hkusa.com. For customers outside the US, please call the appropriate number listed at the bottom of page 9.

View and download a FREE trial version of *CoreAssist* online at www.HumanKinetics.com/CoreAssist!




Superb visual instruction for athletic taping and bracing

Athletic Taping and Bracing, Second Edition, integrates the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. The text features more than 450 full-color illustrations and photos, including 60 superb three-dimensional anatomical images from Primal Pictures.

The companion *Sport Taping Basics DVD* brings the book to life by visually demonstrating 22 specific procedures. Key steps of each procedure are highlighted, and close-ups show correct positioning of the trainer and athlete, making the demonstrations easy to follow.


Athletic Taping and Bracing, Second Edition Book and DVD package

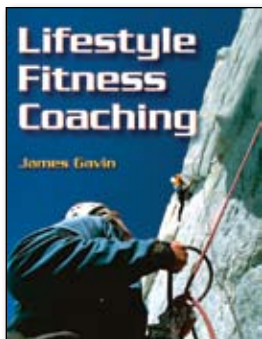
©2005 • Paperback and 76-minute DVD • 136 pp
ISBN 978-0-7360-6280-0 
\$67.95 (\$93.95 CDN, £47.99 UK incl. VAT,
€71.99 EURO, \$136.90 NZ)
HK DVDs are coded for universal playback and can be played in all regions of the world.

Athletic Taping and Bracing, Second Edition

David H. Perrin
©2005 • Paperback • 136 pp
ISBN 978-0-7360-4811-8
\$42.00 (\$57.95 CDN, £27.00 UK, €40.50 EURO,
\$82.00 NZ)

Sport Taping Basics DVD

Human Kinetics 
©2005 • DVD • 76 min
ISBN 978-0-7360-6256-5
\$39.95 (\$54.95 CDN, £31.99 UK incl. VAT,
€47.99 EURO, \$83.90 NZ)



Coach clients toward health and fitness goals

Centered on an ongoing and guided process of dialogue, *Lifestyle Fitness Coaching* offers a systematic approach to help fitness professionals understand their clients' needs, interests, and personal orientations and use the information to direct clients toward achieving their health and personal goals. An accompanying CD-ROM

contains a Matching Activities and Personal Styles (MAPS) Inventory, which generates a report that coaches and clients can use to guide the coaching process.

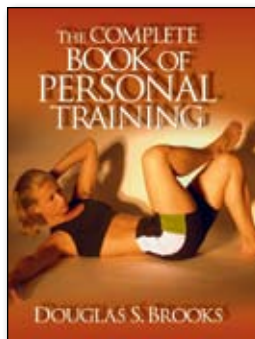
Lifestyle Fitness Coaching

James Gavin, PhD

©2005 • Paperback with CD-ROM • 296 pp 

ISBN 978-0-7360-5206-1

\$59.00 (\$82.50 CDN, £42.50 UK incl. VAT, €63.75 EURO, \$124.00 NZ)



An in-depth, practical reference on every aspect of the personal training business

The Complete Book of Personal Training is the most comprehensive and authoritative resource for you as a personal trainer, whether you're a newcomer to the field or have a well-established business. The book is full of information about working with clients and designing programs, and it's also

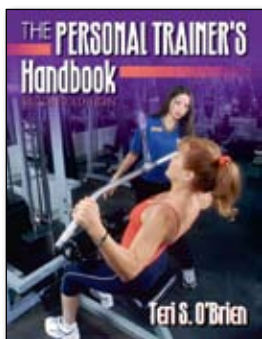
a practical guide to the personal training business. You will learn applicable information on fitness testing and assessment, identify your clients' goals and create fitness tests specifically for them, properly train and help special populations, and understand the business side of personal training.

The Complete Book of Personal Training

Douglas S. Brooks

©2004 • Hardback • 608 pp • ISBN 978-0-7360-0013-0

\$64.00 (\$87.95 CDN, £42.00 UK, €63.00 EURO, \$130.00 NZ)



Learn how to run a successful personal training business

The Personal Trainer's Handbook, Second Edition, will teach you how to achieve personal and financial success as a personal trainer, how to attract and keep clientele, and how to manage taxes and other business issues that are crucial to a personal training business. The text includes a valuable CD-ROM with 10 reproducible forms to help you

manage the commercial, practical, and legal requirements of your business; additional forms for data collection and record keeping; charts and tables for writing the most beneficial exercise program for each client; and three case studies to help you hone your skills.

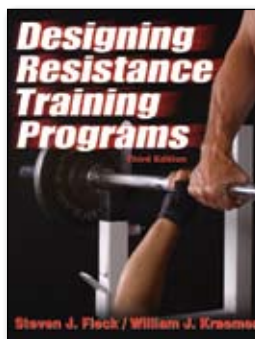
The Personal Trainer's Handbook, Second Edition

Teri S. O'Brien

©2003 • Paperback with CD-ROM • 280 pp 

ISBN 978-0-7360-4501-8

\$39.00 (\$53.95 CDN, £27.50 UK incl. VAT, €41.25 EURO, \$75.50 NZ)



The most cited book in resistance training program design

Designing Resistance Training Programs, Third Edition, explores how to use scientific knowledge to develop personalized training programs for both athletes and fitness enthusiasts. The authors cover resistance training; bioenergetics; and muscular, nervous, and cardiovascular systems adaptations. They also discuss basic training systems

and program prescriptions designed to enhance strength, power, and endurance. Readers will learn how to modify and adapt programs to match the needs of all populations, which makes it an important tool for coaches, trainers, and students.

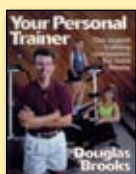
Designing Resistance Training Programs, Third Edition

Steven J. Fleck, PhD, and William J. Kraemer, PhD

©2004 • Hardback • 392 pp

ISBN 978-0-7360-4257-4

\$55.00 (\$75.95 CDN, £35.50 UK, €53.25 EURO, \$109.00 NZ)



Your Personal Trainer

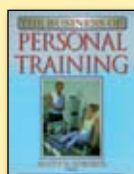
Douglas Brooks

©1999 • Paperback • 264 pp

ISBN 978-0-88011-861-3

\$22.95 (\$28.95 CDN, £15.99 UK, €23.99 EURO,

\$48.90 NZ) T



The Business of Personal Training

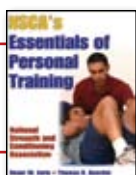
Scott O. Roberts, PhD, CSCS, Editor

©1996 • Paperback • 152 pp

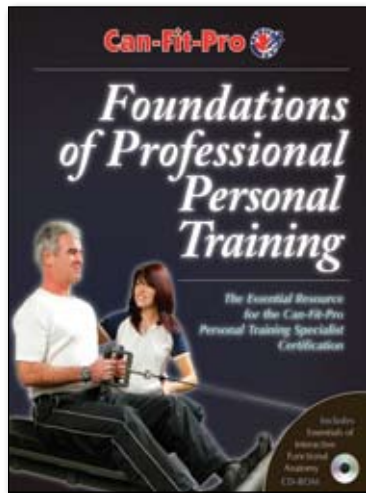
ISBN 978-0-87322-605-9

\$30.00 (\$41.50 CDN, £20.50 UK, €30.75 EURO,

\$63.00 NZ)



For more information on NSCA's Essentials of Personal Training, please see page 37!



New!

The essential resource for the Can-Fit-Pro Personal Training Specialist certification

Audiences: A training manual for the Can-Fit-Pro Personal Training Specialist certification candidates.

Can-Fit-Pro's *Foundations of Professional Personal Training* is the resource you need to build not only your fitness expertise but also your assessment prowess, communication skills, and business knowledge. Written by Can-Fit-Pro, a certification and continuing education provider for Canadian fitness professionals, *Foundations of Professional Personal Training* is the manual used for the Can-Fit-Pro Personal Training Specialist certification program.

The text includes the essentials of fitness theory and practical application, client assessment and screening, safety considerations, and program design. This information is complemented by chapters on the business of personal training, the psychology of personal training, the purpose and goals of Can-Fit-Pro certification, and a section on evaluation standards. Included with the book is a special bonus CD-ROM titled *Essentials of Interactive Functional Anatomy (IFA Essentials)*. It is a valuable guide to structural anatomy for personal trainers at any stage of their career.

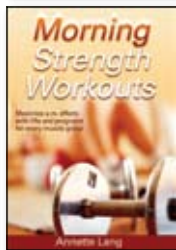
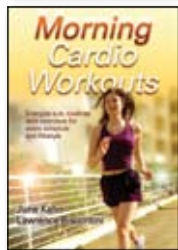
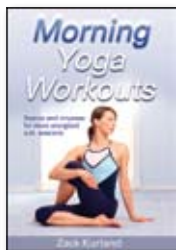
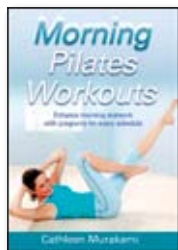
Study Guide also available!

Can-Fit-Pro's *Study Guide for Foundations of Professional Personal Training* will fully prepare you for Can-Fit-Pro's Personal Trainer certification program. In the study guide, you will find many helpful resources:

- Multiple forms such as evaluations and client history forms
- Sample multiple-choice and fill-in-the-blank questions similar to the questions on the certification test
- All of the key preparation information you will need for the theoretical and practical tests

Foundations of Professional Personal Training 
Canadian Fitness Professionals
©2007 • Paperback with CD-ROM • Approx. 368 pp
ISBN 978-0-7360-6910-6
\$45.00 (\$59.00 CDN, £27.50 UK, €41.25 EURO, \$82.00 NZ)

Study Guide for Foundations of Professional Personal Training
Canadian Fitness Professionals
©2007 • Paperback • Approx. 128 pp
ISBN 978-0-7360-6911-3
\$16.00 (\$20.00 CDN, £10.00 UK, €15.00 EURO, \$29.00 NZ)



Morning Workout Series

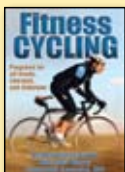
Early-morning workouts rev up metabolism, jump-start energy levels, accommodate busy schedules, and accelerate the ability to burn calories throughout the day. The *Morning Workout* series is a four-book collection that offers great variety to this dedicated audience. From the mat to the weight bench to the treadmill and beyond, each book categorizes workouts according to intensity and time commitment. Workout support is also provided for key areas like sleep and rest needs, fitness and motivation boosters, and advice on injury prevention. With tips on nutrition and environment, this series has an all-inclusive plan to fit any morning schedule.

Morning Pilates Workouts
Cathleen Murakami
©2007 • Paperback • 232 pp
ISBN 978-0-7360-5954-1
\$16.95 (\$19.95 CDN, £11.99 UK, €17.99 EURO, \$35.90 NZ)

Morning Yoga Workouts
Zack Kurland
©2007 • Paperback • 232 pp
ISBN 978-0-7360-6401-9
\$16.95 (\$19.95 CDN, £11.99 UK, €17.99 EURO, \$35.90 NZ)

Morning Cardio Workouts
June Kahn and Lawrence Biscontini
©2007 • Paperback • 224 pp
ISBN 978-0-7360-6369-2
\$16.95 (\$19.95 CDN, £11.99 UK, €17.99 EURO, \$35.90 NZ)

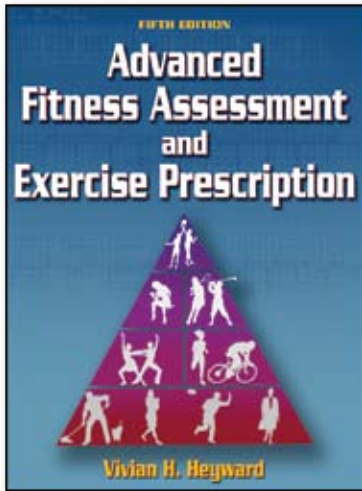
Morning Strength Workouts
Annette Lang
©2007 • Paperback • 240 pp
ISBN 978-0-7360-6064-6
\$16.95 (\$19.95 CDN, £11.99 UK, €17.99 EURO, \$35.90 NZ)



Fitness Cycling
Dede Demet Barry, Michael Barry, and Shannon Sovndal, MD
©2006 • Paperback • 200 pp
ISBN 978-0-7360-6364-7
\$16.95 (\$21.95 CDN, £11.99 UK, €17.99 EURO, \$35.90 NZ)



Fitness Walking, Second Edition
Therese Iknoian, MS
©2005 • Paperback • 192 pp
ISBN 978-0-7360-5608-3
\$16.95 (\$22.95 CDN, £11.99 UK, €17.99 EURO, \$35.90 NZ)



A complete resource for assessment and prescription

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

The fifth edition of *Advanced Fitness Assessment and Exercise Prescription* provides a comprehensive and advanced approach to physical fitness appraisal and exercise prescription. Reflective of the updates made in the seventh edition of *ACSM's Guidelines for Exercise Testing and Prescription*, this text presents a well-balanced approach to the assessment of physical fitness, addressing cardiorespiratory endurance, muscular fitness, body weight and composition, and flexibility. Pedagogical tools, a list of fitness assessment equipment and supply sources in each chapter, and several new ancillary materials are some of the many features of this fifth edition.

Packaged with this text is the supplemental online course, *Cardiorespiratory Fitness Assessment and Prescription*. The course helps to bridge the gap between research and practice by providing readers with the opportunity to work with virtual clients to test and assess cardiorespiratory fitness and design exercise programs to match their individual requirements and abilities.

Advanced Fitness Assessment and Exercise Prescription, Fifth Edition

Vivian H. Heyward, PhD
©2006 • Hardback • 440 pp
ISBN 978-0-7360-5732-5
\$72.00 (\$99.50 CDN, £47.50 UK incl. VAT, €71.25 EURO, \$145.00 NZ)


Ancillaries

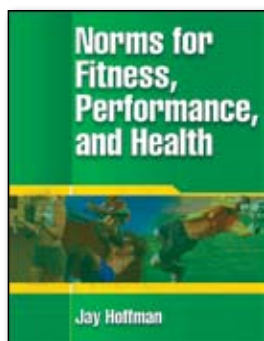
All ancillary materials are **FREE** to course adopters and available online at www.HumanKinetics.com/AdvancedFitnessAssessmentandExercisePrescription. 

Instructor Guide. Contains a sample course outline, four class projects, three case studies, guidelines for abstracts and presentations, nine laboratory experiences, formulas for calculations, conversion factors commonly used in metabolic calculations, three checklists for practical laboratory skills, and sample practice problems including answers and solutions.

Test Package. Includes a bank of 204 questions in various formats: true or false, fill-in-the-blank, multiple-choice, and short-answer questions.

Presentation Package. Includes approximately 80 PowerPoint slides of tables, photos, special elements, and appendix material from the book.

The Presentation Package is also available on CD-ROM for Windows or Macintosh • ISBN 978-0-7360-6448-4 
\$195.00 (\$268.95 CDN, £155.00 UK incl. VAT, €232.50 EURO, \$409.50 NZ)



Quick and easy reference for fitness, performance, and health norms

Norms for Fitness, Performance, and Health contains a comprehensive collection of normative data for numerous fitness, performance, and health components. It lays the foundation for working with normative data by detailing the purpose and benefits of norms. The text provides

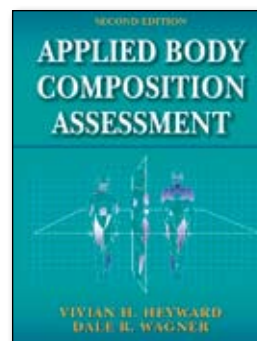
data for a variety of populations and addresses specific fitness and health components. The data also include norms for athletes as well as for specific civil service populations such as police, firefighters, and military personnel.

Norms for Fitness, Performance, and Health

Jay Hoffman, PhD

©2006 • Paperback • 232 pp • ISBN 978-0-7360-5483-6

\$34.00 (\$46.95 CDN, £22.00 UK, €33.00 EURO, \$67.00 NZ)



Discover the best methods and equations for assessing body composition

Applied Body Composition Assessment, Second Edition, addresses the principles underlying the skinfold, bioelectrical impedance, near-infrared interactance, and anthropometric methods of body composition assessment. This second edition includes equations based on the latest research, recommendations

reflecting developments in body composition methods, new material on measuring the body composition of clinical populations, and several student learning aids.


Applied Body Composition Assessment, Second Edition

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

©2004 • Hardback • 280 pp • ISBN 978-0-7360-4630-5

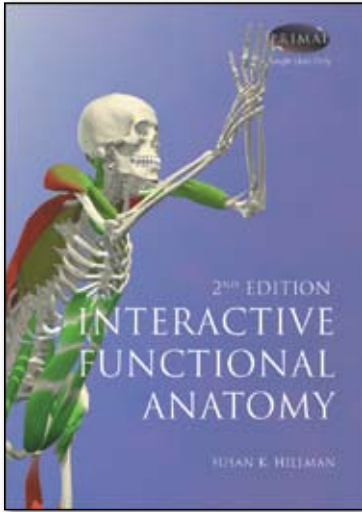
\$52.00 (\$71.95 CDN, £35.50 UK, €53.25 EURO, \$109.00 NZ)

Ancillaries

All ancillary materials for this text are **FREE** to course adopters and available online at www.HumanKinetics.com/AppliedBodyCompositionAssessment. 

Ancillaries include:

- *Instructor Guide*
- *Test Package*



Fully interactive 3-D computer graphic animations bring human anatomy to life

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

Interactive Functional Anatomy, Second Edition, aids in teaching and understanding the body musculature and motion. Primal Pictures brought together international experts to make this program an excellent resource with painstaking attention to detail and dynamic imagery. The software features computer graphic models of human anatomy derived from MRI scan data, and fully interactive 3-D animations show function.

This fully interactive software DVD-ROM allows you to export the images into PowerPoint or Microsoft Word with ease, view live-action video clips of surface anatomy and muscle action, zoom in on animations, print a selection of patient information sheets with common

conditions to save time when preparing for consultations, and learn and teach anatomy using the quiz section.

Interactive Functional Anatomy, Second Edition, also contains an anatomy section that features a high-resolution 3-D model of the human musculature. The model can be rotated and allows for layers of anatomy to be visually removed—from arteries down to major ligaments.

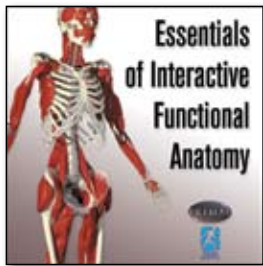
Interactive Functional Anatomy, Second Edition

Primal Pictures

©2006 • DVD-ROM • ISBN 978-1-9043-6964-6

\$275.00 (\$379.50 CDN, £170.38 UK incl. VAT,

€310.50 EURO, \$577.50 NZ)



A fully interactive study of human anatomy

Essentials of Interactive Functional Anatomy (IFA Essentials) features a complete high-resolution 3-D model of the human musculature. The CD also includes 34 animations—each of which can be viewed from four different

angles—showing clinical muscular function and providing students with a sense of the movement around joints. Four video clips of gross human motions demonstrate complete body movements, such as sit-ups and push-ups, coupled with live-action video clips showing the electrical stimuli of active muscles.

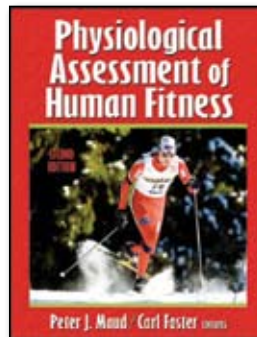
Essentials of Interactive Functional Anatomy CD-ROM

©2006 • CD-ROM for Windows or Macintosh

ISBN 978-0-7360-6499-6

\$29.95 (\$41.50 CDN, £21.99 UK incl. VAT, €32.99 EURO, \$104.90 NZ)

Please visit the Web site for system requirements.



Current methods for human fitness testing

Physiological Assessment of Human Fitness, Second Edition, summarizes the current scientific methods for assessment in areas including aerobic and anaerobic power; capacity for sustained exercise using blood lactate, respiratory markers, and heart rate markers; pulmonary gas exchange; mechanical power and strength; body

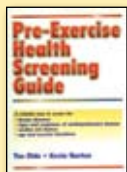
composition; joint range of motion; and field testing of athletes. Each chapter provides up-to-date coverage of topics and offers complete descriptions of techniques, procedures, and norms for accurate and effective fitness testing.

Physiological Assessment of Human Fitness, Second Edition

Peter J. Maud, PhD, and Carl Foster, PhD, Editors

©2006 • Hardcover • 328 pp • ISBN 978-0-7360-4633-6

\$62.00 (\$85.50 CDN, £40.00 UK, €60.00 EURO, \$124.00 NZ)



Pre-Exercise Health Screening Guide

Tim Olds and Kevin Norton

©1999 • Paperback • 88 pp

ISBN 978-0-7360-0210-3

\$15.00 (\$19.95 CDN, £10.00 UK, €15.00 EURO,

\$31.50 NZ)



Practical Body Composition Kit

Human Kinetics

©1995 • Kit includes guide, calipers, tape measure,

PC-compatible software, and 17-minute video

ISBN 978-0-88011-515-5

\$52.00 (\$71.95 CDN) • Not available in PAL format



New!

One-of-a-kind blended learning approach offers the most comprehensive and flexible certification available

Audiences: A certification course covering first aid, CPR, AED, emergency oxygen, and bloodborne pathogens for professional or volunteer teachers, coaches, fitness instructors, personal trainers, officials, and others working in physical activity professions.

As a fitness professional, it is part of your job to make sure that you provide clients with not only an effective work out, but a safe one. If one of your clients fall victim to an injury or sudden illness, it's important that you know how to react to the situation.

Complete Emergency Care is a unique blend of online self-study and instructor-led training that provides a practical yet comprehensive means of obtaining certification in CPR, AED, first aid, bloodborne pathogens, and emergency oxygen. For people who do not need to prepare for all the certifications offered by *Complete Emergency Care*, the course can be broken into smaller modules that offer only preparation for either CPR (at the professional or community level) or first aid certification.

Participants in *Complete Emergency Care* begin their two-step training process with the online course. Its interactive, scenario-based format uses situations to help participants learn lifesaving training within their work context and be prepared to take action using the proper protocol when sudden illness or injury occurs.

After completing the online course, participants attend an instructor-led session. During this session, participants work through a series of scenarios to practice the skills and knowledge gained in the online course and complete a written test and practical exam to receive certification through the American Safety & Health Institute (ASHI).


Club owners or managers will find that *Complete Emergency Care's* in-house training option makes certifying staff easier than ever. With

minimal investment, a member of your staff can complete an ASHI certification process to become instructors, enabling your facility to become a training center. As a training center, you can provide in-house emergency care certification when needed, without relying on outside certification agencies. Plus, you'll have the potential to generate additional income by offering *Complete Emergency Care* courses and ASHI certification to your patrons. With *Complete Emergency Care*, you can manage training costs, increase flexibility in scheduling, and contribute to the health and safety of your staff, your clients, and your community.

The course textbook, *Complete Emergency Care*, is included with the course. And, by purchasing the optional Family and Friends CPR Anytime Kit, participants can get their own portable CPR manikin so they can practice CPR while role-playing the numerous interactive scenarios and the virtual CPR activity included in the online course.

Complete Emergency Care

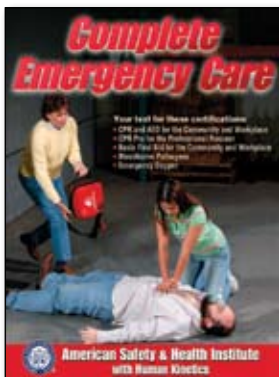
Human Kinetics with the American Safety & Health Institute

©2007 • Online course: EC-AP 501 

Without CPR Anytime Kit: ISBN 978-0-7360-7218-2
\$35.00 (\$45.50 CDN, £25.00 UK incl. VAT,
€37.50 EURO, \$73.50 NZ)

With CPR Anytime Kit: ISBN 978-0-7360-7219-9
\$65.00 (\$84.50 CDN, £46.50 UK incl. VAT,
€69.75 EURO, \$136.50 NZ)

Other versions of this course and individual course modules are available. Visit our Web site at www.EmergencyCareEducationCenter.com for details.



New!

Provide care and comfort, and save lives

Audiences: A text for those seeking certification in emergency care, CPR, or first aid. A reference for people wishing to learn more about emergency care.

Complete Emergency Care is the first text to combine training in bloodborne pathogens, first aid, CPR, and emergency oxygen all in one book. The text's design, with numerous photographs, allows readers to grasp the content and be better prepared to take action using the proper protocol in medical emergency situations. After reading this book, those wishing to obtain certification

in each area of emergency care can attend an in-person training session to test for certification.

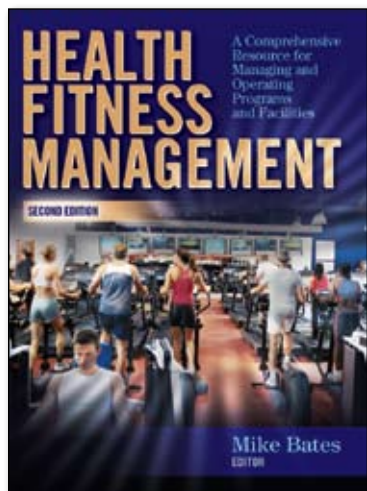
Complete Emergency Care

American Safety & Health Institute

©2007 • Paperback • 176 pp

ISBN 978-0-7360-6717-1

\$16.00 (\$20.95 CDN, £11.00 UK, €16.50 EURO,
\$33.50 NZ)



New Edition!
Available November 2007!

A completely updated guide to managing a fitness facility

Audiences: A text for upper-undergraduate-level students in exercise science or business programs, or graduate-level students taking fitness management courses. Also a professional reference for anyone interested in managing a health and fitness facility.

Health Fitness Management, Second Edition, provides an in-depth picture of the varied and rewarding role of the health and fitness club manager. With contributions from leading experts in the fitness industry, several new chapters, a more practical emphasis, enhanced features, and the addition of instructor resources, this second edition is the most authoritative and field-tested guide to management success.

Health and fitness club managers require the right mix of skills and flexibility to support the success and continued growth of their clubs. Both aspiring and practicing club managers can rely on *Health Fitness Management* to help them acquire and improve their management skills across all areas: human resources, sales and marketing, financial management, facility maintenance, program evaluation and industry perspective.

The text is updated and organized for maximum retention and easy reference. Learning objectives, key terms, and a list of references and recommended reading round out each chapter to make the material even more comprehensive to students, and a new instructor guide and test package make the text ideal for instructors teaching a course.

It provides a solid foundation for students preparing for a management career in the health and fitness industry and serves as an essential reference for professionals already enjoying the challenges and opportunities of club management.

Health Fitness Management, Second Edition

Mike Bates, Editor

©2008 • Hardback • 400 pp

ISBN 978-0-7360-6205-3

\$67.00 (\$86.95 CDN, £41.00 UK, €61.50 EURO,

\$141.00 NZ)

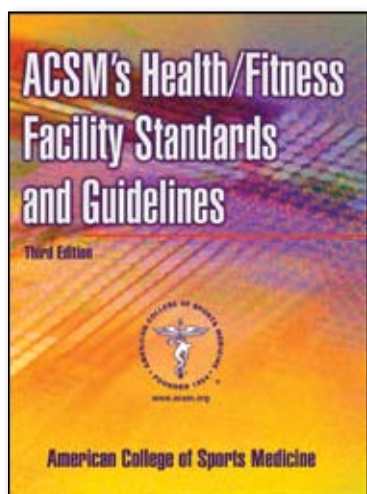
Ancillaries

All ancillary materials are **FREE** to course adopters and available online at www.HumanKinetics.com/HealthFitnessManagement. 

Instructor Guide. In the instructor guide, you will find a sample course syllabus as well as a summary for each chapter.

Test Package. The test package, created with Respondus 2.0, includes a bank of over 300 multiple-choice questions. With Respondus LE, a free

version of the Respondus software, instructors can create print versions of their own tests by selecting from the question pool; create, store and retrieve their own questions; select their own test forms and save them for later editing or printing; or export the tests into a word processing program.



A blueprint for enhancing the exercise experience at your facility

Audiences: An applied reference for health and fitness facility professionals, hospitals and other institutions, and attorneys.

Revised and updated to reflect the most current information from the American College of Sports Medicine, *ACSM's Health/Fitness Facility Standards and Guidelines, Third Edition*, outlines the proper standards and guidelines to follow for designing and operating health and fitness facilities. The book provides facility managers with the tools necessary for evaluating the quality of their facilities, staff, and programs, and it provides tips on what services, equipment, or programming they should provide to enhance the overall experience at their facility, thereby increasing and retaining membership.

By incorporating the views of industry trade organizations and fitness associations, this new third edition represents an up-to-date industry consensus on accepted standards and guidelines for staffing, programming, safety, design, and equipment.

ACSM's Health/Fitness Facility Standards and Guidelines, Third Edition, is far more applicable than previous editions. By organizing the content into chapters that feature reviews and discussions of specific focal points as well as many practical applications, the material is easy to apply in real-world situations. Each chapter is focused on a specific issue and addresses both the standards and guidelines that pertain to that issue.

ACSM's Health/Fitness Facility Standards and Guidelines, Third Edition

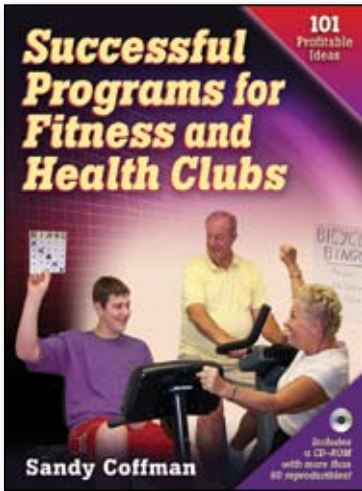
American College of Sports Medicine

©2007 • Hardback • 216 pp

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\$54.00 (\$74.50 CDN, £35.50 UK, €53.25 EURO,

\$109.00 NZ)



Create and implement successful programs

Audiences: An applied professional reference for health and fitness club managers and instructors, program directors, and personal trainers working in a club setting.

In today's world, a club needs to offer more than state-of-the-art equipment and certified fitness instructors to recruit and retain members. You need something that will appeal to your members and keep them coming back. In *Successful Programs for Fitness and Health Clubs: 101 Profitable Ideas*, you will learn how to utilize programming to meet your strategic and financial goals. Written by internationally-respected programming consultant Sandy Coffman, this book will teach you exactly what programming is and how to make it work for you.

This book presents more than 100 ready-to-use programs for use in fitness centers, group exercise studios, pools, gyms, and classrooms. The programs are designed to get hundreds of new members involved immediately. Coffman addresses the challenges faced in programming, including teaching skills, communication skills, marketing techniques, and follow-up procedures. Such programming leads to increased participation, reduced attrition, greater retention, more referrals, less downtime, and improved staff productivity.

In addition to providing vital information for planning your programs, included is a CD-ROM containing more than 60 files that will help you create support materials to get your programs started. You will find printable quizzes, flyers, score cards, invitations, scoring systems, round robin tournament schedules, and logos—most of which can be customized to include information specific to your facility, such as logo, contact names, dates, times, and more.

Follow this expert programming advice and you will be able to create, implement, and deliver successful programs that will attract and retain new members and ultimately make your club a greater success.

Successful Programs for Fitness and Health Clubs: 101 Profitable Ideas

Sandy Coffman

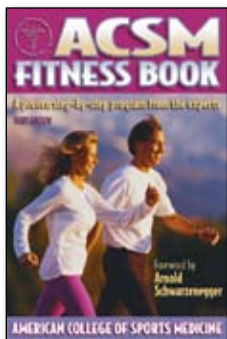
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New!



Get people started on a fitness program and keep them moving

The *ACSM Fitness Book, Third Edition* has been revised and expanded to include the latest training information from the American College of Sports Medicine.

Whether the goal is improving cardiovascular endurance, muscular strength, flexibility, or overall body condition, this text will lay out a plan

to put the target within reach. Step-by-step instruction to new insights on nutrition, weight control, motivation, and overcoming setbacks, it offers the tools readers need to develop an effective exercise program.

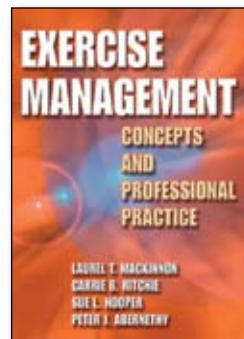
ACSM Fitness Book, Third Edition

American College of Sports Medicine

Foreword by Arnold Schwarzenegger

©2003 • Paperback • 184 pp • ISBN 978-0-7360-4406-6

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Exercise prescription for every individual

Exercise Management: Concepts and Professional Practice offers a complete guide to developing strategies for physical activity programs that meet the needs of every client.

It provides an interdisciplinary approach to developing, prescribing and delivering high-quality physical activity programs.

Explore how to individualize programs to encourage more people to participate in regular physical activity and enjoy the many health benefits.

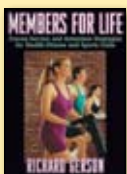
You'll have the knowledge and tools to ensure that the young or old, healthy or infirm develop and maintain physically active lifestyles.

Exercise Management: Concepts and Professional Practice

Laurel T. Mackinnon, PhD, Carrie B. Ritchie, PhD, Sue L. Hooper, PhD, and Peter J. Abernethy, PhD

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Members for Life

Richard Gerson, PhD

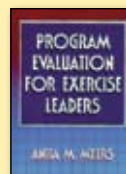
Foreword by John McCarthy

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Program Evaluation for Exercise Leaders

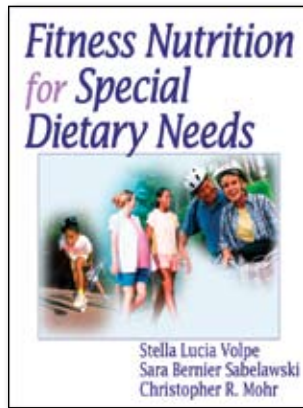
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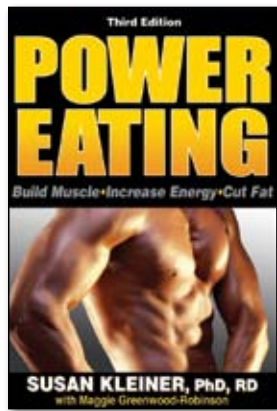
Nutrition for a variety of physically active populations

Fitness Nutrition for Special Dietary Needs is an easy-to-use reference that provides scientifically based nutrition guidelines for a wide range of physically active clients—including vegetarians, pregnant and menopausal women, children and adolescents, older adults, people with diabetes, and participants in weight-restricted sports. The text is ideal for athletic trainers and personal trainers who guide clients in proper eating for optimal exercise performance, or as a quick reference guide for professionals and active individuals.



Fitness Nutrition for Special Dietary Needs

Stella Lucia Volpe, PhD, RD, LDN, FACSM, Sara Bernier Sabelawski, MEd, RD, LDN, Christopher R. Mohr, PhD, RD, LDN
 ©2007 • Paperback • 200 pp • ISBN 978-0-7360-4812-5
 \$34.95 (\$47.95 CDN, £20.99 UK, €31.49 EURO, \$73.90 NZ)



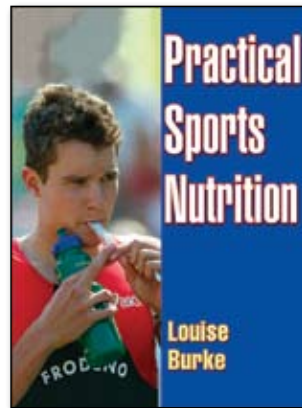
Fuel your body for maximum strength and power

Power Eating, Third Edition, is the most comprehensive book of its kind. It contains new information on the various forms of sugar, how to best integrate them into the power athlete's diet, and the benefits of slow and fast proteins. Updated chapters on supplements cover the vast array of vitamins, minerals, and herbs in this ever-changing market. More than a dozen meal plans—tailored to both

men and women, specific weights, and specific goals—plus energy-boosting recipes make for easy implementation of the nutritional strategies presented.

Power Eating, Third Edition

Susan M. Kleiner, PhD, RD, FACN, CNS, FISSN, with Maggie Greenwood-Robinson, PhD
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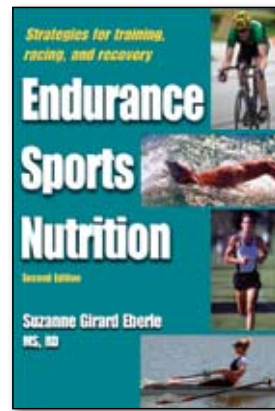


Give sport-specific nutritional advice to help athletes compete and win

Practical Sports Nutrition provides detailed, sport-specific advice that enables you to approach individual athletes and teams with an understanding of their sport and unique nutritional needs. Nutrition expert Louise Burke covers a variety of popular sports, and for each she offers a comprehensive review of competition, training, physique and physiology, lifestyle and culture, dietary surveys, and sports foods and supplements. You will learn how to translate the latest ideas on nutrition into tailored recommendations that include all phases of training and recovery. And more important, you will learn *why* those exact foods are beneficial to the athlete.

Practical Sports Nutrition

Louise Burke, PhD, APD, FACSM
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 \$74.00 (\$99.95 CDN, £47.50 UK, €71.25 EURO, \$155.50 NZ)



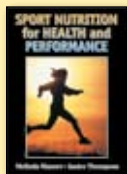
Nutritional strategies for an endurance advantage

Find your endurance advantage in the foods you eat. *Endurance Sports Nutrition, Second Edition* will help you select the best foods, fluids, and supplements to train longer, recover more quickly, avoid injuries, and achieve your performance goals in any endurance endeavor. Designed for endurance athletes of all ages and abilities, this new edition has been expanded significantly. It contains customizable menu plans, profiles and advice from elite endurance athletes, and strategies for avoiding the most

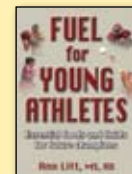
common pitfalls of endurance athletes, *Endurance Sports Nutrition* will fuel your best performance.

Endurance Sports Nutrition, Second Edition

Suzanne Girard Eberle, MS, RD
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 \$19.95 (\$24.95 CDN, £13.99 UK, €20.99 EURO, \$41.90 NZ) T



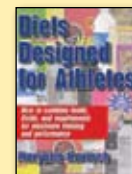
Sport Nutrition for Health and Performance
 Melinda M. Manore, PhD, RD, FACSM, and Janice Thompson, PhD, FACSM
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 ISBN 978-0-87322-939-5 • \$69.00 (\$94.95 CDN, £44.00 UK, €66.00 EURO, \$136.50 NZ)



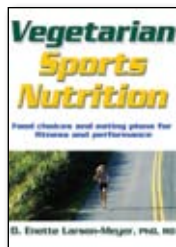
Fuel for Young Athletes
 Ann Litt, MS, RD, LD
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 ISBN 978-0-7360-4652-7 • \$17.95 (\$21.95 CDN, £11.99 UK, €17.99 EURO, \$37.90 NZ) T



Eating on the Run, Third Edition
 Evelyn Tribole, MS, RD
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 ISBN 978-0-7360-4608-4 • \$16.95 (\$24.95 CDN, £11.99 UK, €17.99 EURO, \$35.90 NZ) T



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 Maryann Karinch
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Optimize performance with the best plant-based food choices

Vegetarian Sports Nutrition details performance and health benefits, including enhanced muscle recovery and optimal bone health. With tailored meal plans and training strategies, you will learn to make smart nutritional decisions and to properly fuel your body throughout your

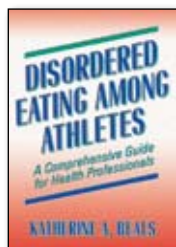
training regimen. This comprehensive resource simplifies the process of determining your energy, protein, vitamin, and mineral needs and monitoring carbohydrate and fat intake to create the optimal vegetarian diet.

Vegetarian Sports Nutrition

D. Enette Larson-Meyer, PhD, RD, FACSM

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Create your own screening and prevention program

Disordered Eating Among Athletes: A Comprehensive Guide for Health Professionals will increase your understanding of eating disorders among athletes and give you the practical information to manage athletes in need. The book synthesizes, integrates, and

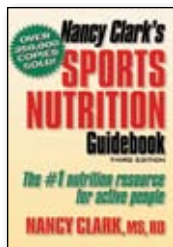
evaluates the latest research on disordered eating as it pertains to both male and female athletes.

Disordered Eating Among Athletes: A Comprehensive Guide for Health Professionals

Katherine A. Beals, PhD, RD

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Proven nutritional advice for active people

The nation's leading sports nutritionist teaches you how to eat well on a day-to-day basis as well as how to eat before games or tournaments and, just as important, how to eat afterward for optimal recovery. Clark covers current food, diet, and supplement options and explains which are best—and why—based on your individual energy needs.

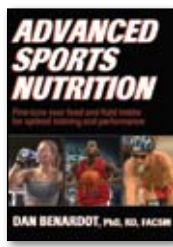
Nancy Clark's Sports Nutrition Guidebook, Third Edition

Nancy Clark, MS, RD

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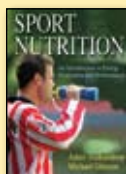
renowned sports nutritionist Dr. Dan Benardot breaks down the chemistry of improved performance into winning principles that ensure an athlete's key energy systems are properly stocked at all times.

Advanced Sports Nutrition

Dan Benardot, PhD, RD, FHCSM, DCH, LD

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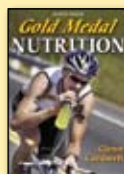
Sport Nutrition: An Introduction to Energy Production and Performance

Asker E. Jeukendrup, PhD, and Michael Gleeson, PhD

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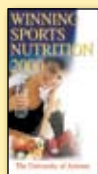
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Winning Sports Nutrition 2000 Video

University of Arizona

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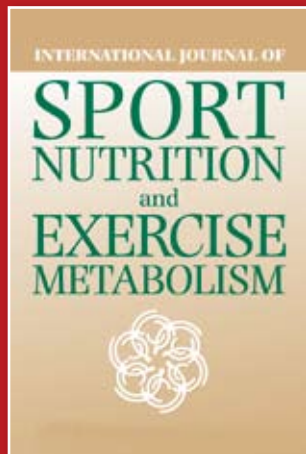
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Human Kinetics JOURNAL



International Journal of Sport Nutrition and Exercise Metabolism

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Current Volume: 18 (2008)

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The *International Journal of Sport Nutrition and Exercise Metabolism (IJSNEM)* is dedicated to providing original research in the fields of sport nutrition and exercise metabolism. The only journal devoted solely to the publication of findings in these areas, *IJSNEM* is both an important outlet for international research and a vital resource for professionals in the many fields related to nutrition and metabolism.

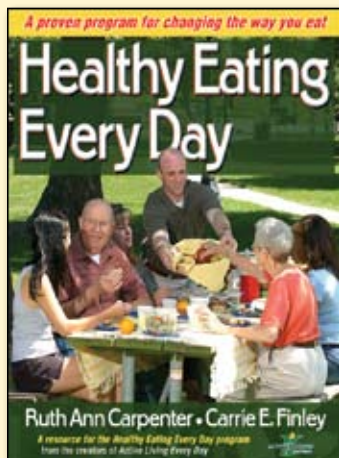
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Healthy Eating Every Day will teach participants how to choose the proper balance of the right foods for optimal health, set realistic goals and rewards, and cope with triggers for unhealthy eating. They will also learn to consider healthy eating while shopping for food, eat well when dining out or away from home, and make sense of nutrition information—all without having to eliminate entire food groups or sacrifice meals.

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- One copy of the *Healthy Eating Every Day* textbook
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Real solutions to your clientele's health concerns!

The barriers to adopting a healthy lifestyle are as varied and complex as the people trying to overcome them. Active Living Partners' programs break through those barriers by providing solutions to the problems of getting sedentary adults to become more physically active and showing people of all ages how to make nutritional changes that will have a positive impact on their overall quality of life.

Activate the inactive!

Active Living Every Day is more than just a book, it is an evidenced-based behavior change program designed to get sedentary adults moving. Each 20-week or 14-week program focuses on lifestyle management skills and realistically paced change, two key components of lasting behavior change. The length of this program allows participants to experience and overcome relapses, which programs of a shorter length (6-12 weeks) rarely account for, and to develop a community of support within their group meetings. Participants can tailor the program to meet their lifestyle, personal preferences and readiness to implement changes as they learn how to make activities they enjoy part of their fitness plan and incorporate their favorite foods within the framework of a balanced diet.

Fitness centers, worksites, hospitals, community health programs, senior residences, and universities are turning to *Active Living Every Day* to achieve their collective health and fitness goals. Here's why:

Proven effectiveness: Our research-based behavioral change programs have been proven effective in clinical trials.

Structure and support: Our program structure builds a strong foundation of behavioral change and a community of support providing momentum to extend and entrench each individual's wellness habits.

Inclusive approach: Participants build on small successes—a method that appeals even to the most sedentary individuals

Scheduling flexibility: Programs can be offered online, as a facilitator-led class, through one-to-one coaching, or a combination of these formats.

The perfect introductory program!

First Steps is the ideal way to get your clientele interested in eating better and being more active. This all-in-one journal and guidebook not only addresses the steps to follow for a healthy life, but it also provides a tangible and affordable approach to getting there, and staying there, for life.



Cost-effective investment: Members of your staff not involved in the health care field can serve as facilitators, opening up your options and making the best use of your resources. Facilitators can complete their training online.

Complete programs: We make implementation simple by providing everything you need including lesson plans, marketing materials, and consultative support.

On-going support: Our Web site offers tools to evaluate your program, and our staff is always available to answer questions or provide suggestions. Plus, Active Living Partners' monthly teleconference forums provide the opportunity to communicate with other providers, share best practices, and stay on top of the latest research in the fields of behavior change and healthy living.

For information on starting an *Active Living Every Day* program at your facility, contact Active Living Partners at 1-800-747-4457 x2516.

Active Living Every Day Participant Package


Steven N. Blair, PED, Andrea L. Dunn, PhD, Bess H. Marcus, PhD, Ruth Ann Carpenter, MS, RD, LD, and Peter Jaret

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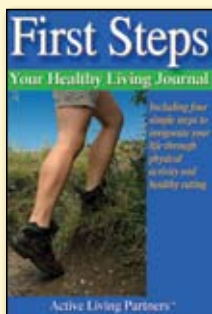
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A practical guide to planning successful programs

Audiences: *Introductory text for upper-undergraduate and beginning graduate students in health promotion programs. Also an excellent reference for professionals already working in the field, including human resources personnel and others who may not have formal health promotion training.*

Worksite Health Promotion, Second Edition, ties together the theoretical concepts of health promotion and their everyday applications and presents a step-by-step approach to planning, implementing, and evaluating programs in a variety of settings. With a broad overview of worksite health promotion and the major events in history that have stimulated it, the book enables readers to understand the role of these programs in increasing productivity and controlling health care costs.

Students using this text will find more ideas than ever for planning and launching worksite programs. The text includes new sections on programming for small and multisite companies, electronic health management communication tools, using the stages of change framework with programming incentives, medical self-care, health and productivity management, and disability management as a component of an integrated health data-management system.

Professionals using this second edition will discover the rationale and gain more justification for setting up worksite health programs. They will learn how to tailor a worksite health program to the mission, philosophy, and vision of their organizations, and they will glean ideas for addressing specific health concerns. In addition, they will examine how to design an operating plan and report results to major stakeholders.

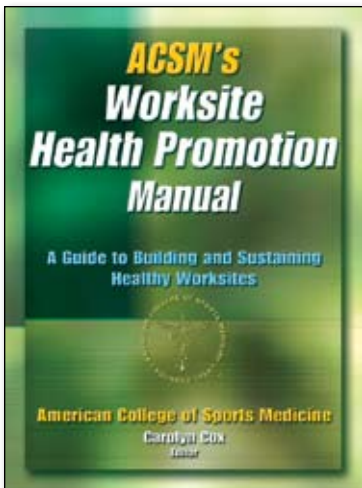
Worksite Health Promotion, Second Edition

David Chenoweth, PhD
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Evaluating Worksite Health Promotion

David H. Chenoweth, PhD
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Practical, real-world application for promoting healthy worksites

ACSM's Worksite Health Promotion Manual is the most practical resource of its kind, giving students and professionals alike the most useful information available to start, run, and evaluate worksite programs. Editor Carolyn Cox, PhD, CHES, expertly compiles dozens of proven and implemented ideas and examples from 30 of the top practitioners, researchers, and leaders in the field. The manual stresses the importance of making worksite health promotion a priority, and includes:

- Lists of resources that professionals can use to maximize program efficiency and cost effectiveness
- Examples of best practices from the profession
- A comprehensive appendix that contains 15 forms designed to guide businesses through various aspects of worksite health promotion
- Popular Web sites for health promotion

ACSM's Worksite Health Promotion Manual is an ideal reference for professionals who are setting up, running, and evaluating on-the-job programs. It's the most practical, hands-on tool available for worksite health promotion practitioners, complete with real-world case studies and objectives to help with healthy worksite promotion.

ACSM's Worksite Health Promotion Manual: A Guide to Building and Sustaining Healthy Worksites

Carolyn Cox, PhD, CHES, Editor
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Human Kinetics
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Journal of Physical Activity and Health

Harold W. Kohl III, PhD and Jennifer M. Hootman, PhD

Frequency: Bimonthly (January, March, May, July, September, November)

Current Volume: 5 (2008)

Print and online format:

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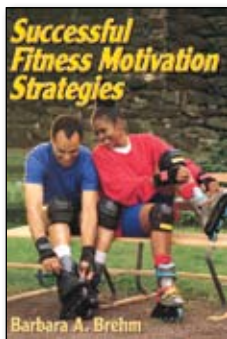
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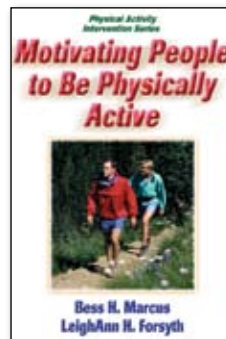
the concepts to personal experience, and narratives document how instructors have successfully used the strategies presented.

Successful Fitness Motivation Strategies

Barbara A. Brehm, EdD

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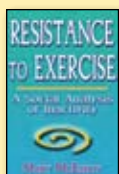
physical activity; and apply stage-specific strategies for individual, group, workplace, and community interventions. This book is part of the Physical Activity Intervention Series.

Motivating People to Be Physically Active

Bess H. Marcus, PhD, and LeighAnn H. Forsyth, PhD

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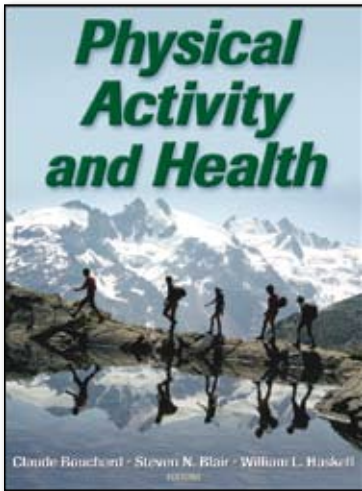
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David C. Nieman, DrPH, FACSM

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Understand the relationship between physical activity and health

Audiences: A comprehensive textbook for undergraduate and graduate students in kinesiology, exercise science, physical education, public health, health promotion, preventive medicine, and human biology.

Physical Activity and Health is the first textbook to bring together the results of the most important studies in this rapidly changing field and offers a detailed yet concise and clear presentation of key concepts. The text provides a conceptual framework to help readers relate results from single studies or collections of studies to the overall paradigm linking physical activity and physical fitness to health.

This richly illustrated textbook offers information unmatched in accuracy and reliability. It completely integrates and examines the relationship between physical activity and health by

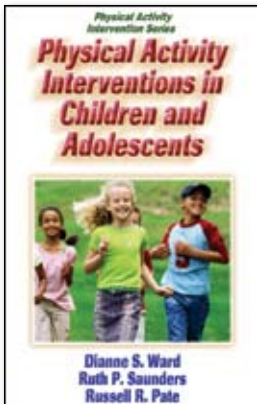
- providing a history of physical activity, and how it has affected the overall health of society;
- highlighting the differences in the effects of physical activity on fitness across age, gender, and ethnic groups;
- describing how various systems of the human body respond to physical activity;

- illustrating the relationship between physical activity and health concerns such as obesity, diabetes, cancer, and mental health;
- offering guidance for determining the proper amount and type of exercise to be undertaken; and
- suggesting new directions for research in this growing and changing field.

The text explains the latest advances in understanding the effects of acute and chronic participation in physical activity and reviews the relationships between regular physical activity and health outcomes. It also focuses on the prevention of diseases, quality of life, and well-being.

Physical Activity and Health

Claude Bouchard, PhD, Steven N. Blair, PED, and William L. Haskell, PhD, Editors
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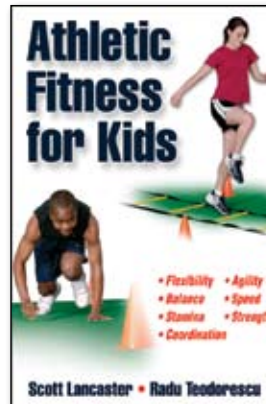
A practical approach to designing and implementing interventions

Physical Activity Interventions in Children and Adolescents offers a clear and reader-friendly overview of theories of behavior change that have been used in developing physical activity interventions. Professionals are provided with the information they need to design and implement their own interventions in various settings, including school, community, and family environments. Readers will learn to assess and measure

physical activity and develop collaborative relationships among agencies and organizations to promote physical activity for youth in the community.

Physical Activity Interventions in Children and Adolescents

Dianne S. Ward, Ruth P. Saunders, and Russell R. Pate
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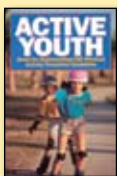
Build the foundation for athletic excellence

Athletic Fitness for Kids provides effective strategies for youth coaches and parents of 8- to 13-year-olds to use in developing the seven key skills athletes need to excel: flexibility, coordination, balance, stamina, strength, speed, and agility. This book includes activities and drills to develop overall athleticism as well as sport-specific skills for baseball, basketball, football, hockey, lacrosse, soccer, and tennis. It helps kids develop physical skills in settings that are both fun and challenging and provide the foundation for athletic excellence.

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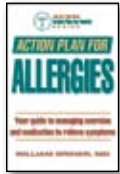
Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines
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Promoting Physical Activity: A Guide for Community Action
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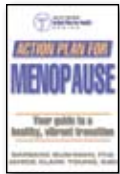
Action Plan for Health Series

The ACSM Action Plan for Health Series spotlights exercise as a means of managing the most prevalent chronic diseases and conditions. Each book covers the type and extent of exercise needed to build strength, flexibility, endurance, and features dietary guidelines along with the pros and cons of medications. Readers will gain the practical lifestyle tools needed to thrive and feel better than they ever thought possible.



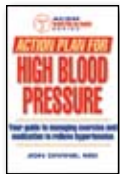
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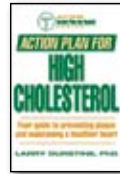
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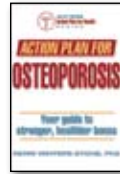
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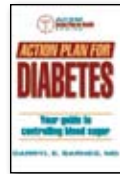
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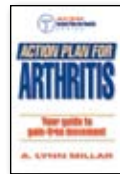
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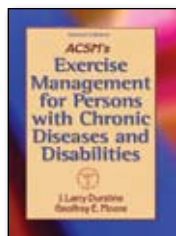
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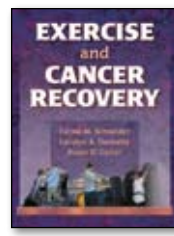
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More comprehensive than ever, the revised content of *ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, Second Edition*, includes guidance on multiple chronic diseases and additional information

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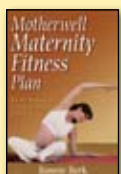
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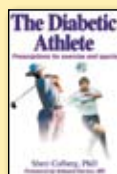
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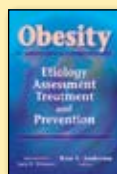
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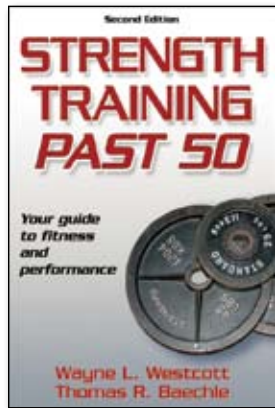
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Maintain strength through the years

Record numbers of older adults are taking advantage of all the benefits strength training has to offer. The 55- to 64-year-old bracket make up the fastest-growing population, adding more than a million weightlifters to the fold in 2005. The new edition of *Strength Training Past 50* contains even more exercises and programs for those who take an active role in improving their quality of life.

This book allows readers to assess their fitness levels and then develop age- and ability-specific programs that will improve muscle strength progressively. It

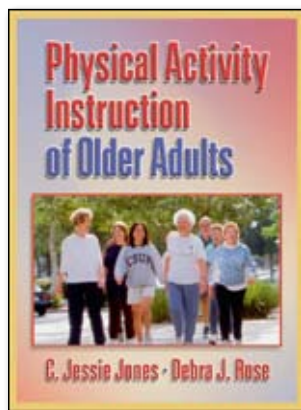
New Edition!

also provides conditioning programs to enhance sport performance in running, cycling, swimming, skiing, golf, and tennis.

Clear illustrations, precise explanations, and emphasis on proper technique using both free weights and machines, makes this book a great resource for older adults of all fitness levels.

Strength Training Past 50, Second Edition

Wayne Westcott, PhD, CSCS, and Thomas Baechle, EdD, CSCS, *D; NSCA-CPT, *D
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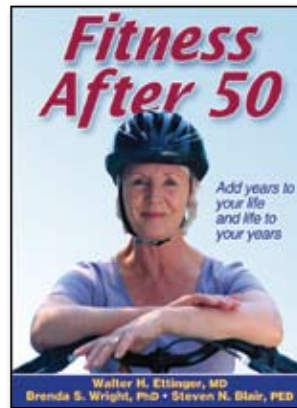
Everything you need to know to lead safe and effective exercise classes for older adults

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

A comprehensive blend of theory, practical content, and detailed instruction, the text will help the reader to synthesize the information and prepare them to design well-rounded physical activity programs for older adults. Other elements include chapter objectives, introductions, summaries, study questions, key terms, and key points.

Physical Activity Instruction of Older Adults

C. Jessie Jones, PhD, and Debra J. Rose, PhD
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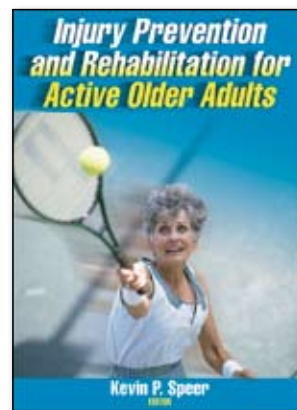
Add years to your life and life to your years

With a population of 76 million, baby boomers now are the largest group of health care consumers in the United States. The oldest members of this generation have reached the age of 60, and their expectations to remain healthy have risen in line with their years. *Fitness After 50* serves as the self-help guide that baby boomers and beyond need in order to achieve the optimal health and fitness they want to maintain for years to come.

This combined resource and workbook addresses the inherent challenges that older adults often encounter in their quest to become and remain physically active. Readers will learn how to select activities that meet their abilities and lifestyles, even in the face of health conditions like arthritis and heart disease. More than 50 checklists and reproducible forms are provided so that readers can simply fill in the blanks to create a program suited to their needs.

Fitness After 50

Walter H. Ettinger, MD, Brenda S. Wright, PhD, and Steven N. Blair, PED
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Prevent, diagnose, and treat injuries in active older adults

Injury Prevention and Rehabilitation for Active Older Adults provides a valuable resource to help sports medicine professionals prevent, diagnose, and treat injuries for this growing population.

It emphasizes conservative treatment over surgery and guides readers in knowing when to refer a client to a surgeon, how to prepare a client for what might happen when referred,

and what type of surgery might be indicated. Accompanying photos and illustrations show stretches for all parts of the body, exercises for injury prevention and rehabilitation, diagnostic techniques, and various treatment options.

Injury Prevention and Rehabilitation for Active Older Adults

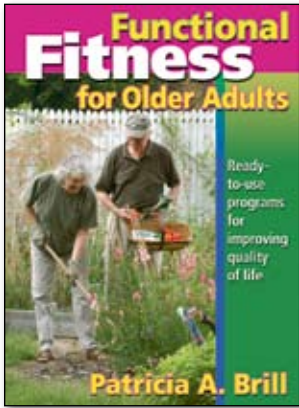
Kevin Speer, MD, Editor
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Measurement Issues in Aging and Physical Activity
Weimo Zhu, PhD, and Wojtek Chodzko-Zajko, PhD
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Fitness Forever
Tahoe Forest Hospital
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Practical programs for improving quality of life

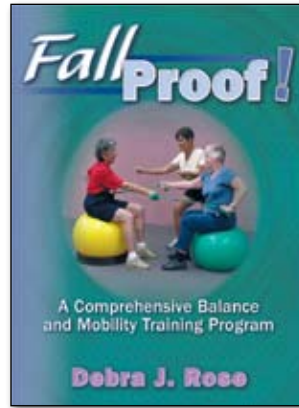
Functional Fitness for Older Adults is an illustrated guide for activity professionals working with adults over the age of 65—especially those who are unable to complete activities of daily living because of poor functional fitness levels.

The book includes a variety of specialized activity programs that are developed to meet the specific needs of older adults. They are designed

to improve upper- and lower-body strength, balance, range of motion, and functional performance. Each exercise program works easily with busy schedules, a variety of participants' needs, and institutional budgets.

Functional Fitness for Older Adults

Patricia A. Brill, PhD
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A multidimensional, field-tested approach to improve balance and mobility

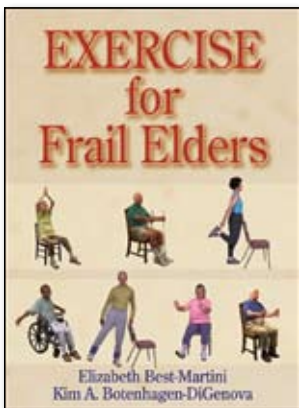
FallProof! is the first comprehensive and structured balance and mobility training program to address the needs of the aging population.

Research has shown that falls occur as a result of multiple risk factors, both internal and external, and the interplay of multiple body systems. *FallProof!* presents

a multidimensional approach that systematically manipulates the individual's internal capabilities, the goals of the task being performed, and the environment in which the task is performed. It will prove a valuable resource for physical activity instructors and health care professionals working with older adults in physical activity settings, and it will also be helpful for assessing and designing programs to improve mobility and balance.

FallProof! A Comprehensive Balance and Mobility Training Program

Debra J. Rose, PhD
 ©2003 • Paperback • 312 pp • ISBN 978-0-7360-4088-4
 \$54.00 (\$74.50 CDN, £35.50 UK, €53.25 EURO, \$109.00 NZ)



Develop exercise programs that meet the needs of frail elders and adults with special needs

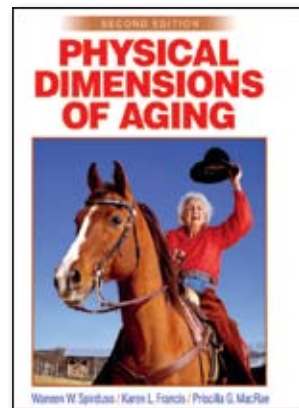
Exercise for Frail Elders assists you in designing an exercise program as part of either a general recreation, wellness, restorative, or rehabilitation program. It is a practical reference for those instructors working with seniors, the frail elderly, and other special adult populations.

Most older adults have special needs, and this guide will equip leaders to teach exercise to *all* older adults. *Exercise for Frail Elders* offers assistance with the challenges inherent when working with older adults. At the same time, the text shows leaders how to promote a sense of fun and social connectedness in an exercise program.

This text is unique in presentation and explanations that show how to design, present, and adapt an exercise program to meet the needs of older adults. The information is presented in a user-friendly format and includes reference charts, forms, checklists, and exercise recommendations for a comprehensive list of diseases and disorders.

Exercise for Frail Elders

Elizabeth Best-Martini, MS, and Kim A. Botenhagen-DiGenova, MA
 ©2003 • Paperback • 240 pp • ISBN 978-0-7360-3687-0
 \$37.00 (\$50.95 CDN, £24.00 UK, €36.00 EURO, \$73.50 NZ)



Understanding the aging process and its effects on all areas of life

Physical Dimensions of Aging, Second Edition, will keep students and professionals up to date on the outcomes of the latest research studies and their implications for the elderly in the real world. Physical aging affects us cognitively, psychologically, socially, and spiritually. The book discusses how people age physically and how this

aging affects other dimensions of life.

The second edition of *Physical Dimensions of Aging* has been updated to integrate research findings on physical aging from more than 100 different journals in myriad fields, creating interdisciplinary coverage on the topic. It provides students and professionals with what they need to know about physical aging in order to conduct clinical research and to work with clients and patients. In doing so, it retains its landmark status as the definitive reference on aging.

At a time when many people are telling older adults what they *can't* do, professionals should be telling them what they *can* do. This text will equip professionals to do so.

Physical Dimensions of Aging, Second Edition

Waneen W. Spirduso, EdD, Karen L. Francis, PhD, and Priscilla G. MacRae, PhD
 ©2005 • Hardback • 384 pp • ISBN 978-0-7360-3315-2
 \$74.00 (\$101.95 CDN, £49.00 UK, €73.50 EURO, \$151.00 NZ)

Human Kinetics JOURNAL



Journal of Aging and Physical Activity
 Anthony A Vandervoort, PhD,
 Editor-in-Chief;
 Gareth R. Jones, PhD,
 Associate Editor-in-Chief
Frequency: Quarterly
 (January, April, July, October)
Current Volume: 16 (2008)
Print and online format:
 ISBN: 978-0-7360-5214-6

Authoritative research, reviews, and articles covering physical activity as it relates to older adults

The *Journal of Aging and Physical Activity (JAPA)* provides researchers and practitioners with up-to-date scientific information that can be directly applied to practice. *JAPA* focuses on the aging process and the role of physical activity in promoting health and preventing or delaying the onset of disability.

JAPA is an indispensable resource for gerontologists, physical therapists, medical doctors, recreation directors, and other researchers and practitioners who work with the elderly. Articles found in *JAPA* examine the development, implementation, and evaluation of physical activity programs among older adults derived from biological, behavioral, and social sciences research. In recent issues, *JAPA* has presented information about social-cognitive

determinants of physical activity in older adults, measuring the influence that neighborhood environments have on walking as exercise for the elderly, and reviewing the effectiveness of exercise interventions in reducing pain symptoms among older adults with knee osteoarthritis. Future issues of *JAPA* will contain articles with the results of properly designed, randomized trials of physical activity interventions for older adults as well as information regarding the availability of exercise programs where older adults congregate.

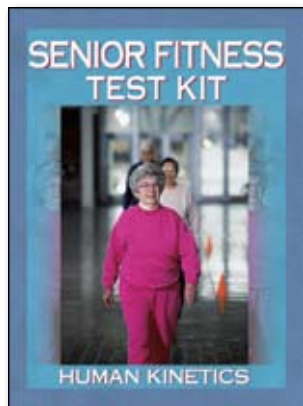
JAPA is also published in a digital format, providing online subscribers with the same authoritative content of the print edition but with the additional advantages, such as the ability to search entire issues in seconds and access to the past five years of back issues.

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Simple, easy-to-use tests that assess the functional fitness of older adults

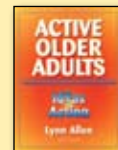
Even though physical fitness has traditionally been associated with the young through the middle-aged, it is most critical for those in their senior years.

The updated *Senior Fitness Test Kit* is an answer to the need for a simple, easy-to-use battery of test items that assess the functional fitness

of older adults. The test is safe and enjoyable for older adults, it meets standards for reliability and validity, and it has accompanying performance norms. The *Senior Fitness Test DVD* is also a companion resource to the *Senior Fitness Test Manual*. The manual, software and DVD are all sold together as the *Senior Fitness Test Kit*. The items are also available separately.

Senior Fitness Test Kit

Human Kinetics, Roberta Rikli, PhD, and C. Jessie Jones, PhD
 ©2007 • Paperback manual • Software • DVD • 176 pp
 ISBN 978-0-7360-6719-5  
 \$79.00 (\$108.95 CDN, £63.00 UK, €94.50 EURO, \$166.00 NZ)



Active Older Adults

Lynn Allen, Editor, SGMA International
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 ISBN 978-0-7360-0128-1
 \$25.00 (\$34.50 CDN, £16.00 UK, €24.00 EURO,
 \$46.00 NZ)



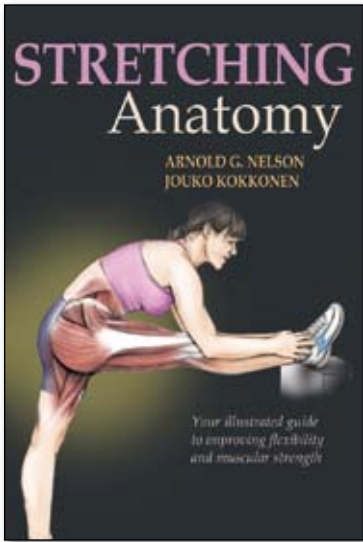
Exercise for Older Adults

American Council on Exercise
 ©1998 • Paperback • 248 pp
 ISBN 978-0-88011-942-9
 \$38.00 (\$52.50 CDN, £24.50 UK, €36.75 EURO,
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Exercise Programming for Older Adults

Kay A. Van Norman
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Improve flexibility with detailed illustrations of muscles in action

Stretching Anatomy hits the market as the only book that provides fully detailed anatomical illustrations of each muscle activated during any given stretch. Flexibility is an important component of overall fitness and strength, so this book is a perfect complement to the bestselling *Strength Training Anatomy* and *Women's Strength Training Anatomy*, which have sold more than 600,000 copies combined. Like these titles, *Stretching Anatomy* is akin to having a full-color X-ray for every stretch, starting at the neck and working all the way down to the feet.

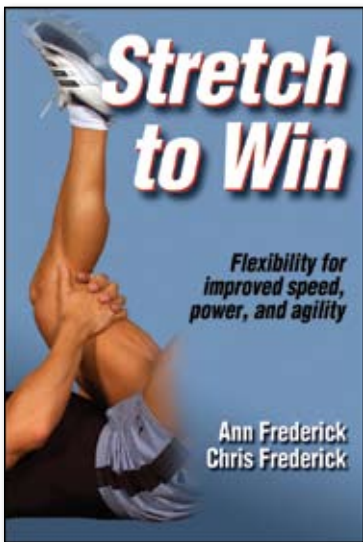
Stretching provides numerous benefits, including improved flexibility, stamina, and muscular strength and reduced muscle soreness. This book shows detailed instruction on changes in position to alter the muscle emphasis and

difficulty and variations to improve safety and effectiveness. Tables that detail joint movement round out each chapter, summarizing all of the muscles depicted, along with the actions these muscles generate at the various joints. In turn, readers can create targeted routines for performance, warm-up, soreness, or injury recovery.

Stretching Anatomy is the must-have resource for fitness enthusiasts, athletes, and health professionals looking to maximize their stretching routines.

Stretching Anatomy

Arnold G. Nelson, PhD, and Jouko Kokkonen, PhD
©2007 • Paperback • 160 pp
ISBN 978-0-7360-5972-5
\$19.95 (\$24.95 CDN, £13.99 UK, €20.99 EURO, \$41.90 NZ) T



Be flexible to train and perform your best

For more than a decade, the Stretch to Win system has proven its championship form. Elite athletes from several sports have benefited from this flexibility training method. Now, this same performance-enhancing stretching system is available to all coaches, athletes, trainers, and therapists in *Stretch to Win*.

The scientifically based program starts with evaluation tools that readers can use to create a personal flexibility assessment. Based on that evaluation, they can then create a customized stretching matrix that optimally trains the muscles and connective tissue most pivotal to performance in their sport, position, or event.

The exercises, progressions, and programs in *Stretch to Win* will bolster athletes' performance. More important, the dynamic flexibility they develop through this training system will allow them to push their bodies to the limit and excel in modern sports competition.

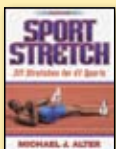
Stretch to Win

Ann and Chris Frederick
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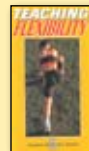


Savvy Stretch Coach, Version 2.0
Savvy Knowledge Systems Corp.
©2007 • CD-ROM for Windows and Macintosh
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Michael J. Alter, MS
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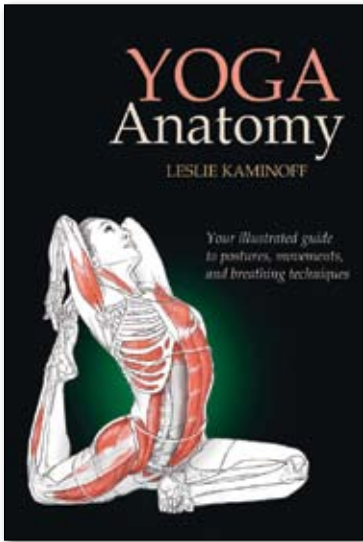


Flexibility for Sports and Fitness Video
Human Kinetics
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ISBN 978-0-88011-694-7 • \$24.95 (\$31.95 CDN)
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Like an X-ray inside every pose!

The deepest principles of yoga are based on a subtle and profound appreciation for the human body. *Yoga Anatomy* brings the inherent relationship between yoga and anatomy to life with full-color, detailed anatomical illustrations that are like viewing X-rays of the body within the scope of yoga's customary postures.

See inside every yoga pose! With clear, expert instruction and full-color, detailed anatomical drawings, *Yoga Anatomy* depicts the most common asanas to provide a deeper understanding of the structures and principles underlying each movement and of yoga itself. This book arranges yoga postures and exercises into six sections using the base of support of each pose as a guide: standing, sitting, kneeling, prone, supine, and arm supports. Postures are further categorized according to the spinal

movements involved: forward bending, backward bending, twisting, side bending, and spinal lengthening. Throughout, particular emphasis is placed on how the breath and the spine create support or release in the various practices and how the muscles coordinate in stretching, mobilizing, and stabilizing actions.

Whether you are just beginning your journey or have been practicing yoga for years, *Yoga Anatomy* will be an invaluable resource—one that allows you to see each movement in an entirely new light.

Yoga Anatomy

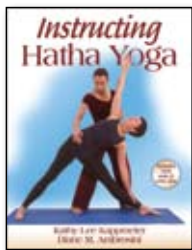
Leslie Kaminoff

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The all-in-one resource for yoga instruction

Yoga is one of the fastest-growing fitness activities in the United States, and qualified yoga instructors are in high demand. *Instructing Hatha Yoga* describes the qualities and knowledge yoga instructors need in order to be competent and effective teachers. It covers all

aspects of successful instruction.

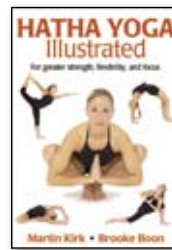
Developed in line with the standards of the Yoga Alliance and its national Yoga Teachers' Registry, this book helps instructors develop the attributes they need in order to be qualified teachers who facilitate students' learning and awareness in the practice of yoga.

Instructing Hatha Yoga

Kathy Lee Kappmeier and Diane M. Ambrosini

©2006 • Paperback with DVD • 360 pp • ISBN 978-0-7360-5209-2

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Picture this—your personal physical yoga program

Hatha yoga provides a greater physical challenge and keener body awareness in each training session. *Hatha Yoga Illustrated* presents, from start to finish, 77 standard poses from hatha yoga that apply to all major hatha styles including Iyengar, Astanga, Anusara, and

Bikram. Explanations of physical and mental benefits accompany each pose, as do several pose variations based on personal preference, ability, and fitness level. This book is sure to be the preferred guide by those who want to engage their muscles, as well as their minds, in this popular activity.

Hatha Yoga Illustrated

Martin Kirk and Brooke Boon

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In total, more than 800 photos and well over 200 exercises are featured in combination with Isacowitz's Block System, which provides a meaningful way

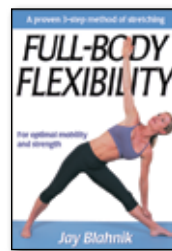
to categorize and properly sequence the vast collection of exercises presented. In *Pilates*, participants will discover a contemporary approach to realizing all that Pilates has to offer for improving fitness, appearance, performance, and well-being.

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Rael Isacowitz

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A unique system for lengthening and strengthening muscles

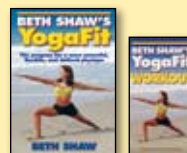
Full-Body Flexibility combines the best training methods for increasing flexibility, strength, and muscle balance to enhance both fitness and sports performance. For easy reference, the stretch sequences are organized the way readers train for sports and fitness activities and by type of movement.

Full-Body Flexibility

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Beth Shaw's YogaFit Workout Package

Beth Shaw

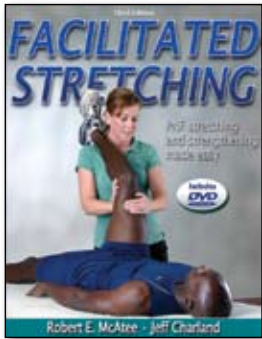
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Facilitated Stretching, Third Edition

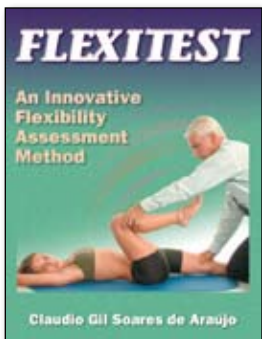
Robert McAtee, BA, LMT, CSCS, Jeffrey Charland, PT, ATC, CSCS, GDMT
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Ancillaries

All ancillary materials for this text are **FREE** to course adopters and available online at www.HumanKinetics.com/FacilitatedStretching.

Test Package. Created with Respondus 2.0 and features 176 questions in various formats including multiple choice, true-or-false, and fill-in-the-blank covering the key information in each chapter.

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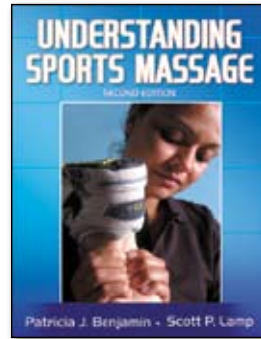
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Flexitest: An Innovative Flexibility Assessment Method introduces a simple, easy-to-learn grading system that simultaneously measures and evaluates the flexibility of 20 different joints during individual movements. Now you will be able to really evaluate, rather than just measure, flexibility for

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Flexitest: An Innovative Flexibility Assessment Method

Claudio Gil Soares de Araújo, MD, MSc, PhD
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Updated guide to developing sports massage skills and programs

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The result is a comprehensive and richly detailed guide to providing the best sports massage in a variety of settings and to developing a top-notch sports massage program in a school or university, a health club or organization, or a clinic or private practice.

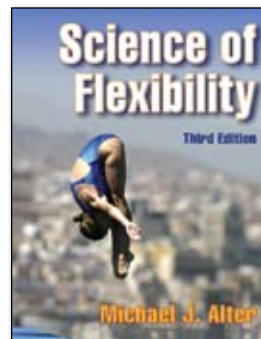
Understanding Sports Massage, Second Edition

Patricia J. Benjamin, PhD, and Scott P. Lamp
©2005 • Paperback • 168 pp • ISBN 978-0-7360-5457-7
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Gain a well-rounded understanding of the principles underlying stretching and flexibility with the updated third edition of *Science of Flexibility*. This practical text includes illustrated stretching exercises with a concentration on muscle structure and the technical nature of stretching. You will learn about the principles and clinical aspects

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Science of Flexibility, Third Edition

Michael J. Alter, MS
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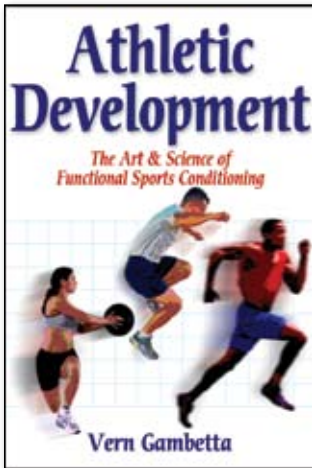
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Robert K. King
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Understand and apply functional conditioning for optimal performance

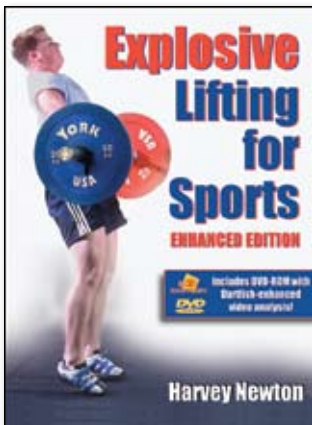
In *Athletic Development*, Vern Gambetta details proven, innovative methods for enhancing athletes' work capacity and movement skills. The book includes never-before-published details on the sport-specific demands analysis he uses to design targeted training regimens and the athletic life-span training plan he employs for long-term participation and performance benefits. Sample training applications are provided throughout to demonstrate how the concepts are best implemented based on the stage of the season and the athlete's sport, position, stage of development, and fitness level.

This book is the definitive resource on functional sports training. Not only does it highlight the best conditioning protocols of today, but it also sets the stage for optimizing sports performance in the future.

Athletic Development: The Art & Science of Functional Sports Conditioning

Vern Gambetta

©2007 • Paperback • 312 pp • ISBN 978-0-7360-5100-2
\$19.95 (\$24.95 CDN, £13.99 UK, €20.99 EURO,
\$41.90 NZ) T



Explosive weightlifting to boost performance

The movements used in competitive weightlifting—the snatch, clean, jerk, and their variations—are widely acknowledged as important power-development exercises for major team and individual power sports. *Explosive Lifting for Sports* was already an ideal tool for power sports training; now, with an all-new DVD-ROM included, this resource has an enhanced visual presentation that establishes a new benchmark for execution of these popular lifts.

lift correctly with step-by-step instructions and accompanying photos. It outlines key technical adjustments and exercise options for athletes of various body types.

Explosive Lifting for Sports, Enhanced Edition

Harvey Newton

©2006 • Paperback with DVD • 208 pp
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£15.99 UK, €23.99 EURO, \$45.90 NZ) T

Written by Harvey Newton, former U.S. Olympic team weightlifting coach and former executive director of the National Strength and Conditioning Association, the book explains how to perform each

DVD available separately
Human Kinetics
©2005 • DVD • 45 min
ISBN 978-0-7360-6024-0
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Gain a step on the competition

In this new edition of *Training for Speed, Agility, and Quickness* an action-packed bonus DVD further enhances instruction by demonstrating 65 key drills from the book. In addition, the book includes more than 20 new drills and chapters, expanded to address topics of great importance across all sports: balance, reaction time, and body mechanics.

difference in competition. *Training for Speed, Agility, and Quickness* is the modern athlete's conditioning manual for swift-footed movement and an optimal level of performance.

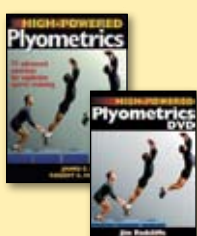
Training for Speed, Agility, and Quickness, Second Edition

Lee Brown, EdD, CSCS, *D, FACSM,
and Vance Ferrigno, Editors

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\$21.95 (\$28.95 CDN, £17.99 UK incl. VAT,
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In recent years speed, agility, and quickness have become even greater factors in determining athletic success, and even seemingly small improvements in these areas can make a huge

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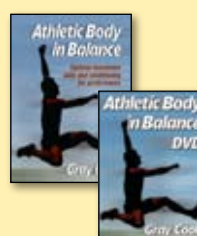


High-Powered Plyometrics

James Radcliffe and Robert Farentinos, PhD
Foreword by Vern Gambetta

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Book and DVD are also sold separately. Please visit our Web site for details.

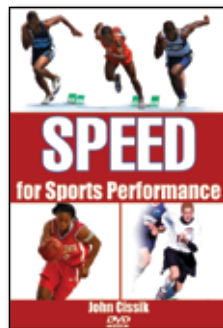
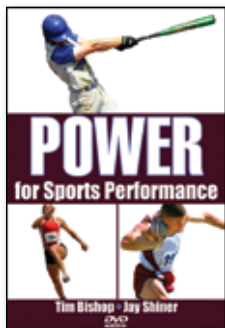


Athletic Body in Balance

Gray Cook

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ISBN 978-0-7360-6412-5
\$49.95 (\$68.95 CDN, £36.99 UK incl. VAT,
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Meet the training demands of serious athletes across all sports

The Sports Performance DVD Series demonstrates that optimum training translates to optimal performance. Each DVD begins with a series of assessments, which identify the athlete's strengths and weaknesses and establish a baseline for customizing training programs. From there, numerous exercise options and

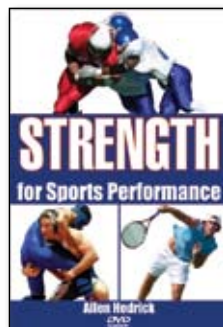
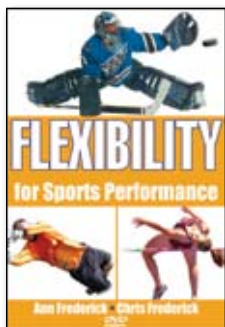
sample workouts are provided, all of which may be tailored to address the demands of specific sports and specific positions. With the capability to print programs and workouts from each DVD, instruction from the Sports Conditioning DVD Series can be taken directly from the computer to the gym or field.

Power for Sports Performance DVD


Tim Bishop, Jay Shiner
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John Cissik
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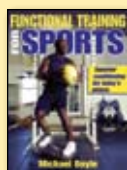
Ann Frederick, Christopher Frederick
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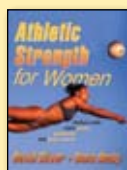
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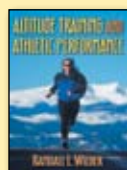
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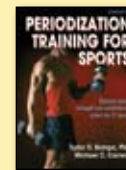
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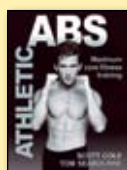
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Periodization Training for Sports, Second Edition
Tudor Bompa, PhD and
Mike Carrera
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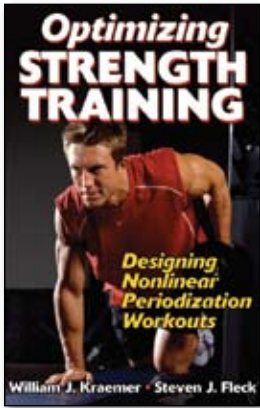
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Thomas A. Wilson, OD, FCOVD,
and Jeff Falkel, PhD, PT, CSCS, *D
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Sports Power
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A unique approach to traditional periodization training

The strength training strategy of linear periodization has long been recognized as an efficient system of resistance training. But—until now—no one had researched and explored the potential benefits of a nonlinear periodization training program.

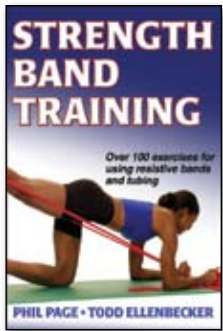
This text explains how nonlinear periodization works and then demonstrates how to create nonlinear periodization training programs, including programs for special populations. Readers will learn that by creating different workouts for each day,

they can emphasize exclusive training styles in every workout to maximize adaptation as well as ensure adequate recovery from the rigors of training.

With knowledge gained through *Optimizing Strength Training: Designing Nonlinear Periodization Workouts*, professionals, coaches, fitness enthusiasts, and students will find themselves on the cutting edge of resistance training, able to employ this unique method of training that leads to superior performance.

Optimizing Strength Training: Designing Nonlinear Periodization Workouts

William J. Kraemer, PhD, and Steven J. Fleck, PhD
©2007 • Paperback • 256 pp • ISBN 978-0-7360-6068-4
\$19.95 (\$23.95 CDN, £12.99 UK, €19.49 EURO, \$41.90 NZ)



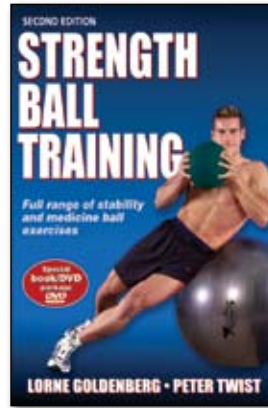
Over 100 exercises using resistive bands and tubing

Providing both fitness and performance benefits, *Strength Band Training* presents a full complement of strength training and stretching exercises through targeted fitness, sports, and travel programs. These exercises hit all of the major muscle groups and can be used at home, on the road, or in the gym combined with free weights and machines.

Resistance band training is unique in its appeal to people of nearly every fitness level and the minimal expense incurred to realize benefits. Fitness enthusiasts, serious athletes, and fitness professionals will rely on the expertise and exercise variety in this valuable book.

Strength Band Training

Phil Page, PT, ATC, CSCS and Todd Ellenbecker, PT, SCS, OCS, CSCS
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Enhance fitness and performance with the best in core exercises

This updated edition includes more than 145 progressive exercises, grouped both by function and muscle group. Develop strength, power, coordination, balance, and core stability using the medicine ball and stability ball exercises included in *Strength Ball Training*.

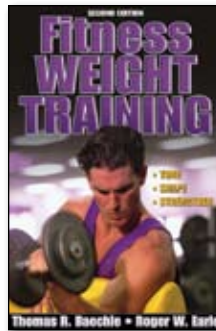
Exercises start with the core, where most movements are initiated, and then move out to the periphery, combining strength and balance in all the major muscle

groups and the supporting muscles. And the enclosed companion DVD shows you how to perform the most complex and advanced exercises.

Strength Ball Training also includes a sample 16-week program with an excellent array of strength, flexibility, and balance challenges that may also be customized to design your own strength ball program.

Strength Ball Training, Second Edition *Special book/DVD Package*

Lorne Goldenberg and Peter Twist
©2007 • Paperback with DVD • 304 pp • ISBN 978-0-7360-6697-6
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Maximize your workouts to get results

This new edition of *Fitness Weight Training* expands on Baechle's expertise as a competitor, an instructor, and a coach and includes training programs for six fitness levels.

Straightforward terminology and easy-to-follow instructions are combined with targeted workouts and the versatility to

design a program that will tone, shape, and strengthen the body. *Fitness Weight Training* is the ultimate weight training manual for those who know what they want from their training program and simply need the guidance to get there.

Fitness Weight Training, Second Edition

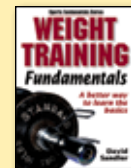
Thomas Baechle EdD, CSCS, *D; NSCA-CPT, *D and Roger Earle MA, CSCS, *D; NSCA-CPT, *D
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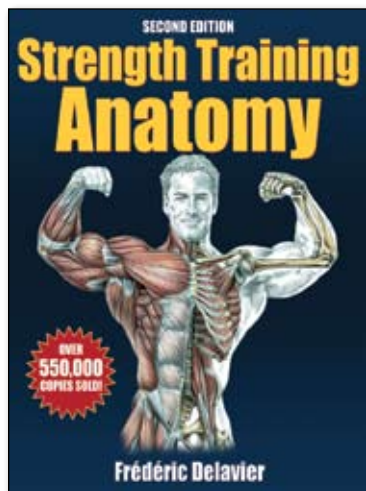
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The Scientific and Clinical Application of Elastic Resistance, Book/CD Package
Phillip Page, MS, PT, ATC, CSCS and Todd Ellenbecker, MS, PT, SCS, OCS, CSCS
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Weight Training Fundamentals
Human Kinetics, David Sandler
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ISBN 978-0-7360-4488-2
\$15.95 (\$19.95 CDN,
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Book and CD package provides an intricate look at strength training anatomy

Strength Training Anatomy, Second Edition, offers the most compelling artwork ever applied to the strength training category and returns with more illustrations and techniques for safely building muscle. Strength and fitness enthusiasts worldwide have discovered the benefits of having X-rays of hundreds of exercises, pinpointing the direct anatomical benefits of each one.

Stunning, interactive anatomical images are also now provided via Primal Pictures software program *Essentials of Interactive Functional Anatomy (IFA Essentials)* that is bound into this packaged version of the second edition. This learning tool allows the user to view the entire human body and remove anatomical structures layer by layer, through 11 layers (from skin to bone), with a unique strip-away technique. Additionally, the live-action video option allows for observation of muscle actions during various activities.

IFA Essentials includes descriptions and images of bones, ligaments, muscles, tendons, retinacula, capsules, cartilage, discs, membranes,

and other miscellaneous structures. The CD-ROM includes 34 animations and four gross motor movements showing muscle function and providing users with a strong sense of the movement around joints.

To reinforce the content, *IFA Essentials* also offers an interactive quiz. *IFA Essentials* provides excellent learning opportunities for students of human anatomy, kinesiology, and biomechanics.

Not only does *Strength Training Anatomy, Second Edition* demonstrate exercises for the entire body and showcase the muscles used, but it also delineates how these muscles interact with joints, bones, and connective tissue. Loaded with more than 400 full-color illustrations, this edition also contains new information on common strength training injuries and preventive measures for each.

Strength Training Anatomy, Second Edition
Frédéric Delavier

©2006 • Paperback with CD-ROM • 144 pp

ISBN 978-0-7360-6523-8

\$34.95 (\$47.95 CDN, £26.00 UK incl. VAT,

€39.00 EURO, \$115.50 NZ)



Get the ultimate tools for strength training instruction

Using the same masterful anatomical artwork that helped the *Strength Training Anatomy* and *Women's Strength Training Anatomy* books sell a combined 350,000 copies in the United States, the *Strength Training Anatomy* poster series consists of seven 20- x 27-inch full-color posters that fully illustrate every major muscle group.

Each region-specific poster—back, arms, shoulders, chest, abdomen, gluteals, and legs—presents nine exercise illustrations that depict the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. Presenting

more than 63 exercises in total, these posters serve as blueprints for strength trainers, bodybuilders, and professionals who wish to work each muscle group safely and maximize the benefits of every workout.

Strength Training Anatomy Poster Series
Frédéric Delavier

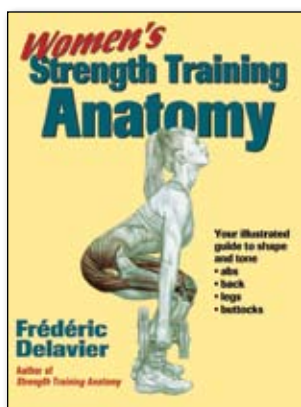
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Individual posters available separately. Visit our Web site for details.



An illustrated guide for toning the key muscles of the female anatomy

Women's Strength Training Anatomy describes and illustrates in detail exactly how women can modify movements to fit their anatomy and maximize the effectiveness and efficiency of each exercise. What makes this book unique is that readers can see the muscles at work during each exercise, like an X ray of the body in motion.

Whether the goal is more shapely legs or firmer buttocks, this guide will help women make

the most of every workout. *Women's Strength Training Anatomy* provides amazing insights to shaping and toning the muscles of the female form.

Women's Strength Training Anatomy

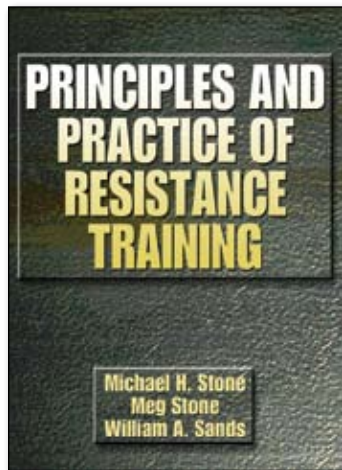
Frédéric Delavier

©2003 • Paperback • 136 pp

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New!

Create, monitor, and adapt resistance training programs to meet specific goals

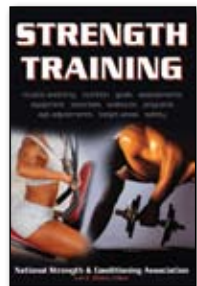
Principles and Practice of Resistance Training represents a true breakthrough in planning and monitoring strength training programs. This research-based book details how to systematically examine the physical, physiological, and biomechanical parameters associated with crafting resistance training programs to improve sport performance and strength and power in athletes.

It explores key questions that currently have no clear, scientifically proven answers. For these issues, the authors offer reasoned, speculative explanations based on the best available information and data—including anecdotal evidence—intended to stimulate additional observation and research that will eventually offer a clearer understanding and resolution of the issues involved. In sharing their personal

experiences as coaches and research scientists, the authors are able to address issues that are not normally dealt with in academic programs.

Principles and Practice of Resistance Training is far more than a general guide for strength training. It is an in-depth exploration of the science behind the training. Armed with the scientific understanding and the tools to put that information into practice, you will be able to develop training programs that help your athletes or clients excel.

Principles and Practice of Resistance Training
Michael H. Stone, PhD, Meg Stone, MS, and William A. Sands, PhD
©2007 • Hardback • 384 pp
ISBN 978-0-88011-706-7 • \$69.00 (\$94.95 CDN, £44.00 UK, €66.00 EURO, \$145.00 NZ)

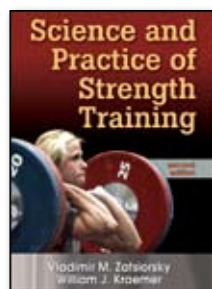


Put the strength experts' knowledge to work for you

Strength Training features an elite team of NSCA experts presenting proven exercise techniques and program prescriptions to the consumer market for the first time. This authoritative book is comprehensive yet also very user-friendly. The 96 proven exercises cover every major muscle group, while customizable

sample programs fulfill the needs of beginning, intermediate, and advanced strength trainers of all ages. Whether launching a lifting program or fine-tuning a serious fitness regimen, readers will be confident that they're doing it right with this trusted resource.

Strength Training
National Strength and Conditioning Association
©2007 • Paperback • 368 pp • ISBN 978-0-7360-6059-2
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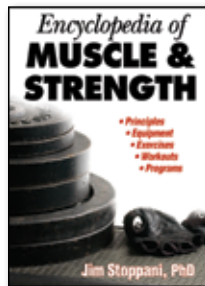


Up-to-date overview of training concepts and theories

Science and Practice of Strength Training, Second Edition, shows that there is no one program that works for any one person at all times or for all conditions. This book addresses the complexity of strength training programs while providing straightforward approaches to take under specific circumstances. Those

approaches are applied to new physiological concepts and training practices, which provide readers with the most current information in the science and practice of strength training.

Science and Practice of Strength Training, Second Edition
Vladimir M. Zatsiorsky, PhD, and William J. Kraemer, PhD
©2006 • Hardback • 264 pp • ISBN 978-0-7360-5628-1
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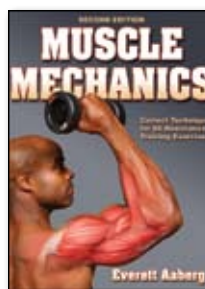
Take the guesswork out of training and develop the muscle and strength you're seeking

Encyclopedia of Muscle & Strength begins with an informative presentation of the key terminology, equipment, concepts, and innovations that make up strength training. The chapters that follow feature 255 exercises for 11 major muscle groups, along with sample

training programs for maximizing strength or building muscle mass.

Grounded in solid science and meticulously organized, the content allows readers to locate, understand, and readily apply trustworthy and cutting-edge methods to get the training results they desire. *Encyclopedia of Muscle & Strength* is a must-have reference for every strength trainer, fitness enthusiast, instructor, and professional who sets foot in the weight room.

Encyclopedia of Muscle & Strength
Jim Stoppani
©2006 • Paperback • 408 pp • ISBN 978-0-7360-5771-4
\$21.95 (\$27.95 CDN, £14.99 UK, €22.49 EURO, \$45.90 NZ) T

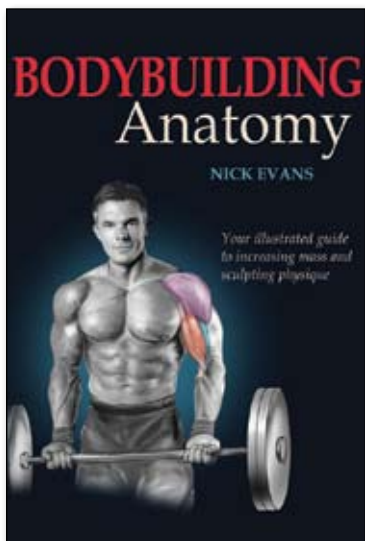


Develop muscle through smart, efficient training

In a new full-color, illustrated format, *Muscle Mechanics* shows which muscles are activated in all of the exercises depicted, along with the proper alignment, positioning, and lifting technique required for successful training.

Muscle Mechanics provides sample programs for base strength, full-body fitness, and advanced split training along with instructions to combine exercises and develop customized, targeted programs.

Muscle Mechanics, Second Edition
Everett Aaberg
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\$19.95 (\$24.95 CDN, £13.99 UK, €20.99 EURO, \$41.90 NZ) T



Focus training technique to get results

Using detailed, four-color anatomical illustrations that have proven popular with strength-training enthusiasts, *Bodybuilding Anatomy* provides a unique approach to increasing mass and sculpting physique. In addition to illustrating muscles in action, this book provides step-by-step instructions that detail the perfect technique and form for each bodybuilding exercise.

Systematically organized into muscle groups (shoulders, chest, back, arms, legs, and abdominals), this book further subdivides each body region into target zones for pinpointing those hard-to-work areas that can make all the difference between bulking up and sculpting an award-winning physique. Through the detailed illustrations, readers can see how modifications

in exercise technique influence results, and bodybuilders in particular can individualize a lifting plan based on their specific needs.

Combining the expertise of *MuscleMag International* columnist, bodybuilder, and orthopedic surgeon Dr. Nick Evans with the talent of acclaimed bodybuilding artist Bill Hamilton, *Bodybuilding Anatomy* is the ultimate training guide for bodybuilders and dedicated strength trainers.

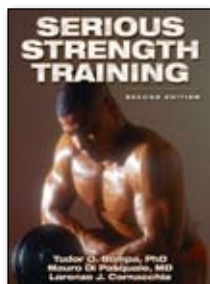
Bodybuilding Anatomy

Nick Evans

©2007 • Paperback • 200 pp

ISBN 978-0-7360-5926-8

\$19.95 (\$24.95 CDN, £13.99 UK, €20.99 EURO, \$41.90 NZ) T



A periodization program for building muscle mass and power

This new edition of *Serious Strength Training* retains all the elements of the first edition's scientifically based method for achieving the ultimate physique and builds on them with the addition of new information on nutrition and new exercises.

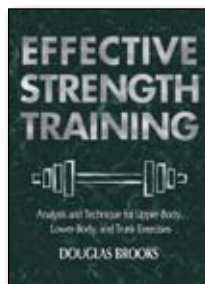
This is an expanded, periodized approach to strength training which includes periodization of nutrition. Now readers can be sure to get the most out of training by matching nutrition guidelines to each of the six training phases, maximizing their strength and muscle definition.

Serious Strength Training, Second Edition

Tudor O. Bompas, PhD, Mauro Di Pasquale, MD, and Lorenzo J. Cornacchia

©2003 • Paperback • 304 pp • ISBN 978-0-7360-4266-6

\$22.95 (\$29.95 CDN, £14.99 UK, €22.49 EURO, \$41.90 NZ) T



Expert analysis of more than 100 popular strength training exercises

With more than 100 resistance training exercises, *Effective Strength Training* is just the guide you need to ensure these exercises are performed correctly and with minimal risk. Drawing on the latest scientific principles and theories related to resistance training, *Effective Strength Training* provides the “how”

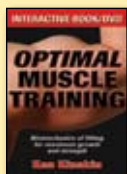
and the “why” behind the proper performance of popular upper-body, lower-body, and trunk exercises. By understanding the purpose and correct form for each exercise, you can gain the full benefit each exercise provides and avoid injury. Whether you teach strength training or do it yourself, you'll find new and helpful information that you can put to use.

Effective Strength Training

Douglas Brooks

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\$37.00 (\$50.95 CDN, £25.00 UK, €37.50 EURO, \$78.00 NZ)



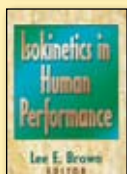
Optimal Muscle Training

Ken Kinakin

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\$27.95 (\$35.95 CDN, £21.99 UK incl. VAT, €32.99 EURO, \$58.90 NZ) T



Isokinetics in Human Performance

Lee E. Brown

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\$58.00 (\$79.95 CDN, £39.50 UK, €59.25 EURO, \$122.00 NZ)



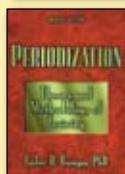
Advanced Strength Training DVD

Human Kinetics

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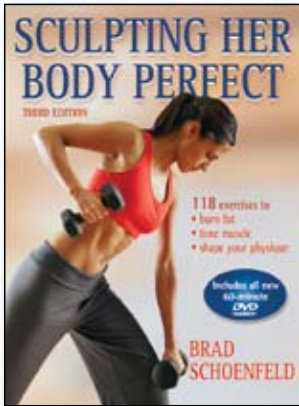


Periodization, Fourth Edition

Tudor O. Bompas

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Create your ideal physique with this book and DVD package

Sculpting Her Body Perfect presents the cutting-edge programs, endorsed by numerous fitness celebrities and models, such as Kiana Tom (star of ESPN's "Kiana's Flex Appeal"), Debbie Kruck (Ms. Fitness USA), and Heather Tom (Emmy award-winning star of *The Young and the Restless*), that Brad Schoenfeld has developed at his Personal Training Center for Women in Scarsdale, New York. The program starts with base fitness, progresses to total-body conditioning,



and finishes with advanced, focused toning for the arms, chest, back and shoulders, abs, butt, and legs. The addition of the new DVD allows for better instruction on exactly how to perform each exercise for maximum benefit. It includes home variations, pacing, and transitions that make the DVD something everyone will find indispensable when customizing a bodysculpting program. Icons throughout the book indicate when the reader can refer to the DVD for a visual demonstration.

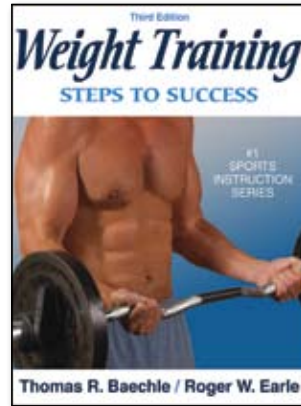
Sculpting Her Body Perfect, Third Edition

Brad Schoenfeld

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Take the guesswork out of strength training

Weight Training: Steps to Success has already helped more than 175,000 people improve muscular endurance, build strength, increase muscle mass, tone up, and enhance body composition. Now, in this third edition, strength and conditioning experts Thomas Baechle and Roger Earle provide even more detailed information within the progressive scope of this popular instruction series.

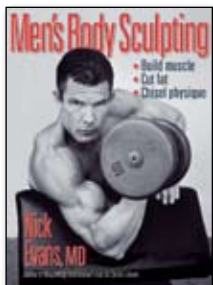
From the principles of lifting to the specifics of program design, this easy-to-use guide covers every facet of weight training. More than 30 exercises are provided to work every major muscle group along with a new section of total-body exercises that simultaneously train the upper and lower body. Readers can easily tailor exercises to meet their specific strength training goals, preferences, and equipment availability. This book breaks through all of the clutter, providing the core concepts of safe and effective weight training; clear instruction on muscle-specific exercises; and proven, customizable training routines to put it all together.

Weight Training: Steps to Success, Third Edition

Thomas R. Baechle and Roger W. Earle

©2006 • Paperback • 216 pp • ISBN 978-0-7360-5533-8

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Develop your picture-perfect physique!

Men's Body Sculpting will be the leading guide for men to create the body they've always wanted. Nick Evans is a physician specializing in sports medicine and a bodybuilding expert who is a leading advisor on advanced muscle training and shaping. He not only tells others how to get maximum results, he also practices what he preaches, as reflected by his

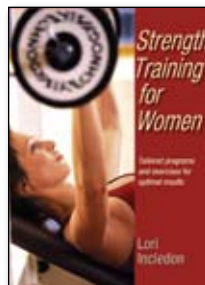
photograph on the book's front cover. In *Men's Body Sculpting* he presents three targeted programs—mass generator, body fat blitz, and hybrid hard body—that include customized calorie guidelines based on the reader's body weight and level of progression. Readers not only get a detailed prescription for training their physique from a leading authority, they also get dramatic results in as little as six weeks.

Men's Body Sculpting

Nick Evans, MD

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Take full advantage of every workout

Perfectly suited for the fast-growing, increasingly sophisticated women's fitness market, *Strength Training for Women* prescribes the most effective strength training exercises and programs along with the rationale behind them. Readers will gain insight into how the female body responds to training and come away with sample programs

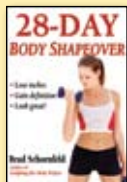
and exercises to train every area of the female form. In addition to the strength training programs provided, fat-burning circuits, bone-building regimens, and competition programs are also presented. Readers will learn to customize their training programs to maximize their own genetic makeup and unique physiology and achieve such goals.

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Lori Incledon

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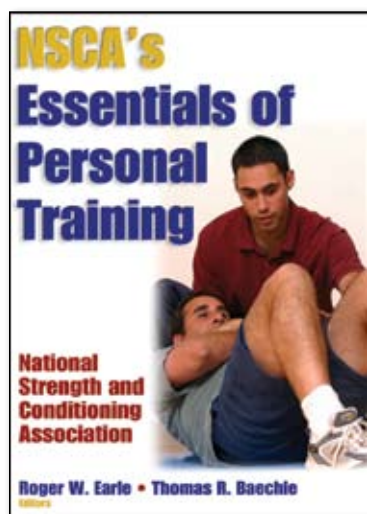
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The NSCA Certification Commission

As the certifying body of the National Strength and Conditioning Association (NSCA), the NSCA Certification Commission offers two distinctive credentialing programs. The Certified Strength and Conditioning Specialist (CSCS)[®] credential is the certification of choice for professionals who design and implement strength training and conditioning programs for athletes; whereas, the NSCA-Certified Personal Trainer (NSCA-CPT)[®] credential is an ideal certification program for those who train active and sedentary clients in one-on-one situations.

The NSCA Certification Commission's prestigious CSCS[®] and NSCA-CPT[®] certifications are the only nationally accredited certification programs in the fitness industry. They are also the only fitness-related credentials to earn recognition by the National Skill Standards Board. To earn one of these internationally recognized certifications, candidates must pass a rigorous examination administered by an independent examination service.

Earning one of these highly respected credentials could significantly expand your career and income opportunities. The products in this section will help you get started.



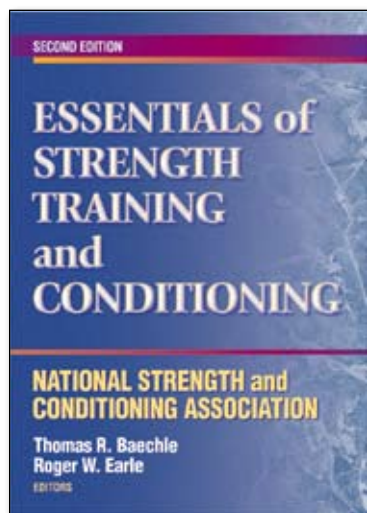
The primary preparation source for the NSCA-Certified Personal Trainer[®] Examination

NSCA's Essentials of Personal Training is the ideal authoritative resource for personal trainers, health and fitness instructors, exercise scientists, and other fitness professionals, as well as the primary preparation source for the NSCA-Certified Personal Trainer[®] examination. The text provides in-depth coverage of the knowledge, skills, and abilities required of personal trainers. Special coverage is given to exercise technique, including teaching approaches involving free-weight and machine exercises, cardiovascular activities, flexibility, and speed training. More

than 240 full-color photographs clearly illustrate proper technique. The text also offers program designs for the typically healthy client as well as for those clients presenting unique challenges to the personal trainer.

NSCA's Essentials of Personal Training
Roger W. Earle, CSCS, *D; NSCA-CPT, *D, and
Thomas R. Baechle, EdD; CSCS, *D; NSCA-CPT, *D,
Editors

©2004 • Hardback • 688 pp
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One of the most comprehensive resources on strength training and conditioning

The primary preparation source for the NSCA Certified Strength and Conditioning Specialist[®] exam, *Essentials of Strength Training and Conditioning, Second Edition*, explores the scientific principles, concepts, and theories of strength training and conditioning as well as their practical applications to athletic performance. With over 300 full-color photographs, it is the most comprehensive reference available for strength and conditioning professionals. Each chapter provides an overview of an important aspect of strength and

conditioning and includes chapter objectives, application boxes, key points, key terms, study questions, and questions requiring practical application of key concepts.

Essentials of Strength Training and Conditioning, Second Edition

Thomas R. Baechle, EdD; CSCS, *D; NSCA-CPT, *D, and Roger W. Earle, CSCS, *D; NSCA-CPT, *D,
Editors

©2000 • Hardback • 672 pp
ISBN 978-0-7360-0089-5
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Graphics Package for Essentials of Strength Training and Conditioning, Second Edition

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The NSCA Certification Commission and Human Kinetics have jointly developed an online series to help students prepare for the Certified Strength and Conditioning Specialist (CSCS)[®] exam. The CSCS[®] certification is widely recognized as the esteemed credential for strength and conditioning coaches in the United States and increasingly around the world.

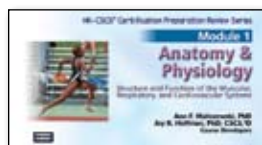
To get started, visit the NSCA-HK Online Education Center at <http://nsca.hkeducationcenter.com> where you can take a **FREE** pretest to assess your level of preparedness in each of the nine modules. The test will be immediately graded and you will be given a recommendation of which modules to take. Once you know which areas need improvement, the appropriate module(s) can

be purchased. Six of the modules should require five to seven hours each to complete, while three should take 10 to 15 hours each. Each module uses the text, *Essentials of Strength Training and Conditioning, Second Edition* (see page 37). Once a module is completed, an online test is taken. The test is graded immediately, and feedback is given.



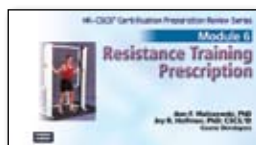
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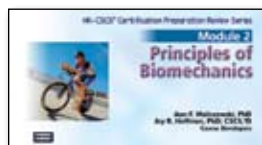
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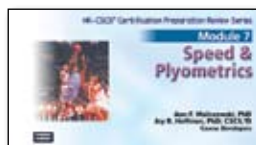
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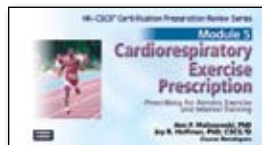
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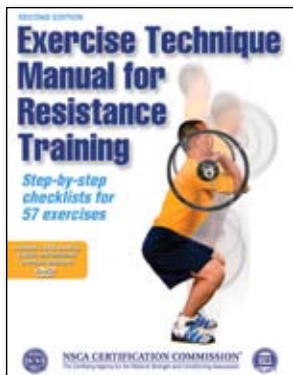
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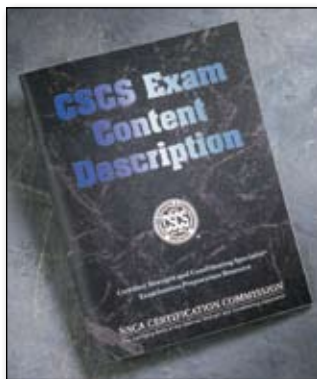


Beefed up from 38 to 57 exercises, this new edition of *Exercise Technique Manual for Resistance Training* is a must for any professional library. It will help readers prepare for the NSCA's Certified Strength and Conditioning Specialist exam or its Certified Personal Trainer exam. It will also serve as a valuable reference for personal trainers and fitness instructors.

New Edition!
Available February 2008!

Exercise Technique Manual for Resistance Training, Second Edition

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ISBN 978-0-7360-7127-7
Please visit our Website in January 2008 for pricing.



This booklet provides a detailed listing of the major content areas in the CSCS® examination and the specific knowledge and skills within each area that are expected of strength and conditioning specialists.

CSCS Exam Content Description

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ISBN 978-0-99-002459-0
\$29.95 (\$41.50 CDN, £19.99 UK, €29.99 EURO, \$62.90 NZ)



This economical and practical package helps you determine when you're fully prepared for the CSCS® exam. The practice exam contains 65 multiple-choice questions—roughly one-third the number in the CSCS® exam—and includes a video that presents multiple-choice questions based on demonstrated lifting techniques, just as you'll find on the actual exam.


CSCS Practice Exam Package, Updated Edition

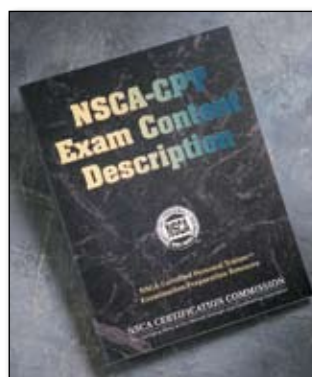
©2003 • 38-page booklet and 10-minute video
ISBN 978-0-7360-5461-4
\$39.00 (\$53.95 CDN) • Not available in PAL format.



Designed for use with the *Exercise Technique Checklist Manual, Second Edition*, this DVD shows the proper techniques for common weight-training exercises, which include 10 machine and 28 free weight exercises. The correct grip width, stance, body position, range of motion, and primary muscle groups involved are identified for each exercise. The DVD also provides tips for correcting errors and avoiding injuries.

Free Weight and Machine Exercise Techniques DVD

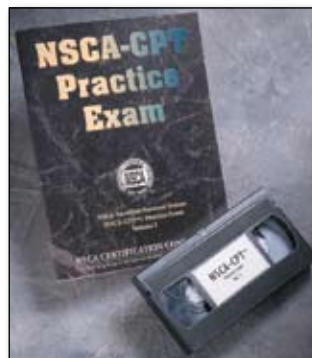
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Prepare for the NSCA-CPT® examination by learning all you can about the exam. Consistent with the actual exam, the practice package includes both an exam booklet and a videotape. The video helps you assess your command of exercise technique and fitness evaluation topics.

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AFI —	American Fitness Institute	FNB —	Fitness New Brunswick
AFPA —	American Fitness Professionals Association	ISSA —	International Sports Science Association
AFTA —	American Fitness Training of Athletics	NASPE —	National Association for Sport and Physical Education
AEA —	Aquatic Exercise Association	NATA —	National Athletic Trainers' Association
AASFP —	Asian Academy of Sports and Fitness Professionals	NSCA —	National Strength and Conditioning Association
AFN —	Australian Fitness Network	OASES —	Ontario Association of Sport and Exercise Sciences
BCRPA —	British Columbia Recreation and Parks Association	PFU —	Provincial Fitness Unit
Can-Fit-Pro —	Canadian Association of Fitness Professionals	SCAN —	Sports, Cardiovascular and Wellness Nutritionists
CATA —	Canadian Athletic Therapists Association		



Learn how to start your own fitness business

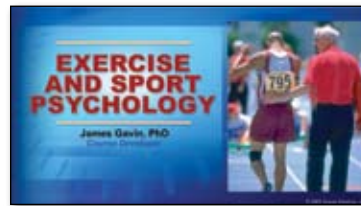
This course helps you lay out a game plan for conceptualizing a business strategy and provides step-by-step instruction on

planning, administering, marketing, and promoting your own fitness business. You will follow the experiences of several fitness entrepreneurs who each demonstrate the unique responsibilities and skills associated with their roles in the fitness industry.

0.7 ACE CECs, 4 AEA CECs, 0.7 AFI CECs, 0.6 AASFP CEUs, 3 AFN PDPs, 5 AFPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 5 FNB CECs, 1.5 NSCA CEUs

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Susan Lee, BPHE, MPE, CPTN-CPT, and Sheldon Persad, CPTN-CPT, CSCS
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Keep your clients motivated

Learn the psychological principles and strategies that are essential to know to successfully work with or advise clients.

Whether you need to understand the psychology to help your clients stick with an exercise program or to help an athlete's sports performance, this course will guide you through everything you need to know to be successful.

4 AH CECs, 5 AFTA CECs, 5 AEA CECs, 0.6 AASFP CEUs, 5 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs

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James Gavin, PhD

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New!

Effectively lead group exercise classes

Through the *Methods of Group Exercise Instruction* online course, you will learn all of the things necessary to better prepare you to become a group exercise instructor. You will assume the role of a group fitness instructor and meet eight virtual clients. In working with these clients, you will use the progressive functional training continuum and exercise modifications to adapt exercises to the level of each client. The virtual clients give you the opportunity to practice interacting with participants, analyzing each person's needs, and applying the concepts and skills learned through the course.

The online course is supplemented by the *Methods of Group Exercise Instruction* book and DVD. The book provides the information that serves as the foundation for learning activities in the course and includes further demonstrations

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CECs available soon!

Methods of Group Exercise Instruction Online Course

Carol A. Kennedy, MS

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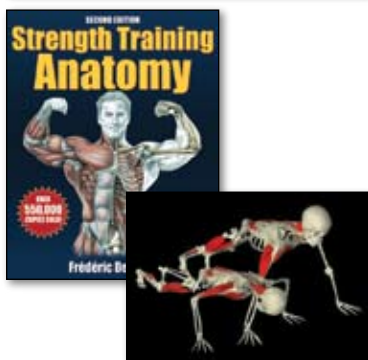
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Methods of Group Exercise Instructions text...see page 4.



Anatomy comes to life with dynamic learning tools

Exercise Anatomy, Updated Edition, will help you understand how the body's structures interact to cause movement and how these respond and adapt to exercise training. The course focuses on the skeletal system of the bones, joints, and connective tissue that support the body and provide connections between different body segments.

Strength Training Anatomy, Second Edition is the companion text used in the course to help you apply exercise anatomy to real life strength training exercises. The text contains detailed anatomical drawings of strength exercises for the entire body.

Anatomy.tv is the Primal Pictures software that accompanies the course. The direct links

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1 ACE CECs, 1 AFI CECs, 6 AEA CECs, 3 AFN PDPs, 5 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 3 PFU PDCs

Exercise Anatomy, Updated Edition

Laurel Mackinnon, PhD, FACSM

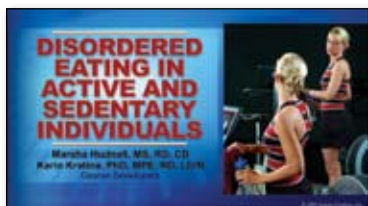
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Intervention and education strategies that can help

Learn the essential steps in recognizing food restrictive, anorexic, or bulimic behaviors in active or sedentary individuals.

This course will help you dispel common myths about the nature of these disorders and the type of individuals who suffer from them, and teaches you how to help individuals get back on track once a disorder is identified.

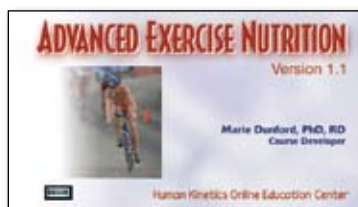
3 AFTA CECs, 6 AEA CECs, 0.6 AASFP CEUs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 1.5 NSCA CEUs, 6 PFU PDCs, 10 SCAN CPEs

Disordered Eating in Active and Sedentary Individuals

Marsha Hudnall, MS, RD, CD, and Karin Kratina, PhD, MPE, RD, LD/N

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The latest information on nutrition for performance and recreational athletes

Advanced Exercise Nutrition, Version 1.1, covers the various dietary recommendations

for endurance and strength athletes. The course is based on the nutritional demands of training and outlines the nutritional goals of an adult athlete in training.

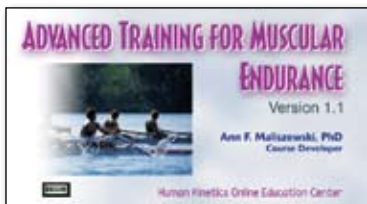
4 AH CECs, 5 ACSM CECs, 5 AFPA CECs, 4 AFTA CECs, 5 AEA CECs, 0.6 AASFP CEUs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 CPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs

Advanced Exercise Nutrition, Version 1.1

Marie Dunford, PhD, RD

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Develop muscular endurance

Learn about advanced training techniques for developing muscular endurance and how to use them, as well as advanced techniques that will emphasize the endurance component of muscular fitness training. The

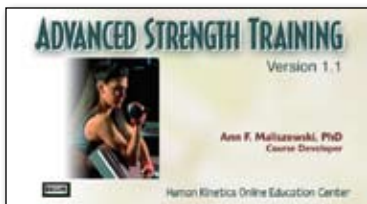
course is supplemented by the text *Periodization Training for Sports, Second Edition* by Tudor Bompa, PhD.

5 AFTA CECs, 3 AFN PDPs, 15 BRCPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 5 OASES PDCs, 3 PFU PDCs

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Study advanced strength training techniques

Learn advanced techniques that emphasize muscular strength and hypertrophy techniques that will help you develop a precise program to meet individual athletes'

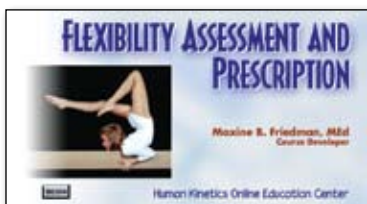
sport-specific goals. The course is supplemented by the text *Periodization Training for Sports, Second Edition* by Tudor Bompa, PhD.

0.9 ACE CECs, 0.9 AFI CECs, 5 AFTA CECs, 5 AEA CECs, 3 AFN PDPs, 5 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 5 OASES PDCs, 3 PFU PDCs

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Ann F. Maliszewski, PhD

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Customize stretching for fitness programs

Learn how to apply and individualize common stretching techniques for fitness training programs, performance training, and physical rehabilitation. You'll gain a good

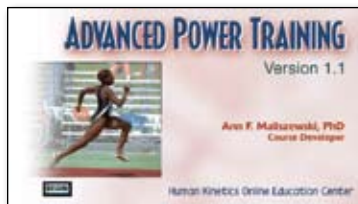
understanding of anatomy, physiology, and the design and development of exercise prescriptions. The course incorporates the *Savvy Stretch Coach CD-ROM, Version 2.0*.

4 AH CECs, 6 ACSM CECs, 1 ACE CECs, 1 AFI CECs, 4 AFTA CECs, 5 AEA CECs, 3 AFN PDPs, 5 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs

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Maxine S. Friedman, MEd

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Without CD-ROM: ISBN 978-0-7360-4619-0 \$50.00 (\$64.95 CDN, £40.00 UK incl. VAT, €60.00 EURO, \$105.00 NZ)



Implement advanced power training techniques

Learn advanced techniques that emphasize the training specifics needed for the speed-based aspects of power training. These techniques will help you to develop a precise

program that meets individual athletes' sport-specific goals. The course is supplemented by the text *Periodization Training for Sports, Second Edition* by Tudor Bompa, PhD.

3 AFN PDPs, 5 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 5 OASES PDCs, 6 PFU PDCs

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Ann F. Maliszewski, PhD

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A life span approach to women's health and fitness

Gain a better understanding of women's health and fitness issues throughout all stages of the female life cycle. You'll learn how to change traditional exercise

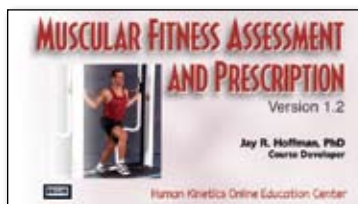
programs to fit a variety of conditions, including pregnancy, menopause, body image, osteoporosis, and depression. The course incorporates the text, *The Bodywise Woman*, by Judy Mahle Lutter and Lynn Jaffee.

4 AH CECs, 6 ACSM CECs, 1.1 ACE CECs, 1.1 AFI CECs, 4 AFTA CECs, 6 AEA CECs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 3 PFU PDCs

Fitness for Women

Ann F. Maliszewski, PhD

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Assess muscular endurance of your clients

This interactive online course teaches you the fundamentals of strength, power, and muscular endurance assessment and program design. The course is supplemented

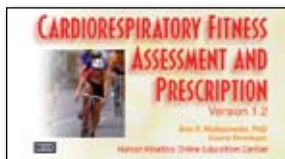
by the text *Advanced Fitness Assessment and Exercise Prescription, Fourth Edition*, by Vivian H. Heyward, PhD. The study guide includes a glossary of key terms that are hyperlinked to the lessons.

5 ACSM CECs, 5 AEA CECs, 3 AFN PDPs, 5 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs

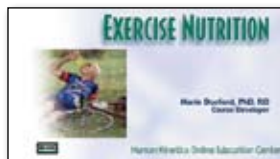
Muscular Fitness Assessment and Prescription

Jay R. Hoffman, PhD

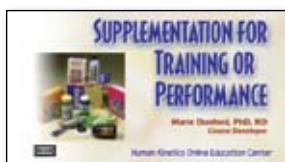
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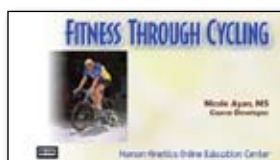
Cardiorespiratory Fitness Assessment and Prescription
 8 ACSM CECs, 3 AFN PDPs, 8 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs



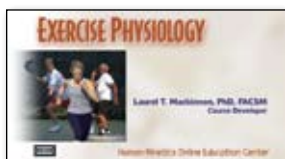
Exercise Nutrition
 5 ACSM CECs, 0.8 ACE CECs, 0.8 AFI CECs, 5 AFPA CECs, 3 AFTA CECs, 5 AEA CECs, 0.8 AASFP CEUs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs



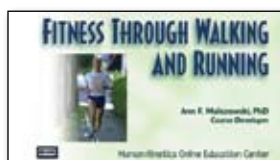
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 6 ACSM CECs, 0.8 AASFP CEUs, 3 AFN PDPs, 5 AFPA CECs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 6 CATA CEUs, 4 CPTN CECs, 5 ISSA CEUs, 5 FNB CECs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs



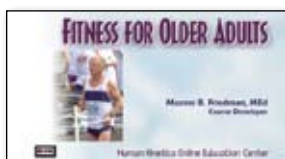
Fitness Through Cycling
 4 AH CECs, 6 ACSM CECs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 3 PFU PDCs



Exercise Physiology
 4 AH CECs, 1 ACE CEC, 1 AFI CECs, 6 AEA, 0.4 AASFP CEUs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs



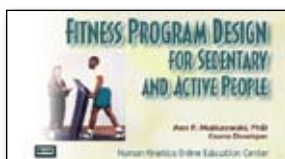
Fitness Through Walking and Running
 5 AEA CECs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 6 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 3 PFU PDCs



Fitness for Older Adults
 8 ACSM CECs, 5 AFTA CECs, 5 AEA CECs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs



Weight Management
 4 AH CECs, 6 ACSM CECs, 3 AFTA CECs, 6 AEA CECs, 0.8 AASFP CEUs, 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 50 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs



Fitness Program Design for Sedentary and Active People
 3 AFN PDPs, 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 OASES PDCs, 6 PFU PDCs



Pre-Exercise Health Screening
 15 BCRPA CECs, 4 Can-Fit-Pro CECs, 4 CPTN CECs, 12 Cooper CEUs, 1.2 COPSKT CEUs, 5 FNB CECs, 5 ISSA CEUs, 1.5 NSCA CEUs, 5 OASES PDCs, 6 PFU PDCs

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In addition to the CECs that are available to all certified members, Can-Fit-Pro has completed an advanced certification program for personal trainers (ADV-PTS) and group fitness instructors (ADV-FIS). To gain the ADV-PTS certification, individuals are required to successfully complete three online education courses. To gain the ADV-FIS certification, two online education courses are required. The ADV-FIS program requires the completion of a Practical Techniques workshop (e.g. BOSU, Kickboxing, etc.) and both the ADV-FIS and the ADV-PTS require the completion of an eight hour Practical Skills workshop that teaches advanced training techniques. The advanced certifications are designed for those who truly want to separate themselves from their peers by gaining additional qualifications and education.

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To find out more about the advanced certification, including workshop dates, please contact the Can-Fit-Pro office at 800-667-5622 x224 or visit www.canfitpro.com.

*Please note that Can-Fit-Pro has approved specific Human Kinetics courses, for CECs, for each certification. To find out which courses have been approved for CECs for your certification, log on to <http://canfitpro.hkeducationcenter.com>.

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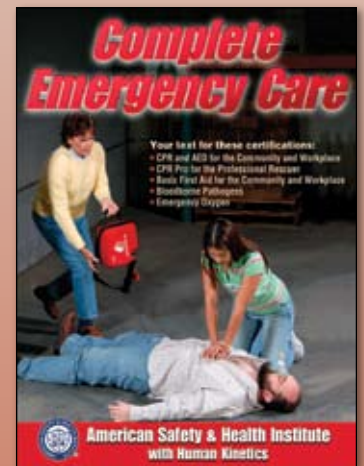
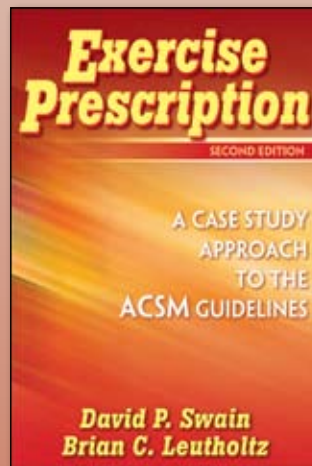
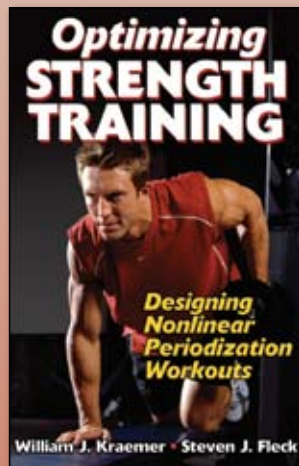
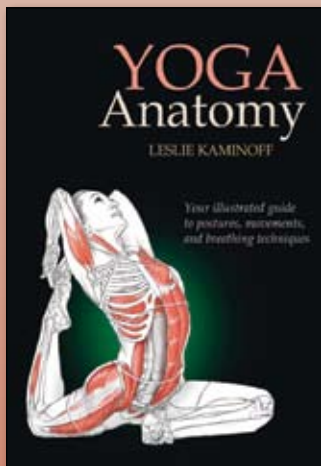
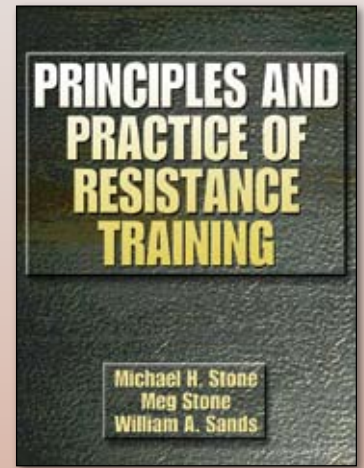
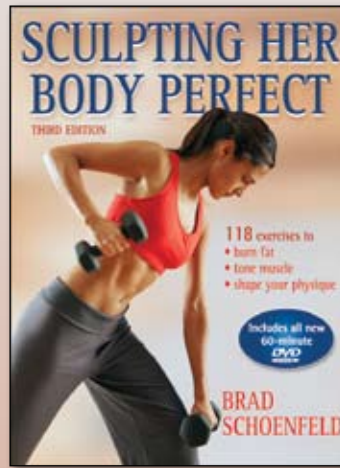
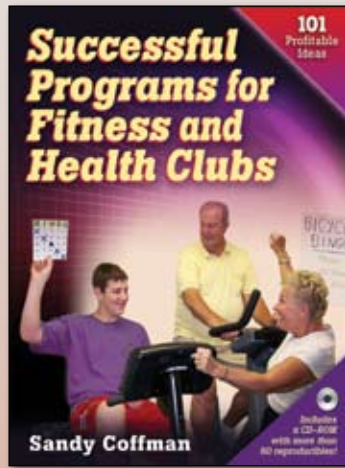
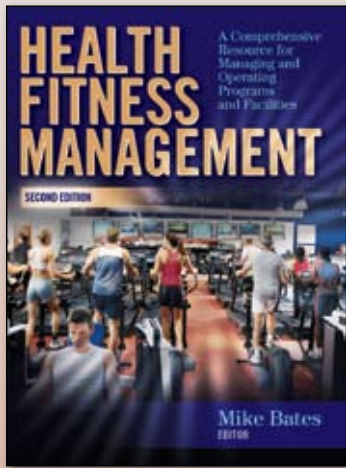
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