

Companion to bestselling - Postural Assessment

Title: Postural Correction
Author(s): Jane Johnson
Publication Date: January 2016
ISBN: 9781492507123
Illustrations: 68
Photos: 199
Size: 178 x 254 mm
Pages: 232
Format: Paperback
Category: Physiotherapy
Price: £25.99 / €36.40
Product Type: Academic

BIC Code: MQS

Postural Correction

Jane Johnson

Audience

Massage therapists, soft tissue therapists, myofascial release practitioners, chiropractors, physiotherapists, sport therapists, osteopaths, strength and conditioning trainers, and instructors of yoga, Pilates and general fitness.

Overview

Postural Correction presents 30 of the most commonly occurring postural conditions in a comprehensive format, providing hands-on therapists and body workers the knowledge and resources to help clients address malalignments.

Focusing on treatment rather than assessment, it takes a direct approach and applies specific techniques to improve posture from an anatomical rather than aesthetic perspective.

Techniques vary for each posture correction, including deep tissue massage, simple passive stretches, soft tissue release, common trigger points and gentle limb traction.

Postural Correction, a valuable adjunct to any joint-manipulative technique, will help professionals do both by correcting malalignments at a specific joint and with a more holistic approach.

About the Author(s)

Jane Johnson is a chartered physiotherapist and sport massage therapist specialising in occupational health. In this role she spends much time assessing the posture of clients and examining whether work, sport or recreational postures may be contributing to their symptoms. She devises postural correction plans that include both hands-on and hands-off techniques.

Selected Contents

Part I: Getting Started With Postural Correction

Chapter 1. Introduction to Postural Correction

Part II: Correcting the Spine

Chapter 3. Cervical Spine

Chapter 5. Lumbar Spine

Part III: Correcting the Pelvis and Lower Limb

Chapter 7. Pelvis

Internal Rotation of Hip

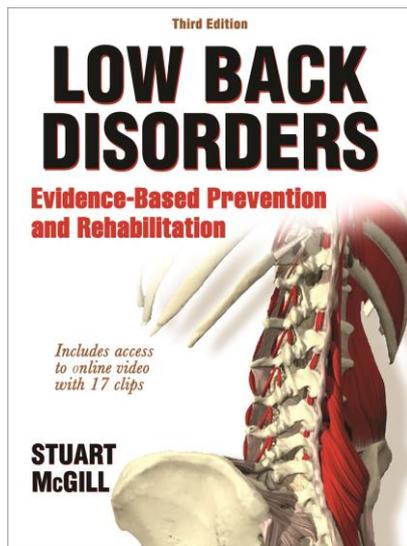
Part IV: Correcting the Shoulder and Upper Limb

Chapter 9. Shoulder

Chapter 10. Elbow

Marketing & Promotions

- Featured at various sport medicine events throughout the UK and Europe including Physio First Conference and Physio.
- Reviews in UK and European websites, magazines and journals including *International Therapist*, *Frontline*, *Yoga Magazine* and *Pilates Magazine*.
- Author webinar.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



The assessment and treatment of low back pain

Title: Low Back Disorders, 3rd Edition
Author(s): Stuart McGill
Publication Date: January 2016
ISBN: 9781450472913
Illustrations: 111
Photos: 451
Size: 216 x 279 mm
Pages: 456
Format: Hardback
Category: Sports injuries & medicine
Price: £61.49 / €86.10
Product Type: Academic

BIC Code: MMS

Previous Edition: 978073606921

Low Back Disorders, 3rd Edition

Stuart McGill

Audience

Physical and occupational therapists, sport and orthopedic physicians, rehabilitation specialists, athletic trainers and fitness specialists.

Overview

The third edition of *Low Back Disorders* contains all of the essential tools for treating those with low back maladies.

The text provides detailed insights into injury assessment by an extensively expanded set of tests with accompanying instructions.

Also new to this edition is a web resource featuring 23 handouts for patients or clients that can be edited and printed to suit practitioner and patients' needs. The web resource also contains an online video suite that showcases various exercises and assessments.

In addition to offering strategies for relieving and potentially eliminating pain, the text provides insight into the conditions and environments that may initially cause back pain and makes recommendations on reducing these influences so that clients can be pain free.

About the Author(s)

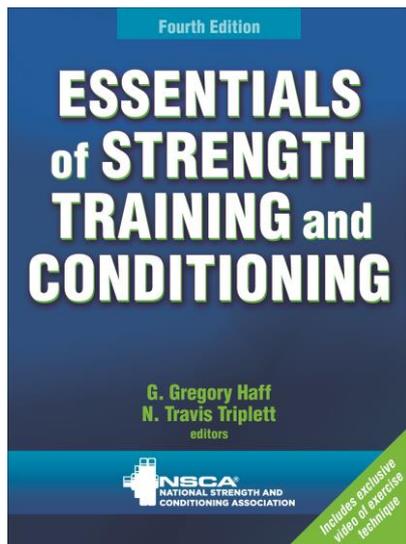
Stuart McGill is a professor at the University of Waterloo, Ontario, Canada and a world-renowned lecturer and expert in spine function, injury prevention and rehabilitation. He has written more than 300 scientific publications on lumbar function, mechanisms of low back injury, investigation of rehabilitation programmes matched to specific categories of back pain patients and the formulation of work-related injury avoidance strategies.

Selected Contents

Part I: Scientific Foundation
Chapter 2. Epidemiological Studies and What They Really Mean
Chapter 3. Functional Anatomy of the Lumbar Spine
Chapter 4. Normal and Injury Mechanics of the Lumbar Spine
Chapter 5. Myths and Realities of Lumbar Spine Stability
Part II: Injury Prevention
Chapter 6. LBD Risk Assessment
Chapter 7. Reducing the Risk of Low Back Injury
Part III: Low Back Rehabilitation
Chapter 8. Building Better Rehabilitation Programs for Low Back Injuries
Chapter 10. Developing the Exercise Program
Chapter 11. Advanced Exercises

Marketing & Promotions

- Featured at various sport medicine events throughout the UK and Europe including BASEM Spring Conference and ISSSMC 2016.
- Reviews in UK and European websites, magazines and journals including *British Journal of Sports Medicine*, *International Therapist* and *Frontline*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



The definitive reference for strength and conditioning professionals now updated.

Title: Essentials of Strength Training and Conditioning, 4th Edition

Author(s): G. Gregory Haff and N. Travis Triplett

Publication Date: January 2016

ISBN: 9781492501626

Illustrations: 111

Photos: 425

Size: 216 x 279 mm

Pages: 752

Format: Hardback with web resource

Category: Strength and Conditioning

Price: £74.49 / €104.30

Product Type: Academic

BIC Code: MFGV

Previous Edition: 9780736058032

Essentials of Strength Training and Conditioning, 4th Edition

G. Gregory Haff and N. Travis Triplett

Audience

Students, strength and conditioning specialists, coaches, athletic trainers, physical therapists, personal trainers and other sport science professionals.

Overview

Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students.

This comprehensive resource explains the key theories, concepts and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance.

The scope and content have been updated to convey the knowledge, skills and abilities required of a strength and conditioning professional.

It now offers an expanded ancillary package for instructors with access to a 61-video collection and a test package to assist instructors evaluate students' understanding of key concepts.

About the Author(s)

G. Gregory Haff is the course coordinator for the postgraduate degree in strength and conditioning at Edith Cowan University in Joondalup, Australia.

N. Travis Triplett is a professor and chairperson of the department of health and exercise science at Appalachian State University in Boone, North Carolina.

Selected Contents

Chapter 1. Structure and Function of Body Systems

Chapter 3. Bioenergetics of Exercise and Training

Chapter 5. Adaptations to Anaerobic Training Programs

Chapter 8. Psychology of Athletic Preparation and Performance

Chapter 9. Basic Nutrition Factors in Health

Chapter 11. Performance-Enhancing Substances and Methods

Chapter 13. Administration, Scoring, and Interpretation of Selected Tests

Chapter 15. Exercise Technique for Free-Weight and Machine Training

Chapter 17. Program Design for Resistance Training

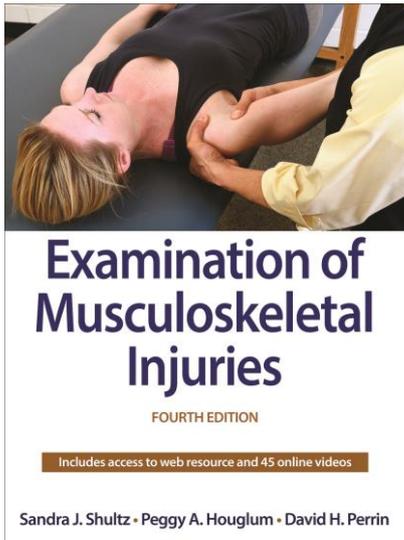
Chapter 19. Program Design and Technique for Speed and Agility Training

Chapter 21. Periodization

Chapter 23. Facility Design, Layout, and Organization

Marketing & Promotions

- Featured at various sport science and strength and conditioning events throughout the UK and Europe, including ECSS, BASES Annual Conference, UKSCA's Annual Conference, Fitpro and Bodypower.
- Reviews in UK and European websites, magazines and journals including BASES' *The Sport and Exercise Scientist*, *Fitpro* and *Strength and Conditioning Journal*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



The essential resource for students and practitioners of athletic training and therapy

Title: Examination of Musculoskeletal Injuries, 4th Edition
Author(s): Sandra J. Shultz, Peggy A. Houglum and David H. Perrin
Publication Date: December 2015
ISBN: 9781450472920
Illustrations: 225
Photos: 553
Size: 216 x 279 mm
Pages: 704
Format: Paperback with web resource
Category: Sports injuries & medicine
Price: £78.49 / €109.90
Product Type: Academic

BIC Code: MMS

Previous Edition: 9780736076227

Examination of Musculoskeletal Injuries, 4th Edition

Sandra J. Shultz, Peggy A. Houglum and David H. Perrin

Audience

A reference for sports medicine students and practitioners, physical therapists, athletic trainers and physiotherapists.

Overview

Examination of Musculoskeletal Injuries, guides practicing and student athletic trainers and rehabilitation professionals through the examination and evaluation of musculoskeletal injuries both on and off the field.

The text presents injury examination strategies in on-site, acute and clinical settings and provides the information on mastering the skills needed by athletic trainers.

Readers will learn to obtain an accurate injury history from the patient, inspect the injury and related areas, test motion control, palpate both bone and soft tissues, and examine function in order to gauge a player's readiness to return.

About the Author(s)

Sandra J. Shultz is professor and chair in the department of kinesiology at the University of North Carolina at Greensboro.

Peggy A. Houglum has nearly 45 years of experience providing patient and athlete care in a variety of settings.

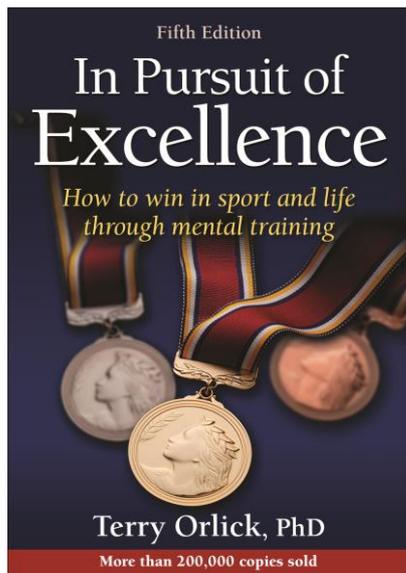
David H. Perrin is dean and professor of exercise and sport science in the College of Health at the University of Utah.

Selected Contents

Part I. Principles of Examination
Chapter 1. Anatomical Nomenclature and Injury Classifications
Chapter 3. Taking a History
Chapter 5. Palpation
Chapter 7. Examination of Strength
Chapter 9. Examination of Cardiorespiratory Status
Part II. Region-Specific Examination Strategies
Chapter 11. Cervical and Upper Thoracic Spine
Chapter 13. Elbow and Forearm
Chapter 15. Lower Thoracic and Lumbar Spine
Chapter 17. Knee and Thigh
Chapter 19. Head and Face
Chapter 20. Thorax and Abdomen

Marketing & Promotions

- Featured at various sport medicine events throughout the UK and Europe including BASEM Spring Conference and ISSMC 2016.
- Reviews in UK and European websites, magazines and journals including *British Journal of Sports Medicine*, *SportEx* and *BASEM Today*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



Bestseller returns - Gaining a competitive mental edge

Title: In Pursuit of Excellence, 5th Edition

Author(s): Terry Orlick

Publication Date: January 2016

ISBN: 9781450496506

Illustrations: 4

Photos: 25

Size: 178 x 254 mm

Pages: 400

Format: Paperback

Category: Sport Psychology

Price: £16.99 / €23.80

Product Type: Trade

BIC Code: WSDP

Previous Edition: 9780736067577

In Pursuit of Excellence, 5th Edition

Terry Orlick

Audience

Students, sport psychologists, trainers and athletes.

Overview

This new fifth edition provides the most effective strategies and step-by-step plans for developing a personal path to excellence.

It teaches how to focus for excellence while living and enjoying life to the fullest.

Readers will gain a more positive outlook, a more focused commitment, better ways of dealing with distractions and pressures, and strategies for overcoming obstacles.

They'll also achieve greater personal and professional satisfaction and discover better ways to work with teammates, respond more effectively to coaching and guidance, and become more positive and self-directed in their thoughts and actions.

About the Author(s)

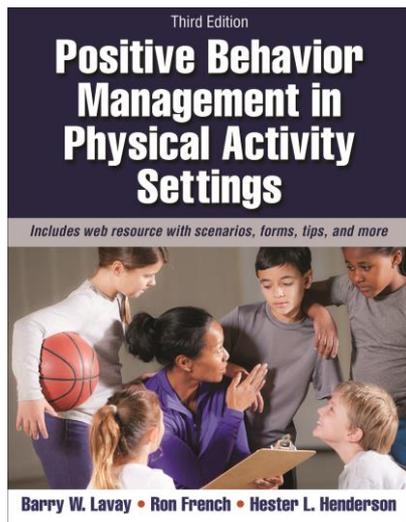
Terry Orlick is a professor in the School of Human Kinetics at the University of Ottawa. He is one of the world's leading authorities on the psychology of excellence and quality living and has worked with thousands of Olympic and professional athletes and coaches.

Selected Contents

Part I: Discovering Excellence
Chapter 1. Choice of Excellence
Chapter 3. Focus for Excellence
Part II: Focusing for Excellence
Chapter 5. Self-Examination
Chapter 7. Distraction Control
Chapter 9. Simulation
Part III: Creating Excellence
Chapter 11. Perspectives
Chapter 13. Commitments
Chapter 15. Challenges
Part IV: Living Excellence
Chapter 17. Composed
Chapter 19. Consistent
Chapter 21. Team-Oriented
Chapter 23. Adaptable
Chapter 24. Transition

Marketing & Promotions

- Featured at various relevant events throughout the UK and Europe.
- Reviews in UK and European websites, magazines and journals including *Running World*, *Athletics Weekly* and *UK Coaching Edge*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



Managing behaviour and motivating students

Title: Positive Behavior Management in Physical Activity Settings, 3rd Edition

Author(s): Barry W. Lavay, Ron French and Hester L. Henderson

Publication Date: January 2016

ISBN: 9781450465793

Illustrations: 25

Photos: 84

Size: 216 x 279 mm

Pages: 320

Format: Paperback

Category: Physical Education

Price: £35.49 / €49.70

Product Type: Academic

BIC Code: YQW

Previous Edition: 9780736049115

Positive Behavior Management in Physical Activity Settings, 3rd Edition

Barry W. Lavay, Ron French and Hester L. Henderson

Audience

Student text and a reference for physical education teachers.

Overview

There are increasingly more at-risk children and students with disabilities to manage and physical activity professionals also face the unique challenge of providing instruction to large groups with limited resources and distractions galore.

This resource will help overcome these and other discipline challenges, but also uses tried-and-tested, positive techniques to develop appropriate and responsible behaviours, and good character among all learners.

This new edition incorporates principles, methods and instructional practices from psychology, special education, pedagogy, recreation, athletics and coaching.

It shows teachers, coaches and recreation leaders how to apply the principles that have proved effective in schools and youth sport programmes.

About the Author(s)

Barry W. Lavay is a professor of adapted physical education at California State University at Long Beach.

Ron French is professor emeritus in the department of kinesiology at Texas Woman's University in Denton.

Hester L. Henderson is a member of the department of exercise and sport science at the University of Utah, where she has taught since 1983.

Selected Contents

Part I: Creating a Positive Learning Environment

Chapter 1. Introduction to Behavior Management

Part II: Exploring Behavior Management Approaches

Chapter 3. The Behavioral Approach: Maintaining and Increasing Behaviors

Chapter 5. The Humanistic Approach: Accepting Social and Personal Responsibility and Building Character

Chapter 7. Evaluating the Behavioral Intervention

Part III. Behavior Management Challenges

Chapter 9 Children and Youth With Unique Needs

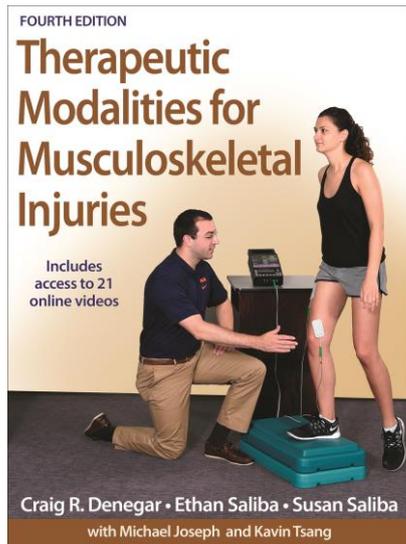
Part IV: Behavior Management in Practice

Chapter 10. Behavior Management, Ethics, and Professionalism

Chapter 11. Steps for Developing a Behavior Management Portfolio

Marketing & Promotions

- Reviews in UK and European websites, magazines and journals including *School Sport* and *SEN Magazine*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



Optimising the care of musculoskeletal injuries

Title: Therapeutic Modalities for Musculoskeletal Injuries, 4th Edition
 Author(s): Craig R. Denegar, Ethan Saliba and Susan Saliba
 Publication Date: January 2016
 ISBN: 9781450469012
 Illustrations: 118
 Photos: 90
 Size: 216 x 279 mm
 Pages: 376
 Format: Hardback with web resource
 Category: Sports injuries & medicine
 Price: £63.49 / €88.90
 Product Type: Academic

BIC Code: MMS

Previous Edition: 9780736078917

Therapeutic Modalities for Musculoskeletal Injuries, 4th Edition

Craig R. Denegar, Ethan Saliba and Susan Saliba

Audience

A text for students and practitioners in athletic training, physiotherapy and sports medicine.

Overview

The fourth edition of *Therapeutic Modalities for Musculoskeletal Injuries* provides comprehensive coverage of evidence-based therapies for the rehabilitation of musculoskeletal injuries.

It is a vital resource for students preparing for examinations as well as professionals in the field who wish to stay informed of the latest research.

It combines the research and clinical experiences of top practitioners in the field to optimise the care of musculoskeletal injuries and provides students and practitioners with solid fundamentals in development of rehabilitation programmes.

It comes with online supplementary materials including instructor guide, test package, presentation package and image bank.

About the Author(s)

Craig R. Denegar is a professor in the department of kinesiology and director of the doctor of physical therapy programme at the University of Connecticut.

Ethan Saliba has been teaching therapeutic modalities at the University of Virginia at Charlottesville for over 25 years. He is the head athletic trainer and associate athletics director for sports medicine.

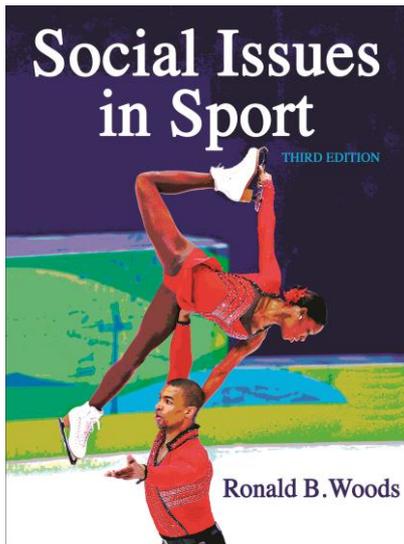
Susan Foreman Saliba is an associate professor in the Curry School of Education at the University of Virginia at Charlottesville and has over 20 years of clinical experience.

Selected Contents

Part I: Basic Principles of Therapeutic Modalities and Injury
 Part II: Physiology of Pain and Therapy
 Part III: Electrical Modalities
 Part IV: Cold and Superficial Heat
 Part V: Ultrasound and Electromagnetic Fields
 Part VI: Manual Therapies and Load for Repair
 Part VII: Putting it All Together

Marketing & Promotions

- Featured at various sport medicine events throughout the UK and Europe including Physio First Conference and Physio.
- Reviews in UK and European websites, magazines and journals including *International Therapist*, *Frontline* and *BASES' The Sport and Exercise Scientist*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



The role of sport in society

Title: Social Issues in Sport, 3rd Edition

Author(s): Ron Woods

Publication Date: January 2016

ISBN: 9781450495202

Illustrations: 13

Photos: 101

Size: 216 x 279 mm

Pages: 504

Format: Hardback

Category: Sociology: sport & leisure

Price: £63.99 / €83.20

Product Type: Academic

BIC Code: JHBS

Previous Edition: 9780736089821

Social Issues in Sport, 3rd Edition

Ron Woods

Audience

Student textbook for courses in sociology of sport, social issues in sport, sport in society and social aspects of sport. It also serves as a professional reference for sport researchers.

Overview

Social Issues in Sport explores the historical perspectives and complex relationships that have emerged between sport and modern society.

It remains grounded in practical application and follows the framework of the previous editions to provide social theories through which students may examine real-world issues.

Updated statistical information allows students to analyse trends in participation, popularity, gender, race and class as they relate to sport.

Ancillary materials are available to aid instructors including an updated instructor guide, test package, chapter quizzes and a presentation package.

About the Author(s)

Ronald B. Woods is an award-winning performance coach with the Human Performance Institute and an adjunct professor at the University of Tampa and the University of South Florida.

Selected Contents

Part I: Studying Sport in Society

Chapter 1. What Is Sport and Why Do We Study It?

Part II: Scope and Effect of Sport on Society

Chapter 3. Participants Versus Spectators

Chapter 5. Media and Sport

Part III: Sport As an Institution

Chapter 7. Interscholastic and Intercollegiate Sport

Chapter 9. Olympic Movement

Part IV: Sport and Culture

Chapter 11. Race, Ethnicity, and Sport

Chapter 13. Social Class and Sport

Chapter 15. Religion and Sport

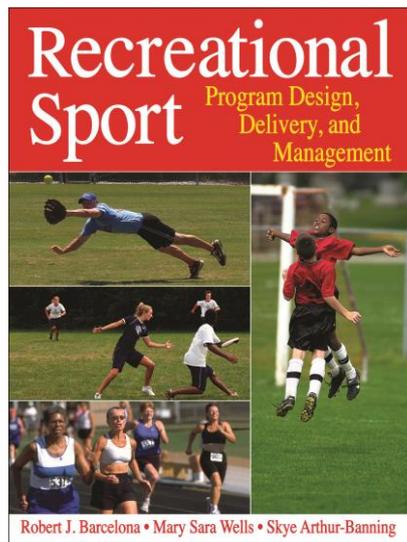
Chapter 17. Development Through Sport

Chapter 19. Coaching Sport

Chapter 20. Future Trends in Sport

Marketing & Promotions

- Featured at various sport science and strength and conditioning events throughout the UK and Europe, including ECSS and BASES Annual Conference.
- Reviews in UK and European websites, magazines and journals including BASES' *The Sport and Exercise Scientist*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



Introduction to recreational sport management

Title: Recreational Sport
Author(s): Robert J. Barcelona, Mary Sara Wells, Skye Arthur-Banning
Publication Date: January 2016
ISBN: 9781450422390
Illustrations: 27
Photos: 76
Size: 216 x 279 mm
Pages: 304
Format: Hardback
Category: Sport & leisure industries
Price: £46.99 / €65.00
Product Type: Academic

BIC Code: KNSP

Recreational Sport

Robert J. Barcelona, Mary Sara Wells, Skye Arthur-Banning

Audience

Student text for recreational sport management courses and a reference for recreational sport professionals.

Overview

There are more opportunities than ever for employment in recreational sport, which means the need to prepare students with a solid foundation has never been more critical.

This book was written with just that need in mind and provides a contemporary perspective of the subject, offering a comprehensive picture of recreational sport management for people in, or entering, all sectors of the industry.

It places recreational sport squarely in the middle of the recreation and leisure curriculum and is supported by recreational sport core competencies.

These competencies are based on what recreational sport managers need to know in order to achieve success in the profession.

The text comes with an array of online ancillaries that will prove invaluable to both instructors and students.

About the Author(s)

Robert Barcelona is an associate professor in the University of New Hampshire's department of recreation management and policy.

Mary Sara Wells is an associate professor in the University of Utah's department of parks, recreation and tourism.

Skye Arthur-Banning is an associate professor at Clemson University in the department of parks, recreation and tourism management.

Selected Contents

Part I: Theory, Philosophy, and Foundations of Recreational Sport

Chapter 1: Introduction to Recreational Sport

Chapter 3: Diversity and Inclusion in Recreational Sport

Part II: Competencies of Recreational Sport Professionals

Chapter 5: Structured Tournament Scheduling

Chapter 7: Financing and Marketing

Chapter 9: Human Resources Management

Part III: Recreational Sport Settings and Contexts

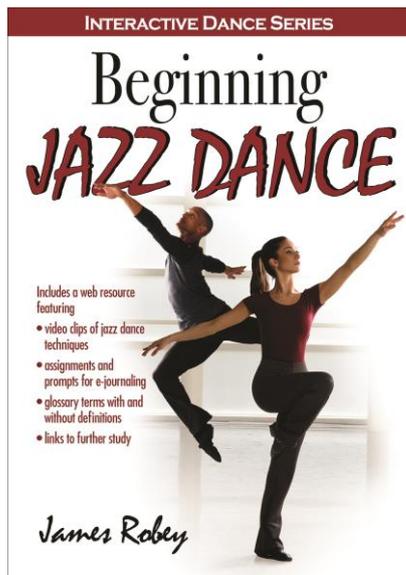
Chapter 11: Recreational Sport in the Community

Chapter 13: Campus Recreational Sport

Chapter 15: Careers in Recreational Sport

Marketing & Promotions

- Featured at various relevant events throughout the UK and Europe.
- Reviews in UK and European websites, magazines and journals including *SportEx*, *Sport & Physical Activity* and *Sports Management Magazine*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



Jazz dance as a performing art

Title: Beginning Jazz Dance
 Author(s): James Robey
 Publication Date: January 2016
 ISBN: 9781450468947
 Illustrations: 9
 Photos: 80
 Size: 178 x 254 mm
 Pages: 176
 Format: Paperback
 Category: Dance
 Price: £28.99 / €40.60
 Product Type: Academic

BIC Code: YQW

Beginning Jazz Dance

James Robey

Audience

Text for sixth form and further education students.

Overview

Beginning Jazz Dance provides students with the context, background information and basic instruction they need in order to understand the genre and appreciate jazz dance as a performing art.

Students learn the core concepts of jazz dance, the value of studying jazz dance and class expectations as well as gaining an understanding of the structure of a jazz dance class, the roles of everyone in the studio and how to be physically and mentally prepared for class.

It also offers tips on injury prevention, nutrition guidelines and basic anatomy and physiology as applied to movement in jazz dance.

It comes with a web resource that includes 55 photos and 125 video clips of basic jazz dance technique which students can access at any time.

Students and lecturers alike will benefit from the wealth of resources on the website which include assignments, worksheets, glossary terms with and without definitions, interactive chapter quizzes and web links.

About the Author(s)

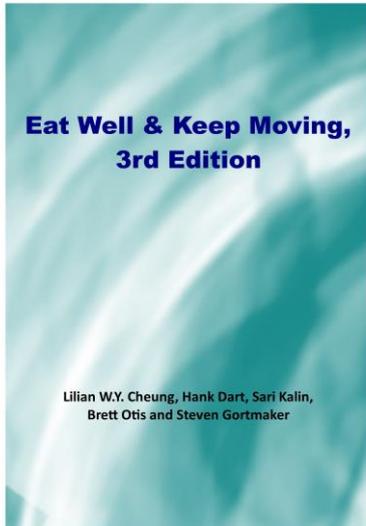
James Robey is assistant professor of dance and department chair at Webster University in St. Louis, Missouri, where he received the Messing Faculty Award in 2015. He was director of the prestigious Ridgfield Conservatory of Dance for 10 years. He has taught as faculty or adjunct faculty at numerous universities, schools for the performing arts, and dance studios.

Selected Contents

Chapter 1. Introduction to Jazz Dance
 Chapter 2. Preparing for Class
 Chapter 3. Safety and Health
 Chapter 4. Learning and Performing Jazz Technique
 Chapter 5. Basic Jazz Positions
 Chapter 6. Basic Jazz Techniques
 Chapter 7. In the Center and Across the Floor
 Chapter 8. History of Jazz Dance

Marketing & Promotions

- Featured at various dance events throughout the UK and Europe.
- Reviews in UK and European dance websites, magazines and journals including *Dancing Times*, *Dance UK*, *Dance Today* and *Dance Europe*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



Teaching physically active and nutritionally healthy lifestyles

Title: Eat Well & Keep Moving, 3rd Edition
Author(s): Lilian W.Y. Cheung, Hank Dart, Sari Kalin, Brett Otis, Steven Gortmaker
Publication Date: February 2016
ISBN: 9781492503972
Illustrations: 35
Photos: 9
Size: 216 x 279 mm
Pages: 320
Format: Paperback
Category: Fitness & diet
Price: £49.49 / €69.30
Product Type: Academic

BIC Code: VFM

Previous Edition: 9780736069403

Eat Well & Keep Moving, 3rd Edition

Lilian W.Y. Cheung, Hank Dart, Sari Kalin, Brett Otis, Steven Gortmaker

Audience

A professional reference for secondary school teachers, PE teachers and school managers.

Overview

Obesity continues to be a problem, one that extends throughout life as children move into adolescence and adulthood and choose progressively less physical activity and less healthy diets.

This public health issue needs to be addressed early in childhood, when children are adopting the behaviours that they will carry through life.

Eat Well & Keep Moving will help children learn to adopt physically active and nutritionally healthy lifestyles that significantly reduce the risk of obesity, heart disease, high blood pressure, type 2 diabetes and other diseases.

In extensive field tests among students and teachers using the programme, children ate more fruit and vegetables, reduced their intake of saturated fat, watched less TV and improved their knowledge of nutrition and physical activity.

About the Author(s)

Lilian W.Y. Cheung is lecturer and director of health promotion and communication in the department of nutrition at the Harvard T.H. Chan School of Public Health.

Hank Dart is a health communications consultant who works in prevention and control for the Siteman Cancer Center at Washington University School of Medicine.

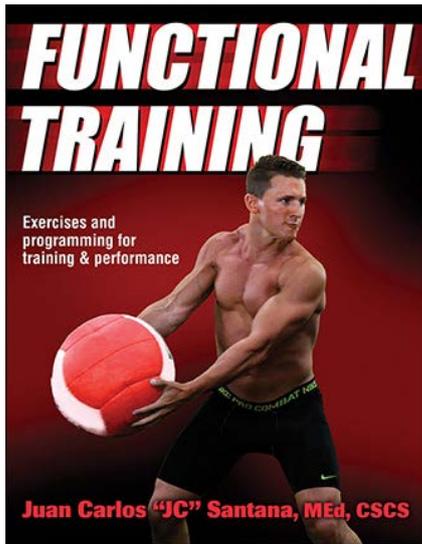
Sari Kalin is a registered dietitian with more than a decade of experience in health promotion and communication.

Selected Contents

Section 1: Nutrition and Physical Activity Classroom Lessons and Promotions
Part I. Classroom Lessons for Fourth Graders
Part II. Classroom Lessons for Fifth Graders
Part III. Promotions for the Classroom
Section 2: Nutrition and Physical Activity Physical Education Lessons
Part IV. Physical Education Lessons
Part V. FitCheck Guide
Part VI. FitCheck Physical Education Microunits
Part VII. Additional Physical Education Microunits

Marketing & Promotions

- Featured at various relevant events throughout the UK and Europe.
- Reviews in UK and European websites, magazines and journals including *School Sport*, *Education Today* and *School Food Matters*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



A revolutionary approach to training and conditioning

Title: Functional Training
Author(s): Juan Carlos Santana
Publication Date: February 2016
ISBN: 9781450414821
Illustrations: 13
Photos: 622
Size: 216 x 279 mm
Pages: 272
Format: Paperback
Category: Sports training & coaching
Price: £16.99 / €23.80
Product Type: Trade

BIC Code: WSD

Functional Training

Juan Carlos Santana

Audience

A comprehensive resource for athletes, coaches and athletic trainers.

Overview

This revolutionary approach to training and conditioning methods will improve function in any sport or activity.

Offering strength, endurance, power and sport-specific exercises and programming, *Functional Training* is a comprehensive resource for every athlete, coach and athletic trainer.

Covering the concepts, exercises, progressions and sequencing on which a sound functional training programme is based, it addresses the needs of more than 11 sports and features 135 exercises, including body weight, bands and pulleys, dumbbells and kettlebells, medicine and stability balls.

Functional Training features a three-tier approach for integrating functional movements into an existing strength programme.

Through assessment and analysis it identifies the movements and muscles involved in each sport, then selects the best exercises and programmes based on desired results and performance goals.

About the Author(s)

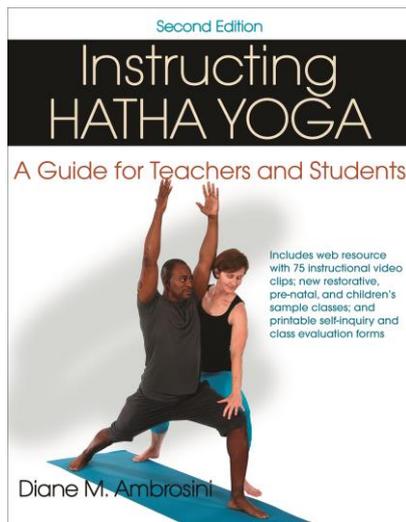
Juan Carlos Santana is the founder and director of the Institute of Human Performance (IHP) in Florida which has been recognized as one of the top training facilities in the world and the best core-training facility in the United States.

Selected Contents

Part I: Function and Functional Training
Chapter 1. Functional Training Defined
Chapter 2. Foundations of Functional Training
Chapter 3. Performance Continuum
PART II: Exercises
Chapter 4. Essentials
Chapter 5. Supporting Cast
Part III: Programs
Chapter 6. Program Design
Chapter 7. Pure Functional Programs
Chapter 8. Hybrid Programming
Chapter 9. Sport-Specific Programs

Marketing & Promotions

- Featured at various relevant events throughout the UK and Europe.
- Reviews in UK and European websites, magazines and journals including *Runners' World*, *Sport & Physical Activity* and *Sport Magazine*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



Give safe and confident hatha yoga instruction

Title: Instructing Hatha Yoga, 2nd Edition

Author(s): Diane M. Ambrosini

Publication Date: February 2016

ISBN: 9781450484657

Illustrations: 6

Photos: 335

Size: 216 x 279 mm

Pages: 384

Format: Paperback with web resource

Category: Mind, body, spirit

Price: £35.49 / €49.70

Product Type: Trade

BIC Code: VXA

Previous Edition: 9780736052092

Instructing Hatha Yoga, 2nd Edition

Diane M. Ambrosini

Audience

Resource for yoga instructors in yoga studios and schools, recreation and leisure settings, fitness centres, dance studios, hospitals and community organisations.

Overview

Millions of enthusiasts worldwide are experiencing the physical benefits and mindful awareness of yoga in gyms and spas, the training rooms of professional sport teams, hospitals and even classrooms.

With the increasing demand for qualified yoga teachers who can meet the needs of a diverse group of students, this updated edition of *Instructing Hatha Yoga* could not have come at a better time.

Featuring detailed instructions on teaching 68 yoga poses and more than 200 photos showing the postures, the text covers all aspects of safe and confident hatha yoga instruction.

Instructing Hatha Yoga is a comprehensive and user-friendly guide to becoming a confident and qualified yoga instructor.

About the Author(s)

Diane Ambrosini is a master yoga teacher and movement science specialist who began a serious study and practice of yoga in 1997. She has participated in numerous yoga teacher training programmes and taught hatha yoga workshops.

Selected Contents

Part I: The Practice of Yoga

Chapter 1. Understanding Yoga

Chapter 2. Basics of Teaching Yoga

Chapter 3. Creating a Class Environment

Chapter 4. Breathing and Beyond

Chapter 5. Energy and Anatomy

Part II: Asanas and Adjustments

Chapter 6. Sun Salutations

Chapter 7. Standing Postures

Chapter 8. Seated Postures

Chapter 9. Supine and Prone Postures

Chapter 10. Inverted Postures

Chapter 11. Restorative Postures

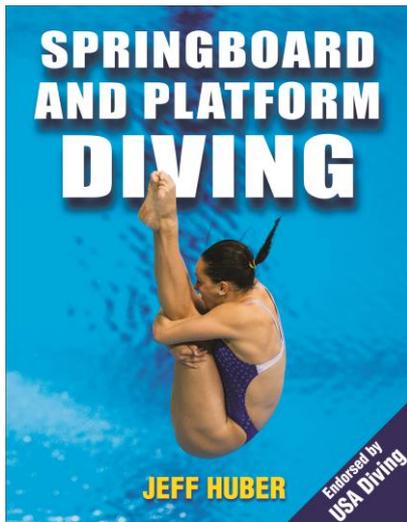
Part 3: Structuring a Class

Chapter 12. Class Framework

Chapter 13. Sample Classes

Marketing & Promotions

- Featured at various relevant events throughout the UK and Europe, including Om Yoga Show and The Mind Body Spirit Wellbeing Experience
- Reviews in UK and European Yoga websites, magazines and journals including *OM Yoga & Lifestyle*, *Yoga Magazine* and *Yoga Journal*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



The authoritative guide to diving

Title: Springboard and Platform Diving
Author(s): Jeffrey Huber
Publication Date: February 2016
ISBN: 9781450424455
Illustrations: 6
Photos: 354
Size: 216 x 279 mm
Pages: 328
Format: Paperback
Category: Swimming & diving
Price: £22.99 / €32.20
Product Type: Trade

BIC Code: WSSC

Springboard and Platform Diving

Jeffrey Huber

Audience

Swimming and diving coaches and divers

Overview

Endorsed by USA Diving, *Springboard and Platform Diving* breaks down the phases of each dive while providing expert instruction to improve performance.

Author and internationally renowned coach Jeff Huber has worked with divers at all levels from novice to Olympian, for more than four decades.

Now that lifetime of knowledge, analysis and expertise is distilled into *Springboard and Platform Diving*.

The book includes high-quality photos, mental strategies and numerous drills and worksheets, making it equally useful for both divers and coaches.

Along with detailed instruction, developmental drills and coaching tips, it contains in-depth coverage of teaching, using skill progressions and creating annual training plans for each diver.

About the Author(s)

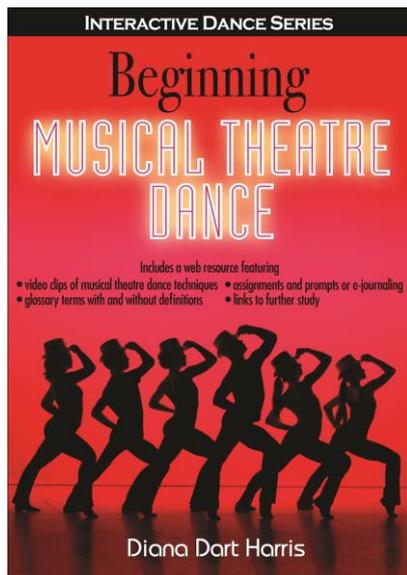
Jeff Huber has been involved in the sport of diving for more than 45 years. He spent 37 years as a collegiate diving coach. During his career he developed U.S. champions, international champions and Olympians. As a USA Diving coach, he accompanied his divers to every international competition in the world, including the Pan American Games, World University Games, World Championships, World Cups and three Olympic Games.

Selected Contents

Chapter 1. How Coaches Teach, How Divers Learn
Chapter 2. Forward Approach
Chapter 3. Backward Press
Chapter 4. Takeoff and Connection
Chapter 5. Position, Spotting, and Come-Out
Chapter 6. Line-Up and Entry
Chapter 7. Skill Progression: Putting It All Together
Chapter 8. Strength, Conditioning, Nutrition, and Recovery
Chapter 9. Creating an Annual Individualized Training Plan
Chapter 10. Mental Training for Practice
Chapter 11. Mental Training for Competition

Marketing & Promotions

- Featured at various relevant events throughout the UK and Europe.
- Reviews in UK and European websites, magazines and journals including *Swimming Times*, *Swimming World* and *School Sport Magazine*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.



An introduction to basic dance techniques for musical theatre

Title: Beginning Musical Theatre Dance

Author(s): Diana Dart Harris

Publication Date: February 2016

ISBN: 9781492502890

Illustrations: 5

Photos: 55

Size: 178 x 254 mm

Pages: 128

Format: Paperback with web resource

Category: Dance

Price: ££28.49 / €39.90

Product Type: Academic

BIC Code: YQW

Beginning Musical Theatre Dance

Diana Dart Harris

Audience

Dance students

Overview

Beginning Musical Theatre Dance introduces students to basic musical theatre dance techniques from a variety of genres, forms and styles and explains how to put them into practice for performance on stage.

It provides them with everything they need to know about auditions, rehearsals, performing and caring for themselves so they can achieve a successful outcome in their musical theatre dance course.

Designed for students enrolled on introductory musical theatre dance courses, the text contains photos and descriptions of basic warm-up exercises, centre work, steps from a variety of dance genres used in musical theatre dance, partnering and lifts.

The text provides an orientation to the structure of a musical theatre dance class and includes information on meeting class expectations, dressing appropriately, preparing mentally and physically, maintaining proper nutrition and hydration, and avoiding injury.

The accompanying web resource presents more than 60 instructional video clips to help students practice and review musical theatre dance forms, techniques, and adaptations.

About the Author(s)

Diana Dart Harris has more than 24 years of experience teaching dance to students of all ages. She is a professor and musical theatre choreographer at the University of New Haven. She is trained in ballet, modern, jazz and tap dance and has performed in musicals. Harris earned a bachelor of arts degree in dance education from Goucher College and a master of science degree in exercise physiology from Southern Connecticut State University.

Selected Contents

Chapter 1. Introduction to Musical Theatre Dance

Chapter 2. Preparing for Class

Chapter 3. Safety and Health

Chapter 4. Learning and Performing Musical Theatre Dance

Chapter 5. Basics of Musical Theatre Dance Technique

Chapter 6. From the Audition to the Stage

Chapter 7. History of Musical Theatre Dance

Marketing & Promotions

- Featured at various dance events throughout the UK and Europe.
- Reviews in UK and European dance websites, magazines and journals including *Dancing Times*, *Dance UK*, *Dance Today* and *Dance Europe*.
- Solus emails, inclusion in online newsletters and posted on Human Kinetics' Health and Fitness Blog.