





















NewTitles













JANUARY–JUNE 2013



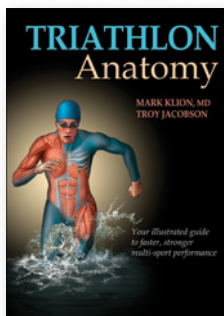
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£13.99 / €16.80
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£15.99 / €19.20
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ISBN 978 0 7360 7962 4
£52.99 / €63.60 |
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ISBN 978 0 7360 6692 1
£43.99 / €52.80 |

February 2013
 ISBN 978 1 4504 2138 6
 193 colour illustrations
 54 colour photographs
 178 x 254 mm
 200 pp
 Paperback
 £14.99 / €18.00



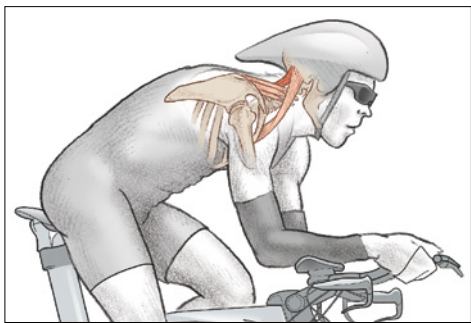
Triathlon Anatomy

Mark Klion and Troy Jacobson

Discover what it takes to maximize multisport strength, power, speed and endurance. *Triathlon Anatomy* shows how to improve performance by increasing muscular strength and optimizing the efficiency of every movement.

It features 82 of the most effective multisport exercises with step-by-step descriptions and colour anatomical illustrations highlighting muscles in action.

It shows how to modify exercises to target specific areas, reduce muscle tension and minimize common injuries. Best of all, it shows how to put it all together to develop a training programme based on individual goals.



The Anatomy Series

Sport specific exercises for improved performance with detailed anatomical illustrations that show the muscles in action. Our bestselling *Anatomy Series* keeps getting bigger. See them all at:

humankinetics.com/anatomy

May 2013
 ISBN 978 1 4504 2380 9
 80 illustrations
 129 photographs
 178 x 254 mm
 680 pp
 Paperback
 £14.99 / €18.00



Triathlon Science

Joe Friel and Jim Vance

Editors Joe Friel and Jim Vance together with a who's-who list of international experts on the sport offer you an unprecedented wealth of advanced yet accessible information on excelling in the sport. Packed with all the expertise you can handle and much more.

February 2013
 ISBN 978 1 4504 2020 4
 309 illustrations
 100 photographs
 216 × 279 mm
 256 pp
 Paperback
 £15.99 / €19.20

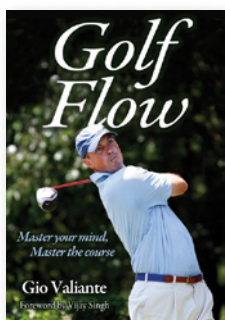


Archery

USA Archery

This is the guide for any archer wishing to improve their accuracy, increase consistency and achieve competitive success. Featuring the in-depth instruction, insight and advice from the world's top coaches and archers, *Archery* sets a new standard for those who compete with the bow.

June 2013
 ISBN 978 1 4504 3404 1
 7 illustrations
 27 photographs
 178 × 254 mm
 224 pp
 Paperback
 £13.99 / €18.20



Golf Flow

Gio Valiante

One of the PGA Tour's most prolific performance consultants, will help you orient your mind and harness your thoughts so you can enter a flow state, or optimal performance zone, in which time, control, effort and awareness seem both suspended and intensified.

February 2013
 ISBN 978 1 4504 1064 9
 7 illustrations
 340 photographs
 216 × 279 mm
 240 pp
 Paperback
 £16.99 / €20.40



Mastering Snowboarding

Hannah Teter and Tawnya Schultz

Mastering Snowboarding describes the techniques and tricks used by professional snowboarders and how to perform them.

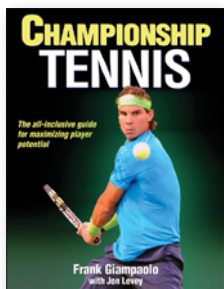
It provides in-depth coverage of snowboarding equipment, including how to select and customize a board to fit individual styles and needs.

Packed with tricks, expert advice and trade secrets from the pros, this full-colour guide is the only resource needed in order to own the slopes.

Whether you're a recreational rider or a seasoned professional, you'll find everything you need to know and more in *Mastering Snowboarding*.



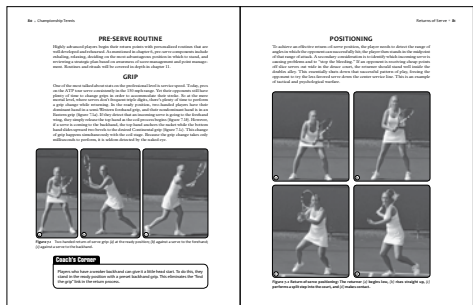
May 2013
 ISBN 978 1 4504 2453 0
 37 illustrations
 262 photographs
 216 x 279 mm
 256 pp
 Paperback
 £13.99 / €18.20



Championship Tennis

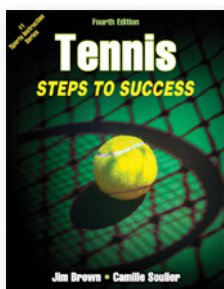
Frank Giampaolo and Jon Levey

In *Championship Tennis*, world-class coach and regular Grand Slam clinician Frank Giampaolo and long-time *Tennis* magazine editor Jon Levey bring you expert instruction and professional insights to eliminate unforced errors, increase winning percentage, and improve your overall game.



You'll also find the most effective drills for mastering groundstrokes, serves, volleys and speciality shots as well as invaluable advice for improving anticipatory skills and recognizing, neutralizing and countering your competition's strengths.

June 2013
 ISBN 978 1 4504 3208 5
 75 illustrations
 105 photographs
 216 x 279 mm
 200 pp
 Paperback
 £13.99 / €18.20



Tennis Steps to Success

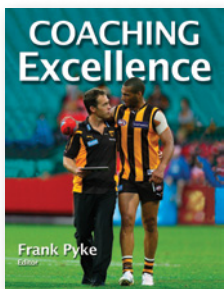
Jim Brown and Camille Soulier

Master the essential skills, take the court with confidence, and ace the competition! *Tennis* provides in-depth, progressive instruction and accompanying full-colour photos for each stroke. From forehand to backhand, serve to volley, this popular guide has it covered.



Practice and improve technique with more than 80 drills that feature a unique scoring system to gauge and accelerate your progress. After mastering the skills, add tactical knowledge to make the right shots in match situations and achieve on-the-court success. You'll learn how to neutralize your opponent's strengths, recognize weaknesses, force errors, and capitalize on every opportunity.

January 2013
 ISBN 978 1 4504 2337 3
 20 illustrations
 45 photographs
 216 × 279 mm
 272 pp
 Paperback
 £18.99 / €22.80



Coaching Excellence

Frank Pyke

No single resource can convey everything that a coach should know and do, but *Coaching Excellence* does the next best thing by building on the basics to provide a wealth of information to enable coaches to become more adept.

This comprehensive manual focuses on the three key facets of coaching:

- Roles and responsibilities of a coach.
- Plans and methods that stem from the core values and that are implemented in achieving the major goals of the programme.
- Applications of the sport sciences to enhance fitness and the technical, tactical and mental skills of athletes.



January 2013
 ISBN 978 0 7360 9507 5
 75 illustrations
 137 photographs
 217 × 279 mm
 352 pp
 Paperback and DVD
 £17.99 / €21.60



Social Dance, 3rd Edition

Judy Patterson Wright

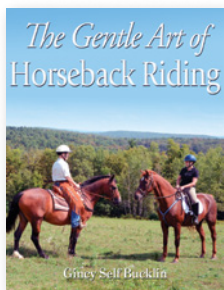
How to feel confident on the dance floor – step by step! This third edition of *Social Dance* teaches all the moves for 10 of the most popular dance styles.

The first few learning steps in this book introduce the foundational skills and concepts needed for success on the dance floor.

Each step is a smooth transition from the previous one and progresses from how posture and footwork affect balance, how to connect footwork with the music, adjust to a partner, make the transition between partner positions and create sequences from variations of each dance's specific rhythmic step pattern.



May 2013
 ISBN 978 1 4504 1274 2
 13 illustrations
 261 photographs
 216 × 279 mm
 256 pp
 Paperback
 £16.99 / €22.10

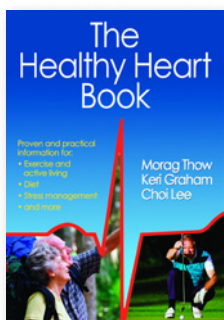


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The Gentle Art of Horseback Riding
 Gincy Self Bucklin

The Gentle Art of Horseback Riding presents valuable information for riders at all levels who want to develop their rider-horse partnership. Whatever discipline you ride, learn Bucklin's unique insights and proven techniques through step-by-step instruction and full-colour imagery.

May 2013
 ISBN 978 1 4504 3278 8
 17 illustrations
 76 photographs
 178 × 254 mm
 160 pp
 Paperback
 £9.99 / €12.00



The Healthy Heart Book
 Morag Thow, Keri Graham and Choi Lee

For people who have been diagnosed with a heart condition it is only natural that they are concerned about the future and seek reassurance and help after the initial treatment phase.

The authors of *The Healthy Heart Book* have combined their backgrounds and extensive experience in physiotherapy and nutrition to provide this comprehensive guide to achieving a full recovery.

The book covers the current recovery programme information given to patients and builds upon it to provide a thorough understanding of what to do and the reasons for doing it.

Common medical terminology is broken down to help guide recovering patients through their recovery while exercises are presented in a straightforward, easy to follow format.

1

Coronary Heart Disease and How It Is Treated

Before we talk about your recovery from a heart event, let's have a quick look at a few questions you may be asking:

- What is coronary heart disease (CHD)?
- How does CHD affect the heart?
- How can CHD be treated?

This chapter answers these questions so that you can better understand what CHD is and how it is treated. It explains how the blood vessels that supply your heart muscle can become narrowed or blocked, how this change affects your heart, what symptoms it can cause and how it can be treated with medication and surgery.

Your heart is a fantastic organ (see figure 1.1). It is basically a muscular pump that can beat more than 100,000 times a day. Your heart pushes blood round your body to supply it with oxygen and nutrients. It also receives a supply of vital, oxygen-rich blood. A large blood vessel, called the aorta, carries blood from the heart to the body. Close to where the aorta leaves the heart, small blood vessels, called coronary arteries, branch off and feed back into the heart muscle.

CHD, MI, angina, coronary arteries, angiogram, stent, bypass surgery—
 It's a foreign language!

February 2013
ISBN 978 1 4504 1118 9
24 illustrations
46 photographs
216 × 279 mm
200 pp
Paperback and DVD
£47.99 / €62.40



Senior Fitness Test Manual, 2nd Edition

Roberta E. Rikli and C. Jessie Jones

Easy to administer and score, the second edition of *Senior Fitness Test manual* is a simple method of assessing the physical attributes that older adults need in order to perform daily activities. Includes a DVD with test protocols and adaptations.

June 2013
ISBN 978 1 4504 1484 5
10 illustrations
2 photographs
216 × 279 mm
296 pp
Paperback
£46.99 / €61.10

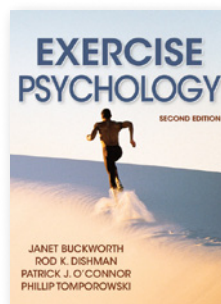


Lifestyle Wellness Coaching, 2nd Edition

James Gavin and Madeleine McBrearty

With the help of this book fitness professionals will learn how to work with individuals looking to tackle such issues as weight management, nutritional balance, exercise regularity, stress management and sleep issues.

April 2013
ISBN 978 1 4504 0709 0
185 illustrations
37 photographs
216 × 279 mm
528 pp
Hardback
£52.99 / €68.90



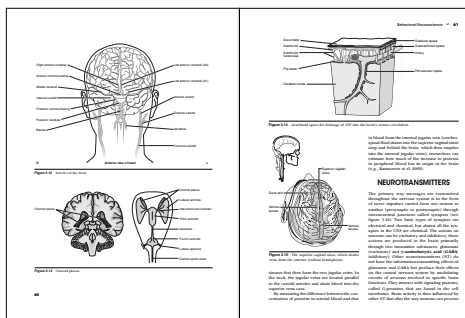
Exercise Psychology, 2nd Edition

Janet Buckworth, Rod K. Dishman, Patrick J. O'Connor and Phillip Tomporowski

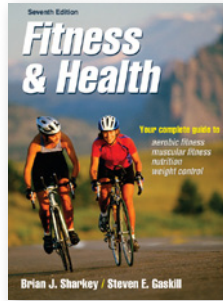
Exercise Psychology addresses the psychological and biological consequences of exercise and physical activity, and their subsequent effects on mood and mental health.

In contrast to other exercise psychology textbooks it presents a psychobiological approach that examines the inner workings of the body and their effects on behaviour.

From this unique perspective, readers will learn the biological foundations of exercise psychology within the broader contexts of cognitive, social and environmental influences.



April 2013
 ISBN 978 0 7360 9937 0
 58 illustrations
 192 photographs
 178 × 254 mm
 480 pp
 Hardback
 £24.99 / €30.00



Fitness and Health, 7th Edition

Brian J. Sharkey and Steven E. Gaskill

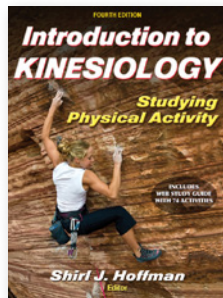
The completely revised seventh edition of *Fitness and Health* offers a comprehensive understanding of the exercise/health relationship and provides a framework for attaining health and fitness goals.

This handbook for students and fitness professionals explores the physiology and benefits of fitness whilst also providing information and tools for improving health and wellness.

It also includes special elements to highlight interesting content on health and fitness, including important health behaviours, testing procedures and proven fitness programmes.



May 2013
 ISBN 978 1 4504 3432 4
 86 illustrations
 105 Photographs
 216 × 279 mm
 552 pp
 Hardback & web resource
 £66.99 / €80.40

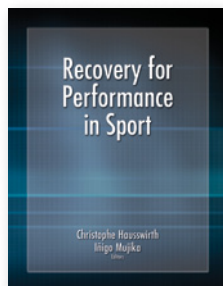


Introduction to Kinesiology

Shirl J. Hoffman

This is the most cohesive introduction to the field of sport science available, demonstrating how its many disciplines integrate into a unified body of knowledge. This all-inclusive approach gives students a solid background in the field and prepares them for further study.

June 2013
 ISBN 978 1 4504 3434 8
 149 illustrations
 5 photographs
 216 × 279 mm
 312 pp
 Hardback
 £39.99 / €52.00



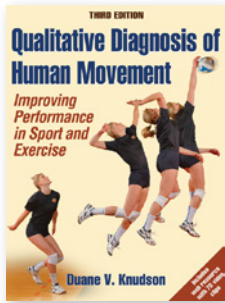
Recovery for Performance in Sport

INSEP, Christophe Hausswirth and Iñigo Mujika

This title encompasses the latest scientific research in the study of recovery and draws from the experience of applied sport scientists working with elite athletes in leading performance and recovery centres around the globe.

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April 2013
 ISBN 978 1 4504 2103 4
 28 illustrations
 123 photographs
 216 × 279 mm
 296 pp
 Paperback & web resource
 £49.99 / €60.00



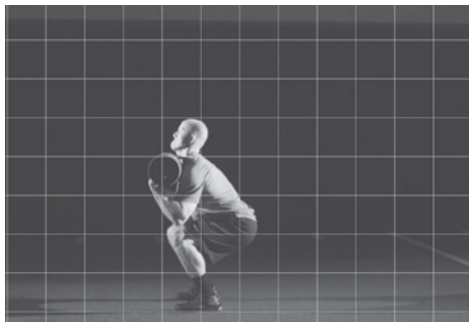
Qualitative Diagnosis of Human Movement, 3rd Edition

Duane V. Knudson

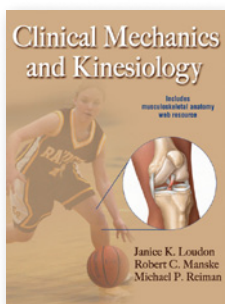
For sport science professionals, qualitative movement diagnosis (QMD) is a critical skill in helping individuals improve performance or reduce injury risk.

This new edition focuses on the processes behind movement observation, assessment and diagnosis, emphasising how to recognise and correct errors in human movement.

Professionals in human movement can integrate and apply knowledge from the fields of sport movement, allied health and biomechanics to help their clients, patients or athletes improve their movement performance.



June 2013
 ISBN 978 0 7360 8643 1
 362 illustrations
 25 photographs
 216 × 279 mm
 448 pp
 Hardback & web resource
 £53.99 / €70.20



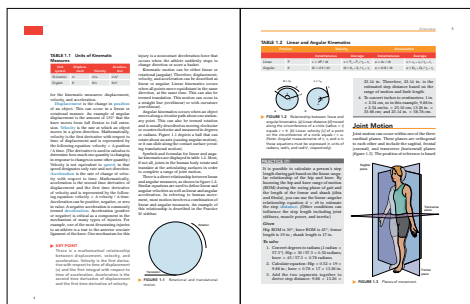
Clinical Mechanics and Kinesiology

Janice K. Loudon, Robert C. Manske and Michael P. Reiman

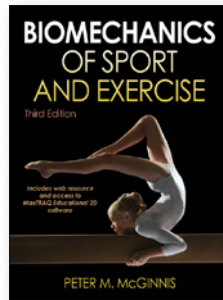
This text provides a solid foundation so that students of physical therapy and occupational therapy, and athletic training can understand biomechanics and functional anatomy as they relate to both normal and abnormal movement.

Written by active clinicians with more than 40 combined years of clinical and teaching experience, this text is also a practical reference for rehabilitation professionals working with a range of populations and pathologies.

Clinical Mechanics and Kinesiology is enhanced with over 360 pieces of full-colour art.



May 2013
 ISBN 978 0 7360 7966 2
 327 illustrations
 60 photographs
 216 × 279 mm
 456 pp
 Hardback & web resource
 £63.99 / €83.20



Biomechanics of Sport and Exercise, 3rd Edition

Peter M. McGinnis

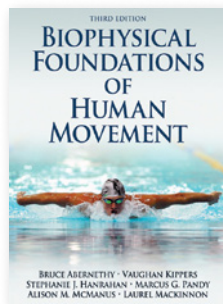
Taking a unique approach to the presentation of mechanical concepts, *Biomechanics of Sport and Exercise*, introduces exercise and sport biomechanics in simple terms.

By providing mechanical information before functional anatomy, the book helps students understand forces and their effects before studying how body structures deal with forces.

Students will learn to appreciate the consequences of external forces, how the body generates internal forces to maintain position, and how forces create movement in physical activities.



June 2013
 ISBN 978 1 4504 3165 1
 198 illustrations
 63 photographs
 216 × 279 mm
 456 pp
 Hardback
 £52.99 / €63.60

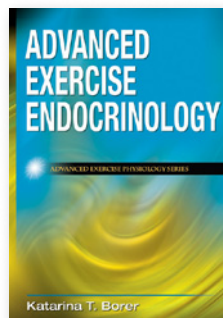


Biophysical Foundations of Human Movement, 3rd Edition

Bruce Abernethy, Vaughan Kippers, Stephanie J. Hanrahan, Marcus G. Pandy, Ali M. McManus and Laurel Mackinnon

Offers a comprehensive introduction to the anatomical, mechanical, physiological, neural, and psychological bases of human movement.

June 2013
 ISBN 978 0 7360 7516 9
 172 illustrations
 2 photographs
 178 × 254 mm
 280 pp
 Hardback
 £59.99 / €72.00

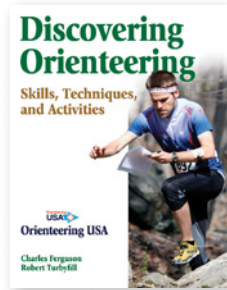


Advanced Exercise Endocrinology

Katarina T. Borer

This text presents a comprehensive examination of the relationship between physical activity and hormone function. As the latest addition to the *Advanced Exercise Physiology Series*, it offers up-to-date information on the rapidly developing field of exercise endocrinology.

June 2013
 ISBN 978 0 7360 8423 9
 52 illustrations
 43 photographs
 216 × 279 mm
 200 pp
 Paperback
 £28.99 / €37.70



Discovering Orienteering

Orienteering USA, Charles Ferguson and Robert Turbyfill

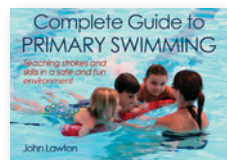
Whilst a degree of physical fitness is obviously desirable, orienteering also requires critical-thinking and problem-solving skills.

This book covers the basics of orienteering and establishes some historical perspective on the sport which is especially important for beginners who are unfamiliar with the various activities involved.

It then goes on to discuss issues such as fitness, nutrition and safety practices, tools and equipment before focusing on orienteering skills, techniques and processes involved and actual competition.



June 2013
 ISBN 978 1 4504 0153 1
 126 illustrations
 216 × 279 mm
 112 pp
 Spiral
 £13.99 / €16.90



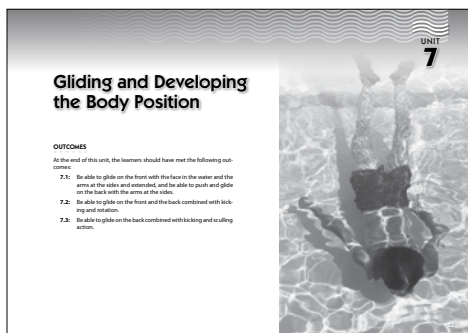
Complete Guide to Primary Swimming

John Lawton

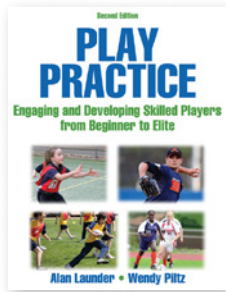
This practical guide is intended to be used poolside where it will assist in the delivery of the swimming component of the National Curriculum for key stages 1 and 2 and provides 10 unit programmes designed to help non-swimmers.

The book demystifies the teaching of swimming to enable those with little or no experience to teach it effectively and for learners to develop a range of skills in a safe and fun environment.

Planning time for lessons can be limited so this publication was designed to be used as a quick source of activities for anyone involved in teaching swimming.



April 2013
 ISBN 978 0 7360 9700 0
 66 illustrations
 72 photographs
 216 x 279 mm
 256 pp
 Paperback
 £23.99 / €31.20



Play Practice, 2nd Edition

Allen Launder and Wendy Piltz

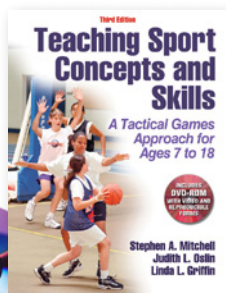
This innovative and authentic approach to teaching sport combines contemporary theory with the experience of practical and reflective work in real sport environments.

The play practice approach presented in the first edition is expanded and updated to show how it can be used to help improve sport skills for players of all ages and abilities.

It covers a wide range of team and individual sports, including archery, table tennis, flag football, skiing, cricket and track and field. Plus, you'll find a wealth of field-tested ideas for working with diverse learners in schools and communities.



June 2013
 ISBN 978 1 4504 1122 6
 259 illustrations
 87 photographs
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 632 pp
 Paperback & DVD
 £39.99 / €52.00



Teaching Sport Concepts and Skills

Stephen A. Mitchell, Judith L. Oslin and Linda L. Griffin

The third edition of this popular book shows teachers how to move from a traditional to a tactical games teaching approach with detailed unit and lesson plans, a DVD-ROM with video clips and numerous print ready assets.



Focusing on tactical awareness helps students develop problem-solving skills through gameplay and allows teachers to individualize instruction for novice, developing and advanced performers.

The primary level lessons teach basic concepts and tactics, while lessons for middle and high school students delve more deeply into 12 popular sports.

Model-Based Instruction

1. Identify the key concepts and skills to be taught.

2. Design a model that illustrates the key concepts and skills.

3. Present the model to students.

4. Have students practice the key concepts and skills.

5. Provide feedback to students.

6. Assess student learning.

TIP BOX

Model-based instruction is a powerful tool for teaching complex skills and concepts. It allows students to learn by doing and to receive immediate feedback. To use model-based instruction effectively, teachers should:

- Identify the key concepts and skills to be taught.
- Design a model that illustrates the key concepts and skills.
- Present the model to students.
- Have students practice the key concepts and skills.
- Provide feedback to students.
- Assess student learning.

Teaching Sport Concepts and Skills

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2. Design a model that illustrates the key concepts and skills.

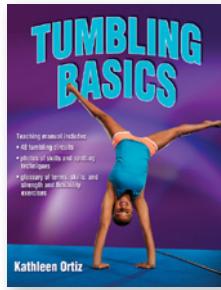
3. Present the model to students.

4. Have students practice the key concepts and skills.

5. Provide feedback to students.

6. Assess student learning.

May 2013
ISBN 978 1 4504 3206 1
48 illustrations
195 photographs
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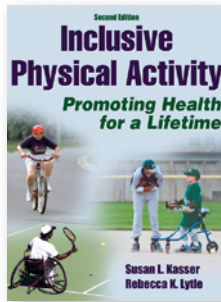


Tumbling Basics

Kathleen Ortiz

Tumbling Basics helps instructors new to gymnastics break down each of the seven basic skills into smaller, easily understandable steps. Clear instructions on error spotting and safety guidelines help them to create a safe and enjoyable environment to practice in.

May 2013
ISBN 978 1 4504 0186 9
21 illustrations
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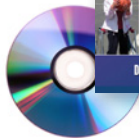
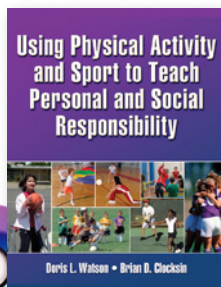


Inclusive Physical Activity, 2nd Edition

Susan L. Kasser and Rebecca K. Lytle

A text and reference for exercise and physical activity practitioners committed to offering optimal physical activity programming to people of differing abilities in school, recreation, sports and community fitness settings.

March 2013
ISBN 978 1 4504 0472 3
18 illustrations
44 photographs
216 × 279 mm
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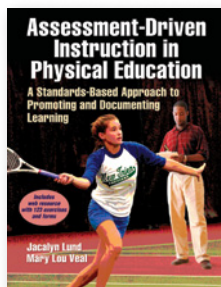


Using Physical Activity and Sport to Teach Personal and Social Responsibility

Doris L. Watson and Brian D. Clocksin

Practical information to help school and community educators use sport and fitness activities to develop character and responsibility in children. The book includes samples of units, lessons and assessments.

June 2013
ISBN 978 1 4504 1991 8
25 illustrations
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Assessment-Driven Instruction in Physical Education

Jacalyn Lund and Mary Lou Veal

An easy to follow guide that allows teachers to implement meaningful assessment into their PE curricula to ensure pupil development and participation. This useful guide also includes a web resource with over 123 exercises and forms.

