



Earn BOC and BOC-EBP CEUs!



HUMAN KINETICS

The Information Leader in Physical Activity & Health

BOC CEU Value Finder

Title	Page	CEU
Evidence-Based Practice CEU Courses		
<i>IJATT Parts I and II</i>	4	6.0
<i>Evidence-Based Assessment and Prevention of ACL Injuries</i>	5	5.25
<i>Evidence-Based Assessment of Concussion</i>	4	3.0
20.0+ CEU Courses		
<i>Kinetic Anatomy</i>	7	25.0
<i>JrFit Youth Fitness Specialty Certificate</i>	15	24.0
<i>Winning Sports Nutrition</i>	17	22.0
<i>Lifestyle Wellness Coaching</i>	19	21.0
<i>The Essence of Body Weight Training</i>	12	21.0
<i>Aquatic Exercise for Rehabilitation and Training</i>	7	20.0
<i>Balance Training</i>	15	20.0
<i>BOSU Complete Specialty Certificate</i>	12	20.0
<i>Low Back Injury Prevention and Rehab</i>	7	20.0
<i>Personal Training from A to Z</i>	13	20.0
<i>Physical Activity Instruction of Older Adults</i>	15	20.0
<i>Positive Psychology</i>	19	20.0
19.0-10.0 CEU Courses		
<i>Vegetarian Sports Nutrition</i>	18	16.0
<i>Effective Strength Training</i>	12	15.0
<i>NSCA's Certified Strength and Conditioning Specialist</i>	11	13.0
<i>Therapeutic Medications in Athletic Training</i>	17	13.0
<i>Care and Treatment of Asthma in Athletes</i>	8	12.5
<i>Hydration for Athletes</i>	17	12.5
<i>Motivating People to be Physically Active</i>	19	12.0

Title	Page	CEU
<i>Nutrition for Rehabilitation & Healing</i>	18	12.0
<i>Progressive Rehabilitation of Lower Extremity Sports Injuries</i>	8	12.0
<i>Handbook of Neurological Sports Medicine</i>	8	11.0
<i>Alternative & Integrative Nutrition</i>	17	10.0
<i>Cardiovascular Nutrition and Fitness</i>	18	10.0
<i>Diet, Exercise and Fitness</i>	17	10.0
<i>NSCA's Certified Personal Trainer</i>	11	10.0
<i>Osteoporosis Prevention & Treatment</i>	16	10.0
9.0-1.0 CEU Courses		
<i>Applied Health Fitness Psychology</i>	19	9.0
<i>Functional Training: Breaking the Bonds of Traditionalism</i>	13	9.0
<i>PNF Techniques for Upper Extremity Rehabilitation</i>	8	9.0
<i>Exercise for Knee and Hip Replacement</i>	16	8.0
<i>Exercise Nutrition</i>	18	8.0
<i>Kettlebell Training</i>	12	7.25
<i>Childhood & Adolescent Nutrition</i>	17	7.0
<i>Strength Training Older Adults</i>	15	7.0
<i>Assessing and Rehabilitation Shoulder Instabilities</i>	9	6.0
<i>Core Conditioning Exercises</i>	13	6.0
<i>Exercise and Arthritis</i>	16	6.0
<i>Exercise and Multiple Sclerosis</i>	16	6.0
<i>Fitplay-Building Healthy Lifestyles for Kids</i>	15	6.0
<i>Managing Low Back Problems</i>	9	6.0

BOC CEU Value Finder

Title	Page	CEU
9.0-1.0 CEU Courses (continued)		
<i>Core Assessment and Training</i>	13	5.0
<i>Exercise and Heart Disease</i>	16	5.0
<i>Lower Extremity Tendinopathies</i>	9	5.0
<i>Marathon Training</i>	14	5.0
<i>Nondiet Weight Management</i>	17	5.0
<i>Nutrition Quackery</i>	17	5.0
<i>Prevention Noncontact ACL Injuries</i>	9	5.0
<i>Running Injuries: Strategies for Prevention and Intervention</i>	14	5.0
<i>Sports & Weight-Loss Supplements</i>	17	5.0
<i>Weight Management</i>	18	5.0
<i>Ankle Sprains</i>	10	4.75
<i>Myofascial Release in Sports Medicine</i>	10	4.5
<i>Nutrition for Young Athletes</i>	17	4.5
<i>Strap Taping for Sports and Rehabilitation</i>	6	4.25
<i>Dynamic Warm-Up</i>	13	4.0
<i>Exercise and Diabetes</i>	16	4.0
<i>Exercise and Fibromyalgia</i>	16	4.0
<i>Exercise and Respiratory Disease</i>	16	4.0

Title	Page	CEU
<i>Hamstring Strains</i>	10	4.0
<i>Knee Stabilization</i>	10	4.0
<i>Nutrition Periodization</i>	18	4.0
<i>Postoperative Rehabilitation of Shoulder Pathologies</i>	10	4.0
<i>Shoulder Girdle Stabilization</i>	10	4.0
<i>Sports Strength</i>	14	4.0
<i>Training and Coaching the Competitive Cyclist</i>	14	4.0
<i>Buddy Lee's Jump Rope Training Fundamentals</i>	13	3.5
<i>Core Conditioning</i>	13	3.0
<i>International Journal of Athletic Training and Therapy Credits</i>	6	3.0
<i>PNF Stretching</i>	13	3.0
<i>Speed, Agility and Quickness</i>	13	3.0
<i>Running Mechanics and Gait Analysis</i>	14	2.25



Human Kinetics is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Evidence-Based Practice

IJATT Parts I and II: Evidence-Based Practice

This continuing education course package consists of both Part I and Part II of the *Evidence-Based Practice Online CE Course*. Each part contains a collection of unique, evidence-based articles originally published in the *International Journal of Athletic Therapy & Training (IJATT)*. The articles introduce athletic trainers to the concept of seeking out and evaluating relevant research so they may apply it to their daily practice to aid their athletes.

The first part features five articles written by notable athletic trainers such as David O. Draper and Kenneth L. Knight, and covers topics such as acute wound management, ACL-reconstruction autografts, and diagnosis of infectious meningitis. The articles are followed by an online exam containing 55 questions. The second part includes six more articles that address various treatment modalities and cover a range of topics including low-level laser therapy, therapeutic ultrasound, and cryotherapy for treatment of delayed-onset muscle soreness. These articles are followed by a second online exam containing 54 questions.

Human Kinetics

Two online courses with exams

©2015 • ISBN 978-1-4925-1041-3

\$99.00 • **6.0 BOC-EBP CEUs**

Also in print format • ISBN 978-1-4925-1585-2 • \$109.00

Each course part also available separately

Evidence-Based Assessment of Concussion

Evidence-Based Assessment of Concussion CE Course consists of a collection of evidence-based articles focused on the assessment and analysis of concussions, a topic that has quickly gained momentum in sport and activity. This course contains reviews of the research on epidemiology, etiology, and assessment of concussions, and is followed by an online exam containing 50 questions. It will help certified athletic trainers and other medical personnel learn to diagnose concussions and mild traumatic brain injury, some of the most common injuries sustained in contact sports.

Jeffrey Driban, PhD, ATC, and Stephen Thomas, PhD, ATC

Online course with 10 articles and exam

©2015 • ISBN 978-1-4925-1244-8

\$60.00 • **3.0 BOC-EBP CEUs**

Also in print format • ISBN 978-1-4925-1461-9 • \$70.00



Evidence-Based Assessment and Prevention of ACL Injuries



Evidence-Based Assessment and Prevention of ACL Injuries CE Course provides athletic trainers with a comprehensive review of current literature surrounding the assessment and prevention techniques for ACL injuries. This course presents 20 research articles that evaluate various tests that can be used to determine the severity of an ACL injury sustained by an athlete, as well as how susceptible the athlete might be to attaining one in the first place. Because research has indicated that ACL injuries are preventable with dynamic neuromuscular training programs, the course also focuses on prevention and includes articles on the effectiveness of warm-up programs.

Jeffrey Driban, PhD, ATC, and Stephen Thomas, PhD, ATC

Online course with 20 articles and exam

©2015 • ISBN 978-1-4925-2108-2

\$99.00 • **5.25 BOC-EBP CEUs**

Also in print format • ISBN 978-1-4925-2109-9 • \$109.00

Evidence-Based Surgery and Rehabilitation of ACL Injuries



Evidence-Based Surgery and Rehabilitation of ACL Injuries CE Course provides athletic trainers with a comprehensive review of the literature surrounding the most common and effective surgical procedures and rehabilitation practices for ACL injuries. This continuing education course presents 20 research articles regarding ACL injury treatment with the goal of demonstrating how trainers and therapists can utilize existing studies and apply the information to their own practice. Practitioners will learn how to apply therapeutic exercises and modalities during ACL reconstruction with the ultimate goal of helping their clients return to their lives before injury.

Jeffrey Driban, PhD, ATC, and Stephen Thomas, PhD, ATC

Online course with 20 articles and exam

©2015 • ISBN 978-1-4925-2111-2

\$99.00

Also in print format • ISBN 978-1-4925-2112-9 • \$109.00

Save when purchasing both EBP ACL courses

Evidence-Based Approach to ACL Injuries CE Course



This continuing education course package consists of *Evidence-Based Assessment and Prevention of ACL Injuries CE Course* and *Evidence-Based Surgery and Rehabilitation of ACL Injuries CE Course*. These evidence-based practice courses support the initiative in the athletic training profession to integrate the best new research and evidence into clinical decision making with the goal of improving patient outcomes. Certified athletic trainers completing this course may earn CEUs to apply toward the required evidence-based practice category to maintain their certification.

Jeffrey Driban, PhD, ATC, and Stephen Thomas, PhD, ATC

Online course with 40 articles and exam

©2015 • ISBN 978-1-4925-2258-4

\$175.00

Also in print format • ISBN 978-1-4925-2257-7 • \$185.00



Strap Taping for Sports and Rehabilitation

NEW!

Strap Taping for Sports and Rehabilitation Print CE Course follows a regional approach to taping techniques for use on all areas of the body. Containing 50 strap taping techniques, the course discusses the types of tape currently used in treatment and rehabilitation of injuries and presents theories on effectiveness of taping. Each taping technique is shown using step-by-step, full-color photographs, and a fillable study guide is divided into units focusing on specific areas

of the body: foot and ankle, knee, spine, shoulder, and distal upper extremities. This course will guide practitioners in the proper selection and effective application of strap taping techniques. It offers a dynamic way to learn how to properly use strap taping to relieve pain from minor sport and orthopedic injuries.

Anne Keil, PT, DPT

Print course with text, DVD, study guide, and exam

©2015 • ISBN 978-1-4925-1467-1

\$89.00 • **4.25 BOC CEUs**

International Journal of Athletic Therapy & Training

In a concise bimonthly format, the *International Journal of Athletic Therapy and Training* provides insights into issues in professional practice, highlights techniques in clinical sport health care, shares experiential knowledge, and presents practical applications of current, evidence-based research. Each issue of *IJATT* includes a continuing education assessment for subscribers that can be completed online for BOC CEUs. The *IJATT* CEU quizzes are posted in conjunction with the posting of each new issue, with each quiz available for 3.0 BOC CEUs.

IJATT contains regular columns that offer insights and strategies for the recognition, rehabilitation, and prevention of sport-related injuries and illnesses. Additional topics include evidence-based practice, complementary and alternative therapies, athletic training education, clinical and corporate perspectives, psychology of injury, and sport nutrition.

IJATT offers publications that range from case studies and original clinical research to more comprehensive critically appraised topics and systematic reviews. These evidence-based narratives are geared toward helping sports medicine practitioners make informed clinical decisions regarding the health and well-being of physically active individuals.

Jennifer M. Medina McKeon, PhD, ATC, CSCS, and Patrick O. McKeon, PhD, ATC, CSCS, Co-editors

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

Journals.HumanKinetics.com/IJATT

3.0 BOC CEUs available per issue

Earn CEUs
with *IJATT*

Kinetic Anatomy, Third Edition

Kinetic Anatomy, Third Edition Print CE Course guides athletic trainers and therapists through the bones, joints, muscles, muscle attachments, nerves, and blood vessels of the body with a full-color illustrated text. In-depth knowledge of the anatomical structures involved with physical movement will help athletic trainers identify and correct postural problems, prevent injury, and individualize exercise programs for their clients. Practitioners will be able to identify the ligaments, tendons, major joints, and major muscles of the human body and then apply that knowledge to specific training exercises of the upper and lower body and core.

Robert Behnke, HSD

Print course with text, study guide, and exam

©2012 • ISBN 978-1-4504-7890-8

\$239.00 • **25.0 BOC CEUs**

Low Back Injury Prevention and Rehab

Low Back Injury Prevention and Rehab Print CE Course presents back anatomy and biomechanics and demonstrates how to interpret research on low back involvement for clinical applications. 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 prevention strategies to offset injuries and restore function. Athletic trainers will learn to analyze the physical characteristics of each patient and design an individualized injury-prevention program.

Based on a book by Stuart McGill, PhD

Print course with text, study guide, and exam

©2009 • ISBN 978-1-4504-7899-1

\$239.00 • **20.0 BOC CEUs**

Aquatic Exercise for Rehabilitation and Training

Aquatic Exercise for Rehabilitation and Training Print CE Course reviews literature regarding the benefits of aquatic exercise using a variety of therapeutic interventions, including the Halliwick concept; the Bad Ragaz ring method; ai chi, watsu; swim stroke training; aquatic cardiovascular training; neuromuscular training; and core, upper-quarter, and lower-quarter musculoskeletal training. Case studies help apply aquatic activities to progress individual clients and adapt these activities to individuals with various disease-specific conditions.

Based on a book by Lori Thein Brody, PT, PhD, SCS, ATC, and Paula Richley Geigle, PT, PhD

Print course with text, DVD, study guide, and exam

©2012 • ISBN 978-1-4504-7775-8

\$239.00 • **20.0 BOC CEUs**

Injury Prevention and Rehabilitation

Handbook of Neurological Sports Medicine

Handbook of Neurological Sports Medicine Online CE Course presents techniques for diagnosis and treatment of head-related injuries. Authored by a respected team of neurosurgeons including highly regarded concussion researcher Julian Bailes, this evidence-based course offers expert guidelines for managing these serious injuries. Due to their prevalence in sport, a strong emphasis is placed on concussions; however, the course also covers critical return-to-play guidelines and participation recommendations for patients with preexisting neurological conditions or structural lesions to arm medical professionals with the principles needed for making appropriate decisions for athletes' safety. *Handbook of Neurological Sports Medicine Online CE Course* is a critical continuing education opportunity for all who treat neurological injuries.



Based on a book by Anthony L. Petraglia, MD, Julian E. Bailes, Jr., MD, and Arthur L. Day, MD

Online course with e-book and exam

©2014 • ISBN 978-1-4504-6976-0

\$175.00 • **11.0 BOC CEUs**

Care and Treatment of Asthma in Athletes, Version 2.0

This online continuing education course reviews the pathology and basic mechanisms of asthma and provides prevention and control techniques.

Ricardo A. Tan, MD

Enhanced online course with exam

©2009 • ISBN 978-0-7360-8087-3

\$99.00 • **12.5 BOC CEUs**

Progressive Rehabilitation of Lower Extremity Sports Injuries, Version 1.1

This online continuing education course provides guidelines for assessing and progressing through the treatment of lower extremity injuries.

Craig R. Denegar, PhD, ATC, PT, Sayers John Miller, MA, ATC, PT, Jay Hertel, Med, ATC, and Dean Plafcan, MS, ATC, PT

Enhanced online course with exam

©2009 • ISBN 978-0-7360-8689-9

\$119.00 • **12.0 BOC CEUs**

PNF Techniques for Upper Extremity Rehabilitation

This online continuing education course thoroughly covers the techniques of proprioceptive neuromuscular facilitation to aid in upper extremity rehabilitation.

D. Barry Dale, PT, PhD, SCS, ATC, CSCS

Enhanced online course with exam

©2007 • ISBN 978-0-7360-6060-8

\$124.00 • **9.0 BOC CEUs**

Managing Low Back Problems, Version 2.0

Managing Low Back Problems Online CE Course, Version 2.0, provides a comprehensive review of spine anatomy and structural functions and explains assessment techniques and treatment methods. The course features video demonstrations of evaluation methods and rehabilitation exercises that enable athletic trainers to select appropriate treatments and exercises for each phase in the rehabilitation of lumbar spine injuries.

Julie DeWerd, PT, OCS

Enhanced online course with exam

©2010 • ISBN 978-0-7360-7720-0

\$89.00 • **6.0 BOC CEUs**

Assessing and Rehabilitating Shoulder Instabilities, Version 2.0

Assessing and Rehabilitating Shoulder Instability Enhanced Online CE Course, Version 2.0, helps rehabilitation professionals care for athletes with shoulder instability by reviewing the concepts of examining, diagnosing, and designing a treatment plan for athletes. Case studies throughout the course aid in practical application of assessment and treatment techniques, and emphasis is placed on returning athletes to competition-ready status.

Christine M. Bonci, MS, ATC, J. Allen Hardin, ATC, PT, MS, SCS, Lori A. Michener, PhD, ATC, PT, and

Amee L. Seitz, PT, OPT, MS, OCS

Enhanced online course with exam

©2009 • ISBN 978-0-7360-7947-1

\$89.00 • **6.0 BOC CEUs**

Lower Extremity Tendinopathies

Lower Extremity Tendinopathies Enhanced Online CE Course reviews the pathology of lower limb tendinopathies and helps clinicians better understand, evaluate, and treat these common injuries. Upon completion, students will be able to explain the three stages of tendon pathology, identify risk factors for tendinopathies, identify appropriate questions and tests for examination, and develop an effective rehabilitation program for various tendinopathies.

Ebonie Scase and Jill Cook, PhD

Enhanced online course with exam

©2010 • ISBN 978-0-7360-7722-4

\$69.00 • **5.0 BOC CEUs**

Preventing Noncontact ACL Injuries

Preventing Noncontact ACL Injuries Enhanced Online CE Course presents information regarding risk factors and prevention strategies for anterior cruciate ligament injury. This interactive online course with companion e-book contains a comprehensive literature review of ACL injury incidence, modifiable risk factors, risk factor assessments, and prevention strategies. Also included are 64 video clips of assessment and exercise techniques.

Susan Sigward, PhD, PT, ATC, and Grace Golden, PhD, ATC, CSCS

Enhanced online course with e-book and exam

©2010 • ISBN 978-0-7360-9423-8

\$69.00 • **5.0 BOC CEUs**

Injury Prevention and Rehabilitation

Ankle Sprains

This enhanced online course explains who is most susceptible to ankle sprains, why the injury occurs, and how to best treat the injury so that athletes can return to play quickly and safely with reduced chance of reinjury.

Jay Hertel, PhD, ATC, Sheri Hale, PhD, PT, ATC, and Lauren Kramer, PhD, ATC

Enhanced online course with exam
©2012 • ISBN 978-0-7360-9567-9
\$60.00 • **4.75 BOC CEUs**

Myofascial Release in Sports Medicine, Version 1.1

This course provides instructions for using myofascial release to correct restrictions in connective tissue, normalize tissue mobility, and restore optimal function to help athletes enhance performance and reduce the chances of injury.

Human Kinetics

Enhanced online course with exam
©2009 • ISBN 978-0-7360-8665-3
\$69.00 • **4.5 BOC CEUs**

Hamstring Strains

This course presents evidence in assessment, rehabilitation, and return-to-play criteria specific to hamstring injuries so that health care providers can return athletes to playing condition as quickly as possible while minimizing risk for reinjury.

Marc Sherry, PT, LAT, CSCS, PES, and Thomas Best, MD, PhD

Enhanced online course with exam
©2011 • ISBN 978-0-7360-8332-4
\$44.00 • **4.0 BOC CEUs**

Knee Stabilization

This course reviews the anatomy and biomechanics of the knee, identifies common injuries and conditions, and demonstrates how to design exercise programs to promote knee function and stability in clients.

Erin Hughes, MSPT

Online course with workbook and exam
©2010 • ISBN 978-1-4504-7473-3
\$89.00 • **4.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7892-2 • \$99.00

Postoperative Rehabilitation of Shoulder Pathologies

This course helps athletic trainers provide effective postoperative rehabilitation for various shoulder pathologies, and explores 14 surgical interventions to provide a comprehensive rehabilitation protocol for each, from post-surgery rest through return to play.

Kevin Kostka, DPT, and Edwin E. Spencer, Jr., MD

Online course with e-book and exam
©2011 • ISBN 978-1-4504-1269-8
\$59.00 • **4.0 BOC CEUs**

Shoulder Girdle Stabilization

This course will teach assessment methods and more than 100 exercises that rehabilitate shoulder girdle function and fitness. Topics include shoulder girdle anatomy, biomechanics, and common shoulder dysfunctions and common injuries.

Erin Hughes, MSPT

Online course with workbook and exam
©2008 • ISBN 978-1-4504-7547-1
\$89.00 • **4.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7945-5 • \$99.00

NSCA's Certified Strength and Conditioning Specialist (CSCS) Online Study Course

NSCA's Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study/CE Course works in tandem with the material presented in *Essentials of Strength Training and Conditioning, Third Edition*, to offer a practical and efficient method of studying the content assessed on the CSCS exam. Featuring more than 160 interactive learning activities, the course content reflects the weighting and scope of the CSCS exam and has varying levels of recall, application, and analysis learning activities for each primary objective. The content relates directly to the on-the-job duties and responsibilities of a certified strength and conditioning specialist.

National Strength and Conditioning Association

Enhanced online course with text and exam

©2013 • ISBN 978-1-4504-5873-3

\$269.00 • **13.0 BOC CEUs**

NSCA's Certified Personal Trainer (NSCA-CPT) Online Study Course

NSCA's Certified Personal Trainer (NSCA-CPT) Online Study/CE Course works in tandem with the material presented in *NSCA's Essentials of Personal Training, Second Edition*, to offer a practical and efficient method of studying the content assessed on the NSCA-CPT exam. The course content reflects the weighting and scope of the NSCA-CPT exam and has varying levels of recall, application, and analysis for each primary objective. Featuring over 120 interactive learning activities, this online study course offers scientific knowledge and practical application and pinpoints the information required for preparing for the exam.

National Strength and Conditioning Association

Enhanced online course with text

©2014 • ISBN 978-1-4504-5869-6

\$269.00 • **10.0 BOC CEUs**



Strength and Conditioning

Kettlebell Training

Kettlebell Training CE Course features 95 exercises for increasing strength, endurance, balance, and coordination. The exercises include step-by-step instructions, common errors and corrections, safety considerations, and training tips, making it simple to incorporate them into client programs. An accompanying study guide offers access to 43 video clips of common kettlebell exercises that provide depictions of proper technique.

Based on a book by [Steve Cotter](#)

Online course with text, online video, study guide, and exam

©2015 • ISBN 978-1-4925-0479-5

\$179.00 • **7.25 BOC CEUs**

Also in print format • ISBN 978-1-4925-0477-1 • \$189.00



The Essence of Body Weight Training

The Essence of Body Weight Training Print CE Course is a comprehensive source for body weight training. The course discusses the history and philosophy of body weight training and offers programs that can be implemented today. Learn biomotor drills, agility and tumbling, balance, strength, and power training applications for the lower and upper body, core, neck, and grip.

[Juan Carlos Santana, MEd](#)

Print course with workbook, 2 DVDs, study guide, and exam

©2006 • ISBN 978-1-4504-7966-0

\$269.00 • **21.0 BOC CEUs**

BOSU Complete Specialty Certificate

BOSU Complete Specialty Certificate Print CE Course uses theories of functional balance, core stabilization, and integrated movement tasks to enhance performance across a continuum of activities. Nine full-color workout charts organize all of the exercises and drills and help teach clients how to use the BOSU Balance Trainer to strengthen the core, train the upper or lower body, or get a total-body workout.

[Candice Copeland Brooks and Douglas S. Brooks, MS](#)

Print course with text, 5 DVDs, 9 BOSU charts, study guide, and exam

©2010 • ISBN 978-1-4504-7790-1

\$259.00 • **20.0 BOC CEUs**

Effective Strength Training

In the ever-evolving fitness arena, professionals must constantly reassess their strength training programs. Written by internationally recognized trainer and author Douglas Brooks, *Effective Strength Training Print CE Course* dispels myths about strength training and provides a scientific framework for evaluating the effectiveness of current programs. The course outlines proper strength training techniques for more than 100 upper-body, lower-body, and trunk exercises.

[Douglas S. Brooks, MS](#)

Print course with text, study guide, and exam

©2001 • ISBN 978-1-4504-7816-8

\$159.00 • **15.0 BOC CEUs**

Personal Training From A to Z

Based on a book by Douglas S. Brooks, MS

Print course with text, study guide, and exam

©2004 • ISBN 978-1-4504-7911-0

\$239.00 • **20.0 BOC CEUs**

Functional Training: Breaking the Bonds of Traditionalism

Juan Carlos Santana, MEd

Print course with workbook, DVD, study guide, and exam

©2004 • ISBN 978-1-4504-7863-2

\$189.00 • **9.0 BOC CEUs**

Core Conditioning Exercises

Paul Chek, HHP, NMT

Print course with manual, 2 DVDs, and exam

©2011 • ISBN 978-1-4504-7804-5

\$99.00 • **6.0 BOC CEUs**

Core Assessment and Training

Based on a book by Human Kinetics and

Jason Brumitt, MSPT, SCS, ATC, CSCS,*D, Contributor

Enhanced online course with text and exam

©2010 • ISBN 978-0-7360-9042-1

\$99.00 • **5.0 BOC CEUs**

Speed, Agility and Quickness

Todd Durkin, MA, CSCS

Print course with DVD, study guide, and exam

©2009 • ISBN 978-1-4504-7950-9

\$79.00 • **3.0 BOC CEUs**

Buddy Lee's Jump Rope Training Fundamentals

Buddy Lee

Enhanced online course with e-book and exam

©2014 • ISBN 978-1-4504-6242-6

\$79.00 • **3.5 BOC CEUs**

Core Conditioning

Todd Durkin, MA, CSCS

Print course with DVD, study guide, and exam

©2008 • ISBN 978-1-4504-7801-4

\$79.00 • **3.0 BOC CEUs**

Stretching and Flexibility

Facilitated Stretching, Fourth Edition

Facilitated Stretching, Fourth Edition CE Course offers a hands-on approach to helping clients and athletes enhance performance through PNF stretching techniques. Manual and massage therapists, athletic trainers, personal trainers, coaches, and other health care professionals will learn techniques for assessing current muscle function, improving range of motion, and increasing strength with a dynamic combination of photos, online video, and self-assessment tools. Stretches are demonstrated on a treatment table, mat on the floor, chair, cable-pulley machine, and weightlifting bench and grouped according to each joint.

Based on a book by Robert McAtee, LMT, CSCS, C-PT, and Jeff Charland, PT, ATC, CSCS, GDMT

Online course with text, online video, recorded webinar, study guide, and exam

©2015 • ISBN 978-1-4925-1339-1

\$209.00 • **CEUs to be determined**

Also in print format • ISBN 978-1-4925-1337-7 • \$219.00

Dynamic Warm-Up

Todd Durkin, MA, CSCS

Print course with DVD, study guide, and exam

©2008 • ISBN 978-1-4504-7807-6

\$89.00 • **4.0 BOC CEUs**

PNF Stretching

Jeff Larson, RPT, L/ATC

Online course with exam

©2002 • ISBN 978-1-4504-7524-2

\$89.00 • **3.0 BOC CEUs**



Sport-Specific Training

Running Mechanics and Gait Analysis

This course presents running mechanics, injury prevention, and optimal treatment methods for professionals working with athletes and clients. Readers will come away with an understanding of ways to build on standard practice while gaining a new appreciation for the performance benefits that gait analysis can provide.

Reed Ferber, PhD, CAT(C), ATC, and Shari Macdonald, BScPT, MSc

Online course with e-book, online video, and exam

©2014 • ISBN 978-1-4504-6629-5

\$69.00 • **2.25 BOC CEUs**



Running Injuries: Strategies for Prevention and Intervention

This course helps identify the most common injuries, conditions, and discomforts associated with running as well as risk factors for injury. It details strength and flexibility exercises to address the needs of clients at risk for and recovering from injuries of the hip, knee, and lower leg.

Erin Hughes, MSPT, CPT

Online course with workbook and exam

©2012 • ISBN 978-1-4504-7543-3

\$99.00 • **5.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7941-7 • \$109.00

Marathon Training

This course offers marathon training strategies for novice runners, novice marathoners, experienced runners, and competitive runners. It covers the physical and psychological needs of marathon runners and how to design a complete 16-week marathon training program.

Randy Accetta, PhD, and Greg Wenneborg, MA

Online course with workbook and exam

©2003 • ISBN 978-1-4504-7478-8

\$99.00 • **5.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7901-1 • \$109.00

Training and Coaching the Competitive Cyclist

This course reviews coaching techniques for critical cycling skills, assessment of cycling fitness, principles of training program design, and nutrition and hydration.

Tyrone A. Holmes, EdD

Online course with exam

©2010 • ISBN 978-1-4504-7574-7

\$89.00 • **4.0 BOC CEUs**

Sports Strength

This course teaches how to train with purpose and use the techniques to produce results in clients and athletes. This program teaches upper- and lower-body strength exercises that can be performed on the playing field, in the weight room, or right in the client's home.

Todd Durkin, MA, CSCS

Print course with DVD, study guide, and exam

©2008 • ISBN 978-1-4504-7953-0

\$89.00 • **4.0 BOC CEUs**

Balance Training, Third Edition

Balance Training, Third Edition Print CE Course introduces the various systems that contribute to balance and mobility, including common age-related changes, medical conditions, risk factors, and mediations. Readers will learn how to design a comprehensive program including center-of-gravity control training; multisensory training; postural training; gait pattern enhancement; and strength, endurance, and flexibility training.

Based on a book by Debra J. Rose, PhD

Print course with text, DVD, workbook, and exam

©2010 • ISBN 978-1-4504-7777-2

\$239.00 • **20.0 BOC CEUs**

Physical Activity Instruction of Older Adults

Physical Activity Instruction of Older Adults Print CE Course presents objectives for fitness professionals to be able to lead safe and effective activity programs for older adults with diverse abilities. The course identifies and dispels common myths and discusses initiatives to promote physical activity among older adults, including the addition of simple mind–body exercises into a well-rounded exercise program.

Based on a book by C. Jessie Jones, PhD, and Debra J. Rose, PhD

Print course with text, study guide, and exam

©2009 • ISBN 978-1-4504-7913-4

\$229.00 • **20.0 BOC CEUs**

Strength Training Older Adults

Strength Training Older Adults Print CE Course provides training principles, protocols, and adaptations from leading authorities on strength training. With precise illustrations, biomechanically sound instructions, and specific teaching cues, readers will learn to help clients maximize performance and avoid errors that cause injury.

Based on a book by Thomas R. Baechle, EdD, CSCS,*D; NSCA-CPT,*D, and Wayne Westcott, PhD, CSCS

Print course with text, study guide, and exam

©2011 • ISBN 978-1-4504-7959-2

\$119.00 • **7.0 BOC CEUs**

JrFit Youth Fitness Specialty Certificate

Tammy Petersen, MSE

Print course with 3 texts, workbook, and exam

©2009 • ISBN 978-1-4504-7888-5

\$299.00 • **24.0 BOC CEUs**

Fitplay: Building Healthy Lifestyles for Kids, Third Edition

Shelley Whitlatch, MS

Online course with workbook and exam

©2007 • ISBN 978-1-4504-7448-1

\$99.00 • **6.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-8009-3

\$109.00

Aging and Special Conditions

Osteoporosis Prevention & Treatment, Fourth Edition

Understand osteopenia and osteoporosis and learn to design programs to address these issues with clients.

Nancy Gustafson, MS, RD, FADA

Online course with exam

©2010 • ISBN 978-1-4504-7516-7

\$129.00 • **10.0 BOC CEUs**

Exercise for Knee and Hip Replacement, Second Edition

Understand conditions leading to hip and knee joint replacement, surgical techniques, and postsurgical complications.

Erin Hughes, MSPT

Online course with workbook and exam

©2014 • ISBN 978-1-4504-8690-3

\$129.00 • **8.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-8136-6
\$139.00

Exercise and Arthritis, Seventh Edition

Recognize arthritis symptoms, identify psychological factors, and design safe exercise programs.

Gwen Hyatt, MS, and David Kruse, MD

Online course with workbook and exam

©2014 • ISBN 978-1-4504-8217-2

\$99.00 • **6.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-8133-5
\$109.00

Exercise and Heart Disease, Fifth Edition

Learn the risk factors associated with heart disease and how to design personalized programs.

Gwen Hyatt, MS, and

Sharon Peachey Sheremeta, Sc.D., RCEP, FACSM

Print course with workbook, and exam

©2011 • ISBN 978-1-4504-7342-2

\$99.00 • **5.0 BOC CEUs**

Also in online format • ISBN 978-1-4504-7832-8
\$109.00

Exercise and Multiple Sclerosis

Learn to design exercise programs that will improve physical fitness and functional ability for clients with multiple sclerosis (MS).

Karl Knopf, EdD

Online course with exam

©2005 • ISBN 978-1-4504-7344-6

\$99.00 • **6.0 BOC CEUs**

Exercise and Diabetes

Understand the four types of diabetes, how to respond to glycemic fluctuations, and exercise for clients with diabetes.

Gwen Hyatt, MS, and

Hana Abdulaziz Feeney, MS, RD, CSSD

Online course with workbook, and exam

©2011 • ISBN 978-1-4504-7338-5

\$99.00 • **4.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7828-1
\$109.00

Exercise and Fibromyalgia, Second Edition

Learn to alleviate chronic fatigue and pain in clients with fibromyalgia syndrome (FMS) with effective program design.

Gwen Hyatt, MS

Online course with workbook and exam

©2008 • ISBN 978-1-4504-7340-8

\$89.00 • **4.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7830-4 • \$99.00

Exercise and Respiratory Disease, Fourth Edition

Design exercise programs for clients with pulmonary conditions and safely monitor exercise intensity.

Gwen Hyatt, MS, and

Sharon Peachey Sheremeta, Sc.D., RCEP, FACSM

Online course with workbook and exam

©2010 • ISBN 978-1-4504-7437-5

\$89.00 • **4.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7840-3 • \$99.00

Winning Sports Nutrition, Second Edition

Winning Sports Nutrition, Second Edition CE Course demonstrates how to calculate the calories athletes need before, during, and after exercise; provide the best nutritional sources to fuel body cells; and explain how the body generates energy. Included are more than 80 reproducible handouts that can be used with athletes after the course is complete.

Jackie Maurer Abbot, PhD, RD, Linda Houtkooper, PhD, RD, and Veronica Mullins, MS, RD, CSCS

Online course with text, CD of reproducible handouts, study guide, and exam

©2013 • ISBN 978-1-4504-7596-9

\$239.00 • **22.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-7998-1 • \$249.00

Therapeutic Medications in Athletic Training, Version 2.0

Therapeutic Medications in Athletic Training, Enhanced Online CE Course, Version 2.0, teaches athletic trainers about medications that are commonly used by athletes of all levels to treat hypertension, allergies, asthma, and a host of other conditions. It reviews pharmacodynamics and pharmacokinetic principles to inform athletic trainers of the advances in a variety of medications for infections, skin conditions, pain, and inflammation.

Michael C. Koester, MD, ATC, FAAP

Enhanced online course with text and exam

©2008 • ISBN 978-0-7360-6875-8

\$134.00 • **13.0 BOC CEUs**

Alternative & Integrative Nutrition, Fifth Edition

Leslie Kay-Getzinger, MS, RD

Online course with exam

©2011 • ISBN 978-1-4504-7296-8

\$129.00 • **10.0 BOC CEUs**

Hydration for Athletes

Douglas J. Casa, PhD, ATC, FACSM, and

John M. Rosene, DPE, ATC

Enhanced online course with exam

©2004 • ISBN 978-0-7360-3968-0

\$99.00 • **12.5 BOC CEUs**

Diet, Exercise, and Fitness, Eighth Edition

Ellen Coleman, MA, MPH, RD, CSSD

Online course with exam

©2011 • ISBN 978-1-4504-7326-2

\$129.00 • **10.0 BOC CEUs**

Childhood & Adolescent Nutrition, Eighth Edition

Kala Shipley, RD, LD

Online course with exam

©2010 • ISBN 978-1-4504-7316-3

\$109.00 • **7.0 BOC CEUs**

Nondiet Weight Management, Sixth Edition

Linda Omichinski, RD

Online course with exam

©2010 • ISBN 978-1-4504-7486-3

\$79.00 • **5.0 BOC CEUs**

Nutrition Quackery, Sixth Edition

Ellen Coleman, MA, MPH, RD, CSSD

Online course with exam

©2010 • ISBN 978-1-4504-7506-8

\$109.00 • **5.0 BOC CEUs**

Sports & Weight-Loss Supplements, Second Edition

Ellen Coleman, MA, MPH, RD, CSSD

Online course with exam

©2012 • ISBN 978-1-4925-0630-0

\$39.00 • **5.0 BOC CEUs**

Nutrition for Young Athletes, Sixth Edition

Suzanne A. Nelson, DAC, RD

Online course with exam

©2010 • ISBN 978-1-4504-7502-0

\$129.00 • **4.5 BOC CEUs**

Nutrition for Rehabilitation & Healing, Fourth Edition

As older adults become more physically active and participate in recreational and competitive sports, injuries increase and rehabilitation becomes more important. This course details the role of nutrition in the rehabilitation of sport injuries and trauma, including transplant, pulmonary, neurology, cardiac, orthopedic, stroke, amputation, dysphagia, and closed head injury.

Karen Lilyquist, PhD, RN, RD, LD

Online course with exam

©2012 • ISBN 978-1-4504-7492-4

\$129.00 • **12.0 BOC CEUs**

Cardiovascular Nutrition and Fitness, Seventh Edition

This course helps health and fitness professionals better understand how to prevent and manage cardiovascular disease. Information in this course covers risk factors for cardiovascular disease, serum cholesterol, hypertension, diet and exercise, and specific meal planning strategies. In-depth topics address the etiology of atherosclerosis and hypertension; dietary risk factors including fat, fiber, and sodium; drug therapy; and risk reduction for adults and children.

Ellen Coleman, MA, MPH, RD, CSSD

Online course with exam

©2010 • ISBN 978-1-4504-7314-9

\$129.00 • **10.0 BOC CEUs**

Vegetarian Sports Nutrition

This course helps professionals assist active vegetarians and semivegetarians of all ages and abilities in understanding energy, protein, vitamins, and minerals to achieve optimal nutrition for peak performance and health.

Based on a book by

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

Print course with exam

©2010 • ISBN 978-1-4504-7991-2

\$169.00 • **16.0 BOC CEUs**

Exercise Nutrition, Version 2.0

This course explains how the body digests food, metabolizes nutrients, and stores some of the nutrients for future use. Hydration and nutritional concepts are introduced and reinforced through a series of interactive activities with hypothetical clients.

Marie Dunford, PhD, RD

Enhanced online course with exam

©2009 • ISBN 978-0-7360-8119-1

\$89.00 • **8.0 BOC CEUs**

Weight Management, Version 2.0

This course offers a balanced, three-pronged approach to helping clients manage their weight, and covers weight management, including fitness programming, nutrition education, and behavioral coaching.

Susan Kundrat, MS, RD, CCSD, LDN

Enhanced online course with exam

©2010 • ISBN 978-0-7360-7575-6

\$62.00 • **5.0 BOC CEUs**

Nutrition Periodization

This course shows how to utilize nutrition periodization principles in each training cycle to elicit optimal performance during the peak period. It also discusses overtraining, depression of the immune system, glycemic response, inflammation, and supplements.

Bob Seebohar, MS, RD

Online course with exam

©2010 • ISBN 978-1-4504-7504-4

\$79.00 • **4.0 BOC CEUs**

Applied Health Fitness Psychology

Applied Health Fitness Psychology CE Course provides an understanding of the psychological factors that inhibit and promote physical activity and positive lifestyle behavior change in clients. Gain insight to psychological motivational theories and models of exerciser behavior to help your clients establish and maintain positive attitudes, emotions, and behaviors for a healthy lifestyle. Barriers to positive health behavior plus personal, situational, cultural, spiritual, and environmental factors are also discussed. Health and fitness professionals, wellness coaches, personal trainers, dietitians, and allied health professionals will learn strategies for health behavior interventions, exercise compliance and adherence, cognitive and behavioral strategies, exercise goal setting, and leadership.



Based on a book by [Mark H. Anshel, PhD](#)

Online course with text, study guide, and exam

©2015 • ISBN 978-1-4925-0869-4

\$229.00 • **9.0 BOC CEUs**

Also in print format • ISBN 978-1-4925-0858-8 • \$239.00

Lifestyle Wellness Coaching, Second Edition

Lifestyle Wellness Coaching, Second Edition CE Course offers an understanding of evidence-based coaching and systematic processes to guide, support, and motivate clients to achieve positive behavior change and long-term healthy lifestyles and practices. The International Coach Federation's 11 core competencies are thoroughly examined and application to the health and fitness arena is discussed.

Based on a book by [James Gavin, PhD](#), and [Madeleine Mcbrearty, PhD](#)

Online course with text, study guide, and exam

©2014 • ISBN 978-1-4925-0764-2

\$229.00 • **21.0 BOC CEUs**

Also in print format • ISBN 978-1-4504-8167-0 • \$239.00

Positive Psychology

[Christopher Peterson, PhD](#), and [Kathleen Xydis](#)

Print course with text, study guide, and exam

©2012 • ISBN 978-1-4504-7925-7

\$239.00 • **20.0 BOC CEUs**

Motivating People to Be Physically Active

Based on a book by [Bess H. Marcus, PhD](#), and [Leighann H. Forsyth, PhD](#)

Print course with text, study guide, and exam

©2009 • ISBN 978-1-4504-7906-6

\$169.00 • **12.0 BOC CEUs**

VISIT US AT NATA



Visit the Human Kinetics booth at NATA 2015 in St. Louis at booth #2223 for exclusive conference discounts!

