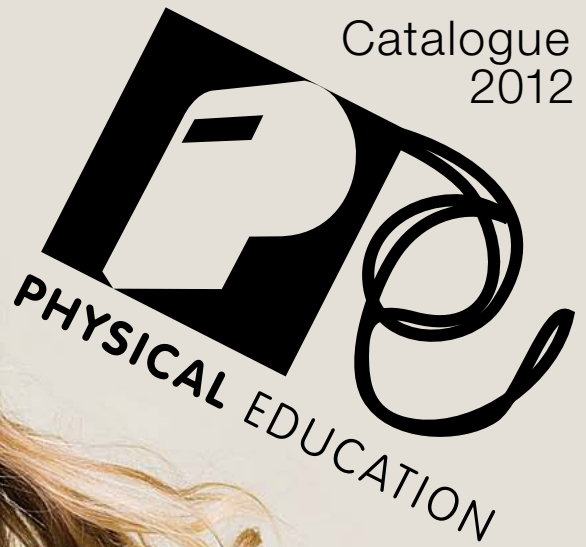




Human
Kinetics

Catalogue
2012



WELCOME

A legacy of sport for all?



Sounds great but how are we supposed to achieve it?

As pupils sprint out of the school gate this Summer holiday, teachers and coaches in the UK and around the world will be left asking 'how do we deliver a legacy of sport, health and fitness?'

In the new term you won't be able to move for mini Mo Farrars, children charging round like Usain Bolt and they'll be enough wannabe Tom Daleys to fill an Olympic sized swimming pool. But after the closing ceremony, how will you keep the flame burning?

Changing inspiration into perspiration is no mean feat, and motivating students is just the start. Teaching them the skills that enable them to enjoy sports, coaching them to dig deeper and go harder, empowering them to drive their own participation – these are not short term targets, they're long term goals. But they are achievable. Building strong programmes can give you and your team the structure to develop a truly great department.

In the PE section at the back of this catalogue, you'll find teacher resources covering everything from lesson plans to year-long programmes. In addition there's advice on promoting physical activity both at school and in the home, and ways to use PE to improve behaviour by developing personal and social responsibility.

In fact, we've filled this entire catalogue with our best and most relevant products, nearly all of the 26 Olympic events are represented, and many serve as ideal introductions to new activities. You can learn more about all of them at humankinetics.com. Where you'll find extracts, free webinars from experts, video clips, podcasts and more.

From classroom games to sports drills, we also guarantee that all our products come with fun built in. So as well as the health and sporting legacy, you'll also deliver better behaviour, higher grades and more fun.

If you have any questions, or would like any help with your order please do get in touch.

Team HK

PS. Don't forget to sign up for HK Rewards, our free loyalty programme. You'll receive a free monthly email about the latest PE news and products plus save 20% on every order.



You won't be able to move for mini Mo Farrars, children charging round like Usain Bolt and they'll be enough wannabe Tom Daleys to fill an Olympic sized swimming pool

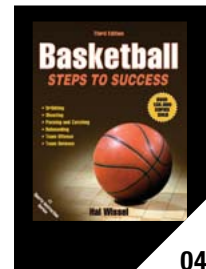
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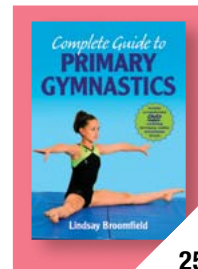
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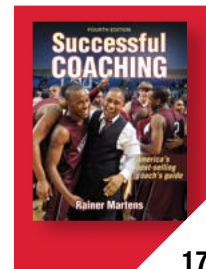
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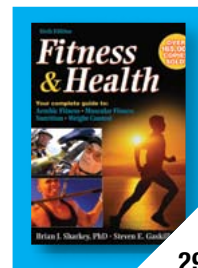
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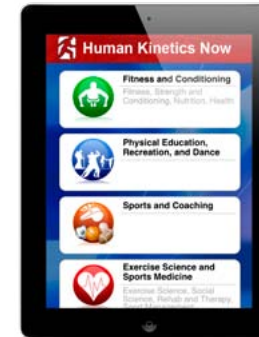
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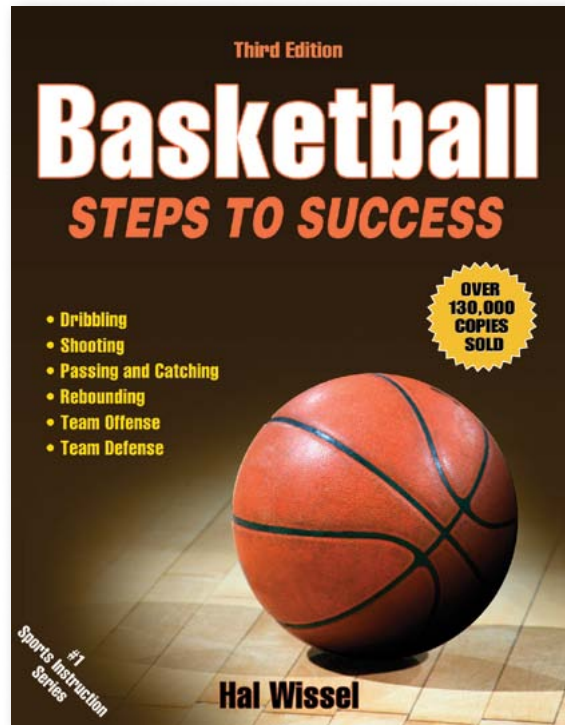
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STEPS TO SUCCESS



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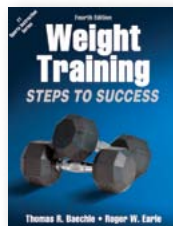
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Hal Wissel, renowned college and professional coach, shooting instructor, and special consultant to the NBA covers the entire progression of technical and tactical development. From essential footwork to key principles of defence, this guide imparts the skills and tactics of today's game. Shoot off the catch and create shots off the dribble, run two- and three-player offensive plays and more. Prepare your players for success in every situation on the court.

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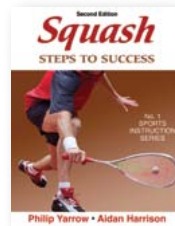
Improve muscular endurance, build strength, increase muscle mass and improve body composition. From the fundamentals of weight training to the specifics of programme design, this full colour guide covers every facet of weight training, including how to eat smart to maximize results.



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This second edition is fully revised and updated, with clear, detailed descriptions, photos and illustrations to help improve movement, hitting, disguise and serve. Readers learn how to apply these skills in both defensive and attacking situations, gauging their progress against an intuitive scoring system. Learn the fundamentals and enjoy competing in this fast-paced tactical game with 93 practise drills and progressive photo sequences.



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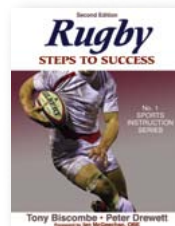
Play at the highest level with *Badminton: Steps to Success*. Through detailed, fully illustrated instruction, develop speed, power and finesse with this step-by-step guide to mastering serves, forehands, backhands, clears, drop shots, smashes, drives and more. Avoid common errors and improve execution with over 100 drills to enforce correct technique, with designated drills for practise, conditioning and doubles play. "This book is the best resource for every badminton player." Soohyun Bang, Olympic Gold Medalist



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Rugby: Steps to Success covers all the skills, tactics and strategies needed to improve play and dominate the pitch. Detailed descriptions, illustrations and photo sequences demonstrate the essential skills, including footwork, ball handling, tackling and kicking. Practice and improve with 90 drills, each featuring a personal scoring system to gauge individual performance and then accelerate progress. After mastering the individual skills, you'll learn to apply them effectively in competitive match play situations.



STEPS TO SUCCESS

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This resource allows players to cover the court with confidence by mastering all the essential skills of the game. It establishes a solid foundation by detailing proper footwork and posture before moving on to detail the individual skills of serving, passing, setting, attacking, blocking and digging. With expert instruction, crisp illustrations and 60 drills to improve play on both sides of the net you can become a complete player in any formation.

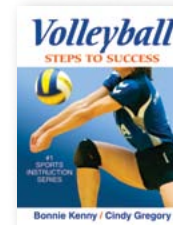
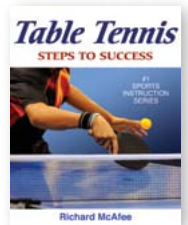


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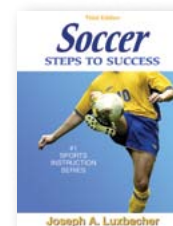
Table Tennis: Steps to Success combines the knowledge and experience of master instructor Richard McAfee with essential techniques and strategies for today's table tennis player. With a unique 11 step approach designed to maximize table tennis instruction, you'll learn the correct grip for an individual's style of play, execution of the basic strokes and the correct way to apply spin to the ball. 96 included drills guarantee skill improvement.



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The book's step-by-step approach makes it easy to teach kids the techniques and tactics required to excel in soccer. More than 155 drills hone skill and allow you to gauge their readiness to move on to the next step using a clear, easy-to-follow scoring system. Your students learn key skills like dribbling, shielding and tackling, passing, shooting and heading. There's also advice for teaching goalkeeping, formations, roles attacking and defending.



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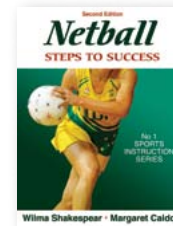
Provides progressive instruction to help swimmers to master common strokes including backstroke, front crawl, breaststroke, butterfly, sidestroke, back crawl, floating, diving and underwater swimming. Step-by-step instruction and 195 illustrations break down each stroke to the basic arm and leg movements and their timing. Drills in each step include a scoring system to gauge success and determine readiness to advance to the next skill level.



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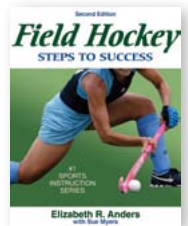
Written by former England Netball Coaches, *Netball: Steps to Success* gives players a solid grounding in the game. By teaching correct footwork and the fundamental skills of catching, passing and shooting, it provides a solid platform from which to progress to competitive game play. These skills are practiced and honed through a series of drills that feature a unique scoring system designed to accelerate progress, enabling students to move to the next step quicker.



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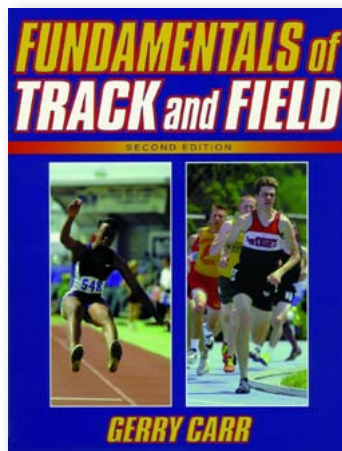


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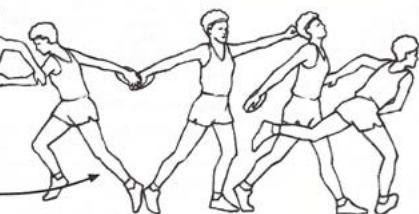


If you're looking to capitalise on the capital's major sporting events this summer, but concerned that teaching and coaching so many varied events will be difficult, this one title will tell you all you need to know.

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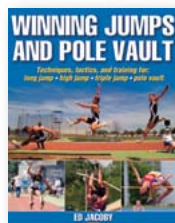
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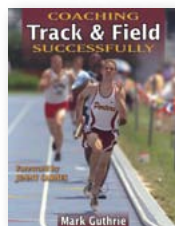
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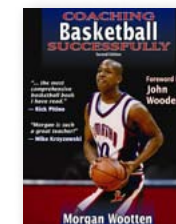
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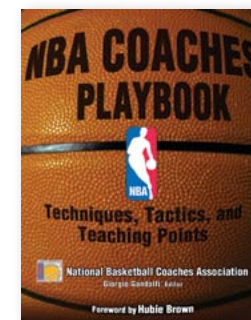
Morgan Wootten shares his full arsenal of coaching wisdom on topics ranging from player communication and motivation to Xs and Os. The new material on zone offense, quick-hitting plays off the secondary break, man-to-man and trapping defences, and situational in-bounds plays is sure to make this second edition even more popular than the original work (which sold more than 75,000 copies).



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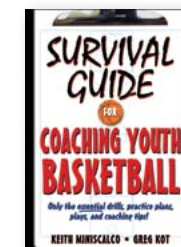
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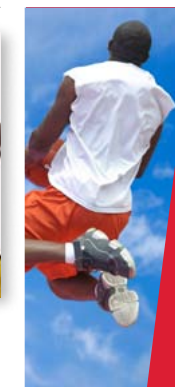
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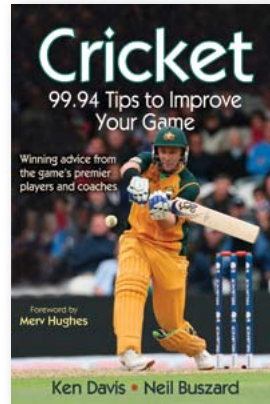
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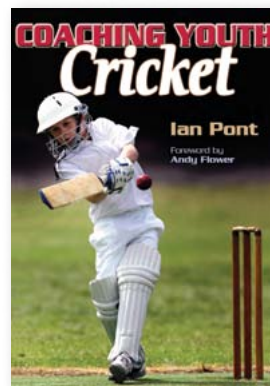
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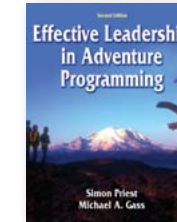
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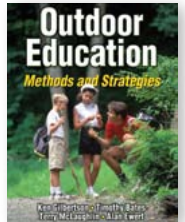
This updated edition is designed to meet the contemporary challenges of outdoor recreation leadership, including real-life scenarios from recreational, educational and developmental settings. Provides a detailed look at the organisational and instructional skills an outdoor adventure leader should develop such as problem solving, decision-making and professional ethics associated with the role.



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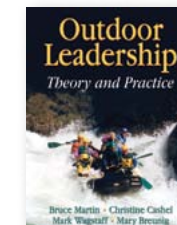
Offers outdoor teaching methods and techniques for instructors in a variety of settings such as colleges and universities, schools, camps and outdoor recreation centres. Each chapter contains teaching tips and real life examples to guide and expand your insights into outdoor education methods.



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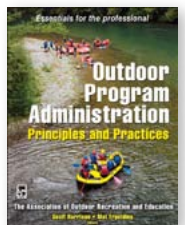
Experienced outdoor leadership instructors outline the steps to mastering eight core competencies that not only help you develop leadership abilities but also help you meet current professional standards. These include foundational knowledge, self-awareness, professional conduct, decision making, teaching and environmental stewardship. Through learning activities, practical examples and step-by-step development, *Outdoor Leadership* will make you an outdoor leader.



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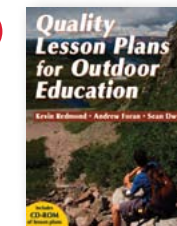
Outdoor recreation is a growing and diverse field that requires administrators to be ready to work in complex and distinct environments. This book will help students and both seasoned and new administrators, flourish in a variety of environments, such as campus recreation, government, commercial and not-for-profit organizations.



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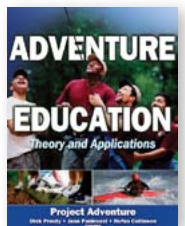
Many teachers, recreation leaders and outdoor instructors find themselves without adequate resources to plan and deliver an effective outdoor programme. This book is a flexible, easy-to-use reference that helps deliver effective outdoor activities safely and with a minimum of set-up time. Ideal for those without masses of equipment.



ADVENTURE EDUCATION

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Explore the world of adventure in education. Use key concepts, student activities and web-based research to enhance the learning process. Learn core skills for effective facilitation and leadership preparation in adventure programming. Help students wishing to work in adventure education, find their own path and gain the pedagogical skills needed for facilitating adventure experiences.



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ISBN 978-0-7360-8331-7
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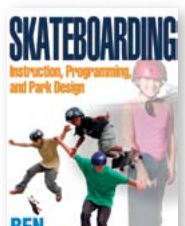
Geocaching – using a global positioning system and other navigational techniques to find hidden containers, or caches – is an exciting new take on orienteering. Choose from 41 learning experiences to use with your group, or use these ideas as a starting point to create your own learning experiences. This one-stop resource provides everything you need to know in order to get out there. So what are you waiting for? There's a cache out there for your group right now!



SKATEBOARDING

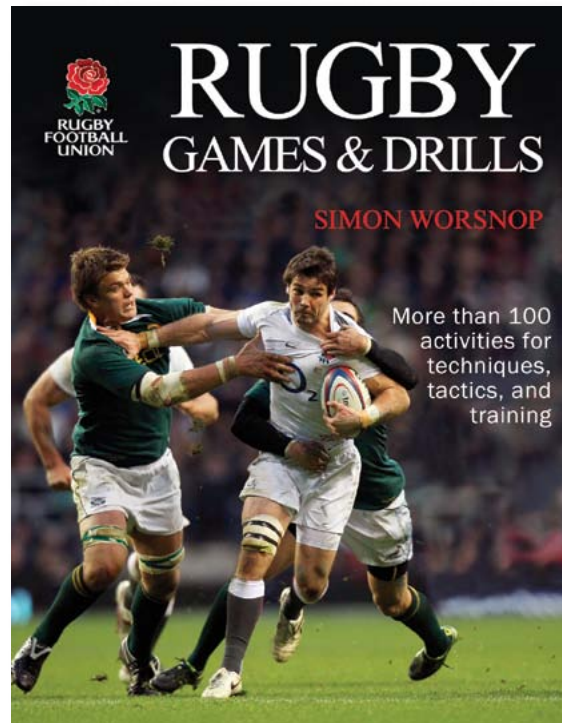
ISBN 978-0-7360-7426-1
£16.99 | €20.40

Skateboarding is one of the fastest-growing activities in the world and its popularity has created an unprecedented demand for more skate parks, sound instruction and access to safe opportunities for skating. Ben Wixon provides information on everything from teaching fundamental skateboarding skills to designing and running a skate park. The book also contains helpful forms, including participation waivers and safety and maintenance checklists, plus a list of recommended equipment suppliers.



RUGBY

SPORTS



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NEW

In *Rugby Games and Drills*, the Rugby Football Union and Simon Worsnop provide games appropriate for both Rugby League and Union. An invaluable resource for coaches, PE teachers and players of all ages and skill levels, its 141 drills will allow you to prepare for match play with coaching sessions that develop technique, game sense and fitness. Over 100 illustrations and photos are included to help impart the knowledge you need.



FOCUSED FOR RUGBY

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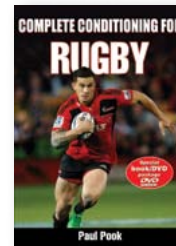
Learn how to meet challenges and excel in competition with *Focused for Rugby*, a mental skills training aid designed to maximize performance on the field. The authors have pooled their years of experience to explain how to apply psychological principles and training techniques players can carry onto the training ground and into the game. *Focused for Rugby* is more than a psychology text; it's a training programme that will sharpen mental skills and unleash their full potential.

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Since the dawn of professional rugby, players have become increasingly bigger, faster and stronger. *Complete Conditioning for Rugby* gives players and coaches the advice they need to keep pace with changes in the game by improving individual and team speed, power, strength, agility and endurance. The accompanying DVD provides a visual presentation of key tests, exercises and drills.

Written with ambitious rugby players and coaches in mind. This book is a superb resource and will get you results. **Stephen Ferris**, Ireland, British & Irish Lions

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Apply mental skills effectively and get inside advice from those who have played, coached and studied rugby at every competitive level.

SOCCER

SPORTS

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Ensure that your young footballers reach their potential with 150 games, corrective exercises and competitions. Fundamental skills, goalkeeping and tactics are based on the internationally renowned Football Development Model - making this the best training and coaching resource available for 7 to 14 year olds. Clear writing and colourful illustrations are included throughout.



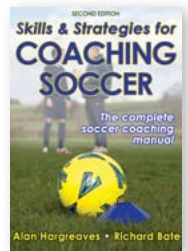
The ideal resource for coaches on skill acquisition and creative thinking in game-centred fun practices for players 7 to 14. A valuable and highly recommended resource. **Jim Selby**, Technical Director, Oceania Football Confederation

SKILLS & STRATEGIES FOR COACHING SOCCER 2ND EDITION

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Alan Hargreaves is joined by Dick Bate, the FA's elite coaching manager to produce a resource that is relevant to every coach irrespective of individual style and experience. Every essential skill is covered in a progressive manner; from philosophy to match management, providing key advice for coaches working with players of all abilities.

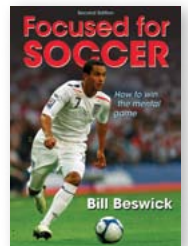


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Renowned sport psychologist Bill Beswick shares mental training techniques he developed for the English Premier League—building mental toughness, fostering team cohesion, and visualizing success. As he establishes the theory, Bill provides examples and case studies from teams such as Manchester United, Middlesbrough and England.



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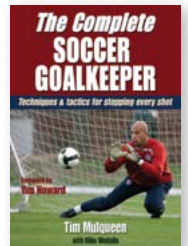
Tens of thousands of coaches have turned to *Coaching Youth Soccer* and now this new edition delivers even more information in an improved format to help you identify and organise your tasks and responsibilities. Game like activities teach attacking and defensive skills unlike any other drill based soccer coaching book. With over 45 activities, 40 coaching tips and more than 70 photos and 50 illustrations.



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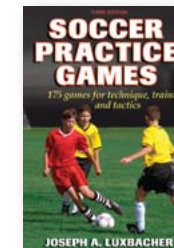
Combine awareness, technique and physical conditioning to anticipate the opponent's every move. In *The Complete Soccer Goalkeeper*, renowned goalkeeping coach Tim Mulqueen shares his secrets and provides unparalleled instruction for developing the skills, techniques and mind-set for mastering the game's toughest position. Foreword by Tim Howard of Everton and USA.



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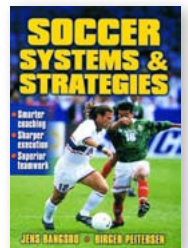
Forget about boring practice sessions and tedious drills that don't help players develop. *Soccer Practice Games* will teach players to think on their feet while building skills, developing game intelligence and keeping them engaged through small-sided competitive games. Designed for youth and high school competition, *Soccer Practice Games* provides the most effective and fun way to teach the game. This is one training resource you'll refer to again and again.



SOCCER SYSTEMS & STRATEGIES

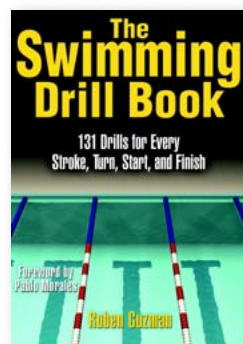
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Build a successful team around the strengths of your players based on the four primary systems of play: the 4-3-3, the 4-4-2, the 3-5-2 and the 3-4-3. After you determine the optimal system and style for your team, learn how to counter opponents' tactics and how to teach your system, style and tactics through practice instruction and drills. Detailed diagrams and plans of action for implementing the systems are included with insights on how to make in-game decisions.



SWIMMING

SPORTS



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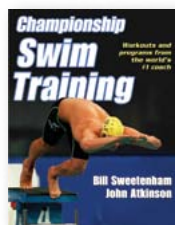


With 128 highly effective drills, expert instruction and more than 375 detailed illustrations, you can use this comprehensive resource to improve every facet of any swimmer's technique. Ensure a greater sense of balance and position in the water; perfect form for the freestyle, backstroke, breaststroke and butterfly; and master the techniques for starts, turns and finishes. These drills can be combined to create personalized programmes.

The most complete package I've seen on expedients and methods for teaching and correcting stroke techniques. **Cecil Colwin**, International Swimming Coach Hall of Fame, author and swimming historian

CHAMPIONSHIP SWIM TRAINING

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Bill Sweetenham, the world's top swim coach outlines his proven methods for improving performance in the backstroke, butterfly, breaststroke, freestyle and individual medley. Part I deals with training zones and benchmark sets critical to effective training and goal setting. Part II is full of information for coaches to plan the long-term development of juniors swimmers. A complete, systematic and proven way to achieve record-breaking times.

DEVELOPING SWIMMERS

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Talent, skill and a desire to compete: these are the characteristics that define elite-level swimmers. *Developing Swimmers* is the first book to offer teachers and coaches comprehensive, long-term plans beginning at various age-group levels. Renowned coach Michael Brooks shares the insights, secrets and strategies that have transformed his young athletes and swimming teams from novice competitors to distinguished champions.

COACHING SWIMMING SUCCESSFULLY

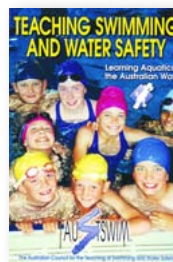
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The complete guide to coaching the sport; motivate swimmers of all ages and help them prepare for the challenges of competition. Teach the latest stroke improvements for greater efficiency and speed, as well as full practice plans for successful sessions. Also contains advice on how to evaluate swimmers' practice and competition performances.

TEACHING SWIMMING & WATER SAFETY

ISBN 978-0-7360-3251-3
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Australian aquatic education experts Austswim provide a proven, effective and fun programme for teaching swimming and water safety to kids of all ages. Learn a variety of water familiarization techniques develop floating, propulsion and deep water skills, introduce diving and perfect the six most common strokes. *Teaching Swimming and Water Safety* is richly illustrated and easy to follow.

THE SWIM COACHING BIBLE

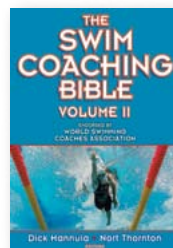
ISBN 978-0-7360-3646-7
£16.99 | €20.40



An international cast of swimming experts share their insider knowledge on producing the most successful athletes and teams the sport has ever seen. It covers the key principles of coaching, conducting effective practice sessions, teaching techniques for every stroke and training programmes for each event. Endorsed by the World Swimming Coaches Association, this is without question, the most prolific and authoritative group ever assembled in any single swimming resource.

SWIM COACHING BIBLE VOLUME II

ISBN 978-0-7360-9408-5
£15.99 | €19.20



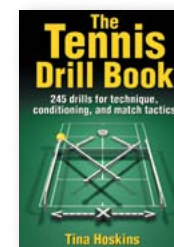
Since the original volume was published, swimming records have been smashed and coaching techniques have been constantly evolving. Coaches, it's time to make room alongside that classic for a new resource. *The Swim Coaching Bible Volume II* picks up where the original left off, providing more instruction, guidance and expertise on every aspect of the sport. The result is a reference book of successful coaching experiences and techniques that entertains and educates.

TENNIS

SPORTS

THE TENNIS DRILL BOOK

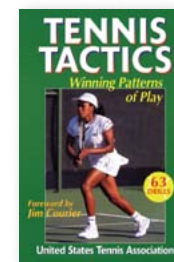
ISBN 978-0-7360-4912-2
£12.99 | €15.60



Effective practice is the foundation of any good performance. With a wealth of drills and games to choose from, develop skills, work on weaknesses and prepare for upcoming matches with this extensive manual featuring 245 drills. Game-based drills simulate match situations and games for juniors help you prepare younger players for competition. *The Tennis Drill Book* is the indispensable asset in your arsenal.

TENNIS TACTICS

ISBN 978-0-8801-1499-8
£12.99 | €15.60



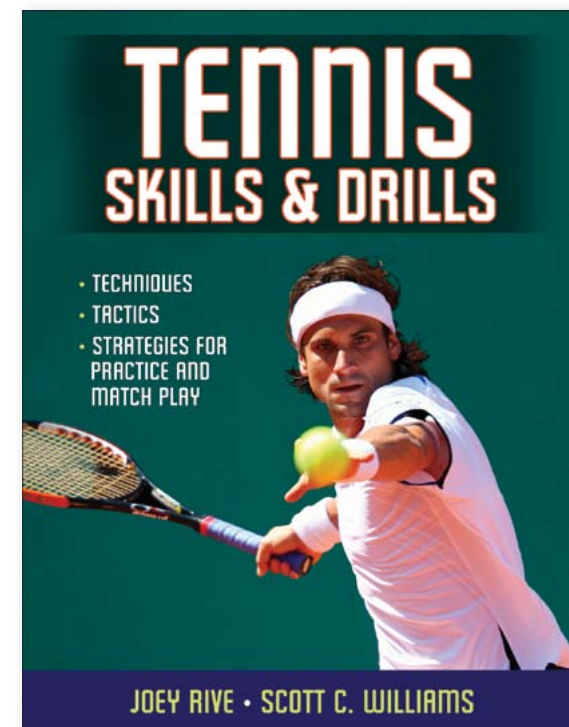
Learn how to plan shot selection in competition and put your players in the best possible position to win every point. *Tennis Tactics* describes 58 patterns (shot sequences) that emphasize your player's strengths and exploit your opponent's weaknesses. 63 drills show you how to practice the patterns and make them an instinctive part of your routine during match play.

BOLLETTIERI'S TENNIS HANDBOOK

ISBN 978-0-7360-4036-5
£16.99 | €20.40



Nick Bollettieri has trained and coached some of the world's top players including Andre Agassi, Monica Seles, Anna Kournikova, Boris Becker and the Williams sisters. Starting with the fundamentals, players will learn how to choose the right grip and build a strong foundation with posture and stance. Every shot is addressed including forehand and backhand, serves and return of serve.



TENNIS SKILLS & DRILLS



ISBN 978-0-7360-8308-9
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Tips for assessing technique of ground strokes and net game. Complete instruction for each stroke along with over 110 practise drills and tactics for winning singles and doubles matches make this a must read for tennis enthusiasts everywhere.

THE BOLLETTIERI DVD COLLECTION

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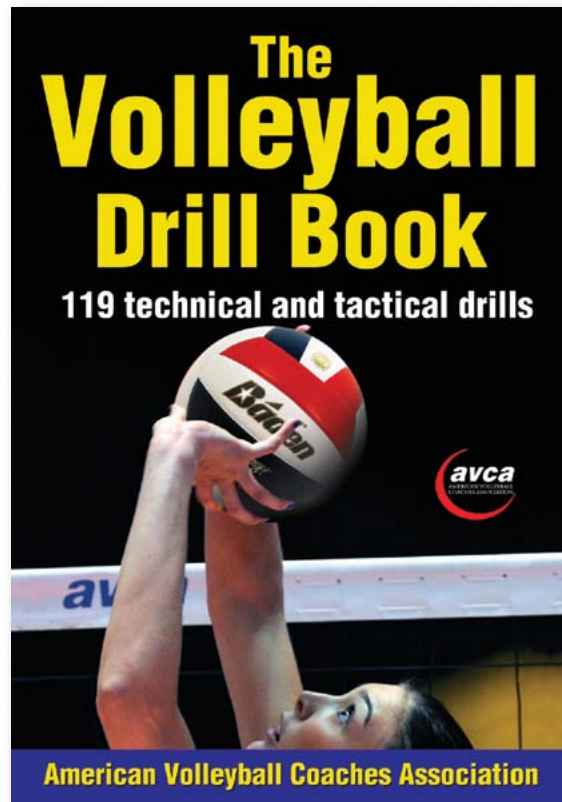
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VOLLEYBALL

SPORTS

The drills and insights that have made their teams some of the best in the game. It's my pleasure to recommend this book. **Russ Rose**, Head Coach, Penn State Women's Volleyball



THE VOLLEYBALL DRILL BOOK

ISBN 978-1-4504-2386-1
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NEW

With 125 drills covering every facet of the sport, *The Volleyball Drill Book* is the most comprehensive resource for today's players and coaches. Inside you'll find the game's most effective drills for all aspects of the game. Complete with detailed diagrams, illustrations, coaching tips, variations and practice advice, it provides readers with everything they need to master essential skills, sharpen execution and improve performance. Edited by the American Volleyball Coaches Association.

A well-crafted book by two of volleyball's all-time great coaches. If you want the formula for success, this book is a great place to start. **Sharon Dingman**, Head Coach, Iowa University

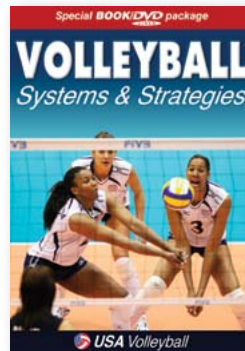
VOLLEYBALL SYSTEMS & STRATEGIES

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DVD

With this special book and DVD package, coaches can identify the offensive and defensive systems best suited to their team's talents, in-game situations and their opponent's style of play.

The DVD allows you to go on court and see the game's best serve, serve-receive, offensive and defensive systems and winning strategies in action. Then master their on the court execution with over 80 practise drills – complete with variations and coaching tips. *Volleyball Systems & Strategies* is your guide to implementing the world's top systems and strategies for consistent execution and superior team play.



COACHING YOUTH VOLLEYBALL 4TH EDITION

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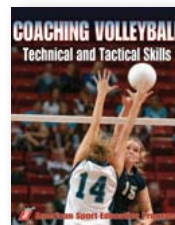
Here's a book that teaches you how to convey those skills to your athletes in an engaging and positive manner. *Coaching Youth Volleyball*'s focus on teaching volleyball skills through game like drills sets it apart from the current line-up of volleyball coaching books. And it's the only one recommended by and written with the expertise of USA Volleyball's Coaching Education Department.



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With more than 115 photos, this book provides you with in-depth discussions and coaching cues on the basic and intermediate technical skills of volleyball, showing you how to detect and correct errors in player performance. The book goes a step further by incorporating the tactical skills of the game, the situational decisions that affect outcomes.



VOLLEYBALL SKILLS & DRILLS

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Teaches all the essential skills and includes more than 90 progressive drills to help players master and apply them on court.



SELECTED

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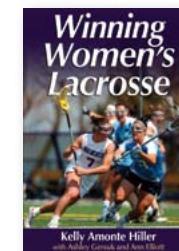
Presents the skills, and systems needed for success, as well as the communication and decision making required to excel as a team. Covers all the basics including trapping and receiving, passing, dribbling, leading, intercepting, shooting and goalkeeping. Learn how to set up breakaways and 2-on-1s; maintain possession; execute set plays like penalty corners, free hits outside the circle and long corners.



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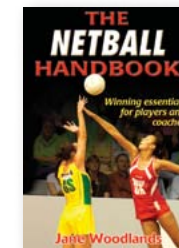
Winning Women's Lacrosse offers the skill instruction that has helped Kelly Amonte Hiller win NCAA Division I US championships 6 times in 7 seasons. You will learn individual and team offensive and defensive skills, speciality skills for field players and goalkeepers, drills for game like situations, and techniques for maximizing practice time.



THE NETBALL HANDBOOK

ISBN 978-0-7360-6265-7
£14.99 | €18.00

This complete guide to the game covers essential netball skills such as body control and movement, ball handling, shooting, attacking and defending, as well as the latest technical and tactical concepts in the game. Add to that dozens of drills; chapters on physical conditioning, mental training, teamwork; and tips from some of the game's brightest stars, and you have the blueprint for individual and team success at your fingertips.

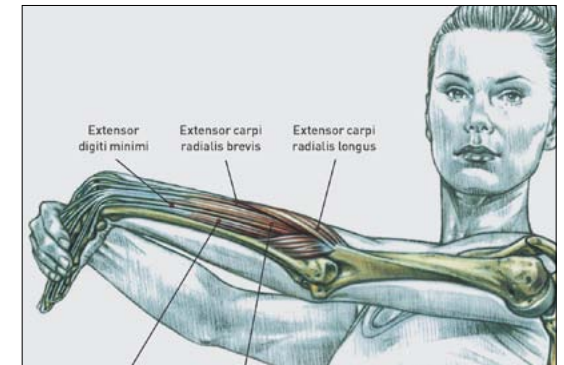


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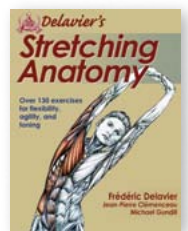


DELAVIER'S STRETCHING ANATOMY

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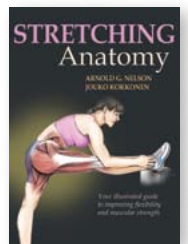
Frédéric Delavier has captivated millions with *Strength Training Anatomy*. Now readers have access to Delavier's exercise expertise and trademark illustrations once again with *Delavier's Stretching Anatomy*. With full colour photos and illustrations, this guide depicts over 130 exercises to increase flexibility, tone muscles and reduce injury.



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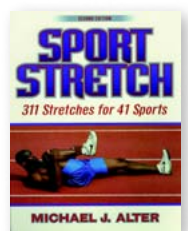
Stretching Anatomy provides fully detailed anatomical images of each muscle during any stretch, it's like having a full colour x-ray for every stretch. It shows exactly how to reap the benefits of stretching with detailed instruction on changing positions to alter the muscle emphasis and improve safety and effectiveness.



SPORT STRETCH 2ND EDITION

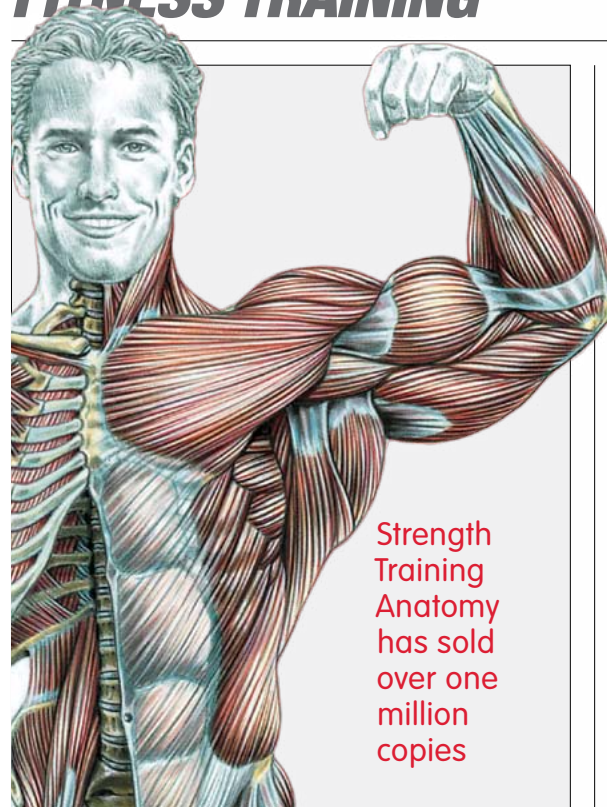
ISBN 978-0-8801-1823-1
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All you'll ever need to know about stretching in one user-friendly resource including specific stretches for over 40 popular sports like soccer, volleyball and athletics. Learn the best 28 stretches for specific muscle groups and the 12 best stretches overall. "Whatever your sport, this can help your flexibility and your performance." Susan Kalish, Former Executive Director American Running and Fitness Association.



FITNESS TRAINING

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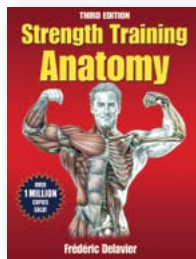


Strength Training Anatomy has sold over one million copies

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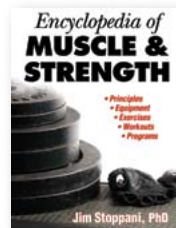
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Our bestselling publication. Over 600 full colour illustrations reveal the primary muscles worked during exercise along with the surrounding structures, including bones, ligaments, tendons and connective tissue. Like having an x-ray of each exercise, the illustrations show both superficial and deep layers, detailing how various positions affect muscle recruitment, illuminating exercise like never before.

ENCYCLOPEDIA OF MUSCLE & STRENGTH

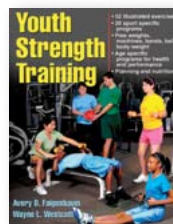
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Contains definitions and descriptions of key concepts and workouts as well as detailed evaluations and explanations of equipment, muscles and exercises. This complete training guide and reference enables you to learn proper technique for effective workouts. Choose from 255 exercises presented for 11 different muscle groups and the whole body. Each programme is rated according to workout duration, the projected time frame for achieving measurable results, level of difficulty and overall effectiveness.

YOUTH STRENGTH TRAINING

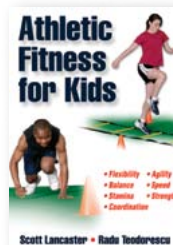
ISBN 978-0-7360-6792-8
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The research is clear: children as young as seven can gain significant benefits for health, fitness and sport participation through a sound, scientifically-based strength training programme. Unlike other programmes, this book was conceived and written specifically with young people in mind. The authors guide you in designing efficient, enjoyable and productive programmes for kids of varying abilities from primary to secondary school.

ATHLETIC FITNESS FOR KIDS

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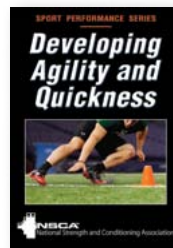


Sick of the sick notes? Finally, a conditioning programme designed to fully develop a young athlete's physical skills without dropout, injury or burn-out. *Athletic Fitness for Kids* uses a fun, self-directed and self-tested system. Game-like activities help young athletes increase: flexibility, coordination, balance, stamina, strength, speed and agility. Specific drills for all popular sports are also included.

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ISBN 978-0-7360-8326-3
£12.99 | €15.60

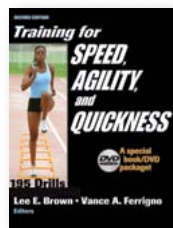


Improve your athletes' fleetness of foot, change-of-direction, speed and reaction time in practically any sport with 100 drills to help the development of agility and quickness. Training programmes by the top sport conditioning authority in the world, the National Strength and Conditioning Association.

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ISBN 978-0-7360-5873-5
£17.99 | €20.25

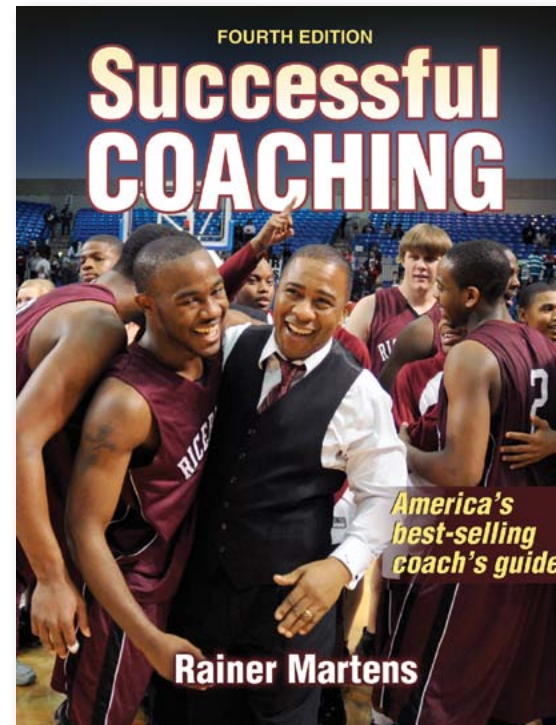


Addresses the key components of successful performance in a wide range of sports. Aimed at athletes aged 12 years and above, as well as coaches and teachers. The book contains 195 drills. The most complex drills and tests feature on the DVD.

Please note this is not an official product of SAQ™ International. For details of books including SAQ™ Soccer, and SAQ™ Rugby and official SAQ™ resources visit www.saqinternational.com

COACHING

SPORTS



SUCCESSFUL COACHING 4TH EDITION



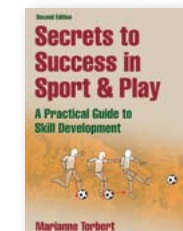
ISBN 978-1-4504-0051-0
£ 29.99 | €36.00

One of the world's best-selling coaching books, *Successful Coaching* has helped over a million coaches develop their coaching philosophies, hone their communication, teaching and management skills and better understand their responsibilities. This new edition helps readers think critically about their motivation for being a coach and establish their own coaching philosophy and style. The latest information on physical training and sport nutrition with special emphasis on topics of concern including hydration, nutritional supplements and drug abuse are all included. If you're a coach, this is the one resource you shouldn't be without.

humankinetics.me is our blog for PE, sport, health and fitness news. If you like your information, topical, factual and with a little humour, we'd like to welcome you to read and post your comments with us. Join the debate.

SECRETS TO SUCCESS IN SPORT & PLAY 2ND EDITION

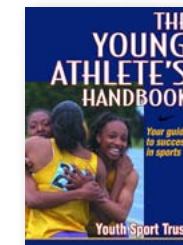
ISBN 978-0-7360-9029-2
£16.99 | €20.40



This new edition provides valuable insights into the principles that help players acquire and refine the skills needed for success. They learn how aspects such as improving balance, understanding spin, force and movement combine to improve overall performance. The engaging text is presented in an easy-to-understand format with more than 100 illustrations that drive home key principles.

THE YOUNG ATHLETE'S HANDBOOK

ISBN 978-0-7360-3712-9
£12.99 | €15.60



Some of the UK's top coaches offer lessons, advice and training tips to help young athletes understand the fundamentals of their chosen sport, specific training needs and how to create a healthy balance between school, sport and family life. Researched at Nike sponsored performance camps and successfully taught to thousands of athletes, compiled by UK experts the Youth Sport Trust.

ORGANIZING SUCCESSFUL TOURNAMENTS 3RD EDITION



ISBN 978-0-7360-5952-7
£23.99 | €28.80



With more than 1,000 bracket and schedule templates for every kind of competition, this book and CD-ROM are the must-have tools for well-run tournaments and leagues. You'll also find information on assigning seeds, awarding byes and establishing proper tie breaking procedures. Ideal reading for your next sports day.

SUCCESSFUL SPORTS OFFICIATING 2ND EDITION



ISBN 978-0-7360-9829-8
£16.99 | €20.40

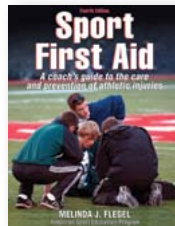


New and inexperienced school sport officials can develop skills in the areas of communication, decision making and conflict management. The text also assists you in managing contests and working with coaches, players and parents. Discussions on personal fitness and injury prevention, time management, legal rights and responsibilities and career development will help you manage the off-the-field aspects of being an official.

COACHING

SPORT FIRST AID 4TH EDITION

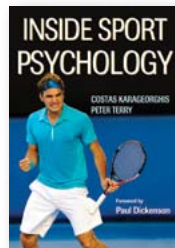
ISBN 978-0-7360-7601-2
£26.99 | €32.40



An invaluable reference tool for all PE teachers, coaches and professionals working with athletes in practical sport and fitness settings. Covers the basics for over 130 injuries, from blisters to head and spine injuries. Each injury includes a brief definition, causes, symptoms, signs, first aid protocols, notes on athlete recovery time and tips on how to prevent the injury. Ensure you're prepared for any eventuality and that your pupils stay safe.

INSIDE SPORT PSYCHOLOGY

ISBN 978-0-7360-3329-9
£17.99 | €21.60

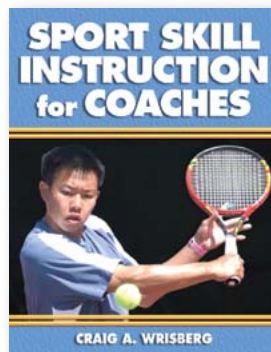


Elevate performance through the application of evidence-based strategies and techniques such as goal setting, reward strategies, visualization, self-hypnosis and anxiety management. Covers psychological principles for over 20 sports, including soccer, rugby and athletics. You'll also find tips for managing mood fluctuations, developing confidence and maintaining consistent performance.

I studied with both authors. I learned techniques to improve my mental strength. Those skills put me ahead of my peers. **Richard Hill**, MBE, England, 2003 World Cup winner

SPORT SKILL INSTRUCTION FOR COACHES

ISBN 978-0-7360-3987-1
£25.99 | €31.20

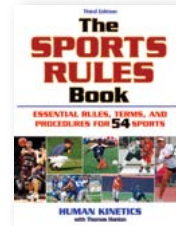


Designed to help current and aspiring coaches teach the skills that athletes need to perform at their best. Written from a real-world perspective for secondary school coaches, this practical, user-friendly text addresses the questions facing every coach: Who are the athletes I'm coaching? What are the skills I need to teach? How do I teach the skills effectively?

The easy-to-follow format includes learning objectives that introduce each chapter, sidebars illustrating sport-specific applications of key concepts and principles, chapter summaries organised by content and sequence, key terms, chapter review questions, activities that challenge readers to apply concepts to real-world situations and a glossary.

THE SPORTS RULE BOOK 3RD EDITION

ISBN 978-0-7360-7632-6
£14.99 | €18.00

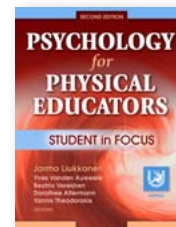


From alpine skiing to wrestling and everything in between, this is an invaluable, all-inclusive resource covering 54 sports. Quickly glean information on each sport's origin, history, basic procedures, terminology, equipment, competitive playing areas, scoring systems, player positions and primary functions, common rule violations and their punishments and where applicable, officials' signals.

A must-have for any coach. Informative and enlightening, an invaluable resource that has a permanent place on my desk. **Kevin Newell**, Scholastic Coach & Athletic Director magazine

PSYCHOLOGY FOR PHYSICAL EDUCATORS 2ND EDITION

ISBN 978-0-7360-6240-4
£33.99 | €40.80



Enhance positive attitudes toward physical education with the first educational psychology book that relates directly to the PE field. Learn practical ideas and pedagogical solutions that work in diverse sports settings. Be prepared for the various psychological needs that arise when students are physically active and in competition.

FOR COACHES SERIES THREE MORE BESTSELLERS



The *For Coaches* series also includes three other bestselling titles. For more information on these and other outstanding coaching resources be sure to log on to humankinetics.com

- 01 **Sport Physiology**
ISBN 978-0-7360-5172-9
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£28.99 | €34.80
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£25.99 | €31.20



01



02



03

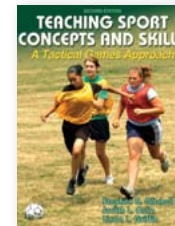
SPORTS

SPORT GAMES

GAMES

TEACHING SPORT CONCEPTS & SKILLS 2ND EDITION

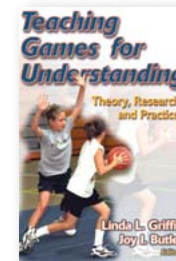
ISBN 978-0-7360-5453-9
£32.99 | €39.60



This latest edition is packed with 245 ready-to-use lesson plans, assessment strategies, games and objectives. More than 200 diagrams illustrate the correct set-up and execution for games teaching tactical awareness and skill acquisition. The DVD demonstrates lessons in a variety of sports and settings for better understanding.

TEACHING GAMES FOR UNDERSTANDING

ISBN 978-0-7360-4594-0
£19.99 | €24.00

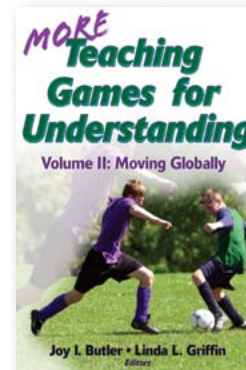


The Teaching Games for Understanding (TGfU) model is a dynamic approach to physical education that has gained worldwide popularity over the past 25 years. It offers a method through which teachers and coaches can develop players and make young people's experiences of games and sport more rewarding and enjoyable. See how students learn best, what to teach and why.

Highly readable and enjoyable, this text is widely applicable at a time when didactic instruction is still the dominant approach to teaching games **TES**

MORE TEACHING GAMES FOR UNDERSTANDING

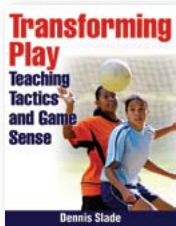
ISBN 978-0-7360-8334-8
£19.99 | €24.00



More Teaching Games for Understanding supplies you with a teaching model that empowers kids, deepens their knowledge of game tactics and strategies, helps them improve their skills and brings greater joy to them as they play. Learn and apply an innovative approach to teaching games that has been used around the world for 30 years in school and sport settings. This is the most complete, current and authoritative book on the TGfU model out there. The breadth, depth and quality of the chapters afford you an insider's look at this highly successful model and its practical approach will help you readily put to use the knowledge gained from these highly regarded contributors.

TRANSFORMING PLAY

ISBN 978-0-7360-7518-3
£19.99 | €24.00



A games approach to learning fundamental skills like running, dodging, catching, throwing and kicking puts engagement and enjoyment to the top of the class. Without rigid, teacher-led activities children are free to learn attacking and defensive tactics, team formations and skills in lifelike game situations for themselves. Support materials for authentic assessment enhances rather than intrudes on the learning experience.

FUN & GAMES

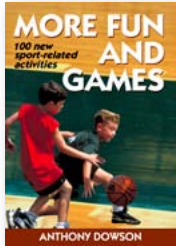
ISBN 978-0-7360-5438-6
£15.99 | €19.20



Anthony Dowson and Keith Morris have over 20 years of coaching and teaching experience. They know how to make children's sporting activities creative and fun with warm-ups, skill practices and activities for over 30 multi-sport games. Each game requires only basic equipment and is supported by easy-to-follow instructions and illustrations. Anyone who has the responsibility of organising activities for young people will find the practical ideas in *Fun and Games* invaluable.

MORE FUN & GAMES

ISBN 978-0-7360-7730-9
£16.99 | €20.40



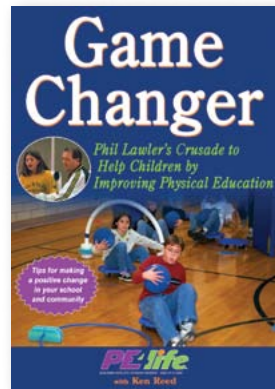
Fun and Games, was a big hit with teachers, Dowson's new book is fun and creative as well as developmentally sound. For each of the 100 new games this expert PE teacher offers, there's a pop-out box that notes the skills and fitness components the game will help kids develop. *More Fun and Games* covers warm-up and cool-down games, as well as games for soccer, cricket, basketball, tennis, netball, rugby, volleyball, badminton and hockey.



We're happy to provide a 30 day money-back guarantee on all our products. As long as they're resalable and any multimedia items are intact, we'll refund the purchase price. No harm, no foul.

NEW GAMES MOVEMENT

GAMES



It's about enabling each student to maintain a physically active lifestyle forever. It means emphasizing fitness and wellbeing, not athleticism. It's really that simple.

Phil Lawler, 'Father of the New Physical Education'

GAME CHANGER

ISBN 978-1-4504-1345-9
£15.99 | €19.20



Affectionately dubbed the 'Father of the New PE', Phil Lawler inspired the wellness-based approach to PE that sparked a revolution in the world of education. His ground breaking ideas and strategies provide both the ways and means to develop, implement and support PE programmes that benefit every child, not just the athletically inclined. *Game Changer* is the legacy of a leading light in the field.



What Makes a Good Game?

1. To be enjoyable and fun
2. To be challenging
3. To be socially constructive
4. To be physically demanding
5. To be safe

1. To be enjoyable and fun
2. To be challenging
3. To be socially constructive
4. To be physically demanding
5. To be safe

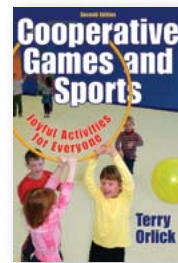
STUDENT-DESIGNED GAMES

ISBN 978-0-7360-8590-8
£15.99 | €19.20

All good teachers know the fulfillment that comes from creating their own unique learning experiences. Now you can give your students that same feeling of enjoyment and ownership as they create and participate in their own student-designed games. Assessments, rubrics and teaching strategies keep you firmly in control and students on task as they develop skills and practice tactical understanding independently. This innovative guide shows you how.

COOPERATIVE GAMES & SPORTS 2ND EDITION

ISBN 978-0-7360-5797-4
£14.99 | €18.00



Play has its own rewards; self-worth, cooperation, acceptance, inclusion and above all, fun. These versatile games allow you to adapt the rules, equipment and number of players to match your own requirements and settings. There's even a chapter with all the advice you'll need to get started creating your own fun, unique game experiences.

BEST NEW GAMES, UPDATED EDITION

ISBN 978-1-4504-2188-1
£20.99 | €25.20



Since the early 1970s, proponents of the New Games movement have been using cooperative, interactive games to bring diverse groups of people together. In *Best New Games*, Dale LeFevre shows you how to lead, develop and adapt New Games for any group. Please note that the image above is from the old edition. Due September 2012.

PERCEPTUAL-MOTOR ACTIVITIES FOR CHILDREN

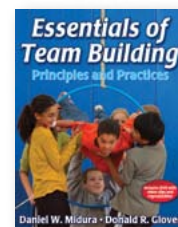
ISBN 978-1-4504-0154-8
£23.99 | €28.80



Perceptual-Motor Activities for Children contains 200 station activities that can be used to develop the perceptual-motor skills of children from nursery to primary school age. It also has a companion web resource that provides activity cards, bonus activities, active learning cards, audio tracks, a record sheet and other handy tools.

ESSENTIALS OF TEAM BUILDING

ISBN 978-0-7360-5088-3
£28.99 | €34.80



Classic team building exercises are proven to improve critical thinking, problem solving and communication skills. This book and DVD package provides all the resources necessary to successfully integrate team building into a variety of settings. Help your students build self-confidence, improve interpersonal relationships, learn to value teamwork and practice leadership skills through improved communication. Challenges from beginner to advanced levels are included.

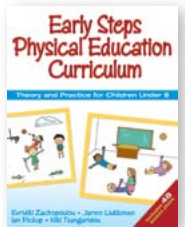
CLASSROOM GAMES

GAMES



EARLY STEPS PHYSICAL EDUCATION CURRICULUM

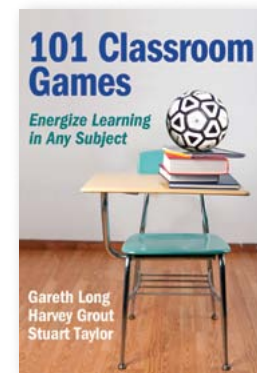
ISBN 978-0-7360-7539-8
£23.99 | €28.80



An outstanding team of educators representing Scandinavia, Greece, Cyprus and the UK have combined to create a resource that offers both theory and practice for anyone who recognizes the value of movement in young children's lives. The main philosophy is the use of movement and games for facilitating preschool children's social interaction and helping them to acquire the basic knowledge for healthy and active lifestyles.

101 CLASSROOM GAMES

ISBN 978-0-7360-9510-5
£11.99 | €14.40

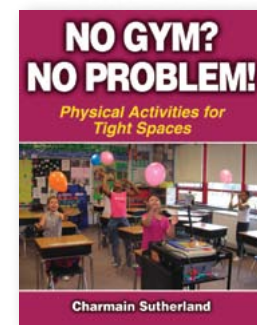


Help your students improve their study skills, aid them in reviewing what they've learnt, prepare them for formal and informal assessments and see them enjoy new learning experiences.

All 101 games in this handy book make learning memorable, fun and successful. Use them as starter activities, in the middle of a lesson when you see their eyes glaze over, or as complete activities to help you assess their learning. Ready-to-go plans shorten your prep time, variations and progressions match your students' ages and abilities, illustrations help you understand the games and pointers keep them fun and effective.

NO GYM? NO PROBLEM!

ISBN 978-0-7360-5770-7
£19.99 | €24.00



Now you have the tools to adapt physical activity to any space, without compromising on movement or intensity levels. 100 easy-to-use games and activities cover warm-ups and cool-downs, as well as a range of workouts to develop specific skills and improve fitness levels. These can be used as stand-alone activities or combined to create complete lesson plans.

I'd recommend this book. It has a vast range of activities and is very easy to follow. **Babs Whyte, PE Teacher and Active Schools Coordinator**

50 GAMES FOR GOING GREEN

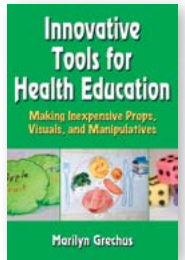
ISBN 978-1-4504-1990-1
£12.99 | €15.60



50 Games for Going Green is a resource for teachers and youth leaders looking to educate students about the importance of caring for the environment through the use of fun physical activities. It's packed full with simple games and activities that are fast, fun, eco friendly and easily modified to suit a variety of ages, abilities and skill levels.

INNOVATIVE TOOLS FOR HEALTH EDUCATION

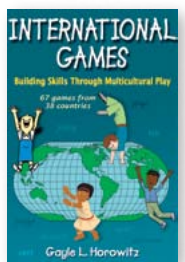
ISBN 978-0-7360-8985-2
£8.99 | €10.80



Innovative Tools for Health Education: Making Inexpensive Props, Visuals and Manipulatives guides teachers in using inexpensive materials as props in health classes. This book has 30 projects with activity suggestions to make lessons meaningful and it helps teachers bring creativity to their lessons to keep students engaged in learning.

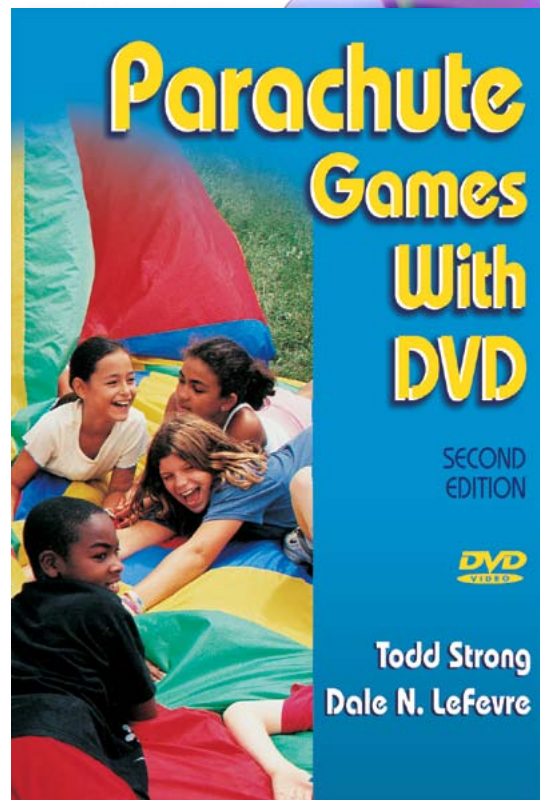
INTERNATIONAL GAMES

ISBN 978-0-7360-7394-3
£12.99 | €15.60



There's more to life than motor skills; there's a whole world out there! Most PE books can't open kids' eyes to the cultures and traditions of other countries at the same time as teaching them physical activities and sports. However this isn't most books; it's a simple and effective multicultural games compendium consisting of 65 favourites from 32 countries. The book includes a game finder so you can easily find the game you want whether by skill or by region. Informative, rewarding and harmonious lessons abound.

GAMES

PARACHUTE GAMES WITH DVD
2ND EDITIONISBN 978-0-7360-6363-0
£19.99 | €24.00

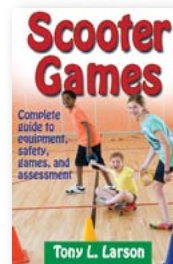
Parachute games and activities are a firm favourite and a great ice-breaker, suitable for groups of all ages and abilities. *Parachute Games* has 59 revised and new games, plus it now comes packaged with a fantastic live-action DVD! The DVD demonstrates a broad range of games in action, helping you to apply the information and motivate children to fully participate and enjoy the activities. With plenty of game variations and teaching tips, this new edition will ensure successful and fun parachute games.

SCOOTER GAMES

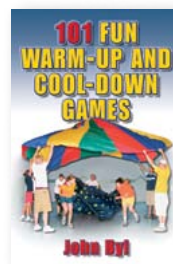
ISBN 978-0-7360-6527-6
£12.99 | €15.60

Scooter Games is an easy-to-use book that will help you find creative ways to integrate cooperative, tag, relay, team and interdisciplinary scooter activities into your curriculum. With more than 100 productive and ready-to-use activities you can address the following topics:

- Maths, health, science and language arts concepts
- Teamwork and sportsmanship
- Problem solving

101 FUN WARM-UP &
COOL-DOWN GAMESISBN 978-0-7360-4849-1
£16.99 | €20.40

This book offers a practical approach to warming-up and cooling-down, as well as 41 fun games that can be used in a variety of situations, 60 sport-specific games in 7 sports and 113 variations of the core games to help leaders shape the activities to their group's needs. The games are designed to engage students in fun warm-ups to prepare them for activity and cool-downs that help them recover safely.

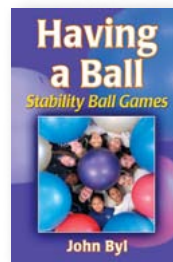


HAVING A BALL

ISBN 978-0-7360-7254-0
£13.99 | €16.80

Dr. John Byl shows you how to get kids bouncing, laughing, moving and having great fun all as they improve their balance and overall fitness with this unique learning resource including:

- 73 ball games with variations teaching balance and coordination
- A variety of challenges, races, relays and team games
- A game finder that helps you quickly find the right activity for your group

TEAM-BUILDING ACTIVITIES
FOR THE DIGITAL AGEISBN 978-0-7360-7992-1
£16.99 | €20.40

Team-Building Activities for the Digital Age will help you promote interpersonal communication and encourage young people to express their individuality and build face-to-face relationships. The activities use the technology that today's young adults thrive on (including mobiles, social networking sites, MP3 players, blogs and digital cameras) as an opportunity for education and enlightenment. Upgrade your activity repertoire with *Team-Building Activities for the Digital Age*.



GAMES

DANCE

DANCE IMPROVISATIONS

ISBN 978-1-4504-0214-9
£15.99 | €19.20

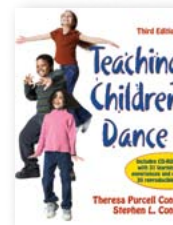
Encouraging students to dance is sometimes an exercise in frustration. Use these 73 individual and group activities as warm-ups, stimulating games and choreographic tasks for creating movement in double quick time. Use the improvis individually or mix and match them to create entire lesson plans. The step-by-step instructions and teaching tips ensure you save valuable prep time and are clear enough for more experienced students to read and practice solo.

LESSON PLANS FOR
CREATIVE DANCEISBN 978-1-4504-0198-2
£22.99 | €27.60

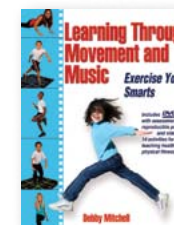
Provides a progression of learning that creates a rich, extended experience for your students with 28 age-appropriate dances including music for students ages 4–12. Lesson plans based on Laban movement concepts help you both teach and assess your students. Explore dance with words, rhymes and other poetry, which you can incorporate in language arts, social studies, art, music and science.

TEACHING CHILDREN
DANCE 3RD EDITIONISBN 978-1-4504-0253-8
£23.99 | €28.80

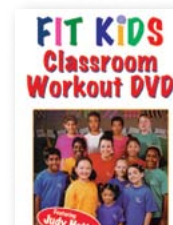
This latest edition of *Teaching Children Dance* enables teachers to understand the components and benefits of children's dance. It helps them to develop the skills required for enhancing or initiating dance as part of the physical education or arts curriculum for children of nursery and primary school age.

LEARNING THROUGH
MOVEMENT & MUSICISBN 978-1-4504-1299-5
£27.99 | €33.60

Get primary and secondary school pupils moving while teaching them about their bodies, health and fitness concepts, and assessment of their fitness abilities. The accompanying DVD contains video clips that introduce each of the 14 activities, posters that reinforce the health and fitness concepts as well as song lyrics and assessments. The activities are a great blend of movement and academic concepts that are suited for use in both PE classes and regular classrooms.

FIT KIDS CLASSROOM
WORKOUT DVDISBN 978-0-7360-6013-4
£17.99 | €21.60

Reinvigorate and motivate your students anywhere, anytime with these short, fun, contemporary dance routines that break from the norm of 'sit still and be quiet!' Try Hip and Happening 'Kardio' Funk when you hit a funk, get the kid's out of their seats and see the difference an activity break can make. The programme includes four 5-minute and two 10-minute workouts, plus a brief "healthy message" at the end of each exercise segment making them an ideal warm-up for other activities.



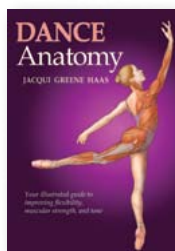
DANCE

DANCE

DANCE ANATOMY

ISBN 978-0-7360-8193-1
£14.99 | €18.00

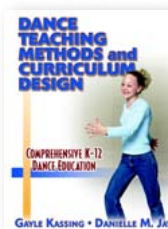
Dance Anatomy brings the relationship between muscle development and aesthetic movement to life with full colour illustrations. Step-by-step instructions convey proper form for 82 exercises arranged anatomically from the centre outward, providing a view of how muscles contribute to improved technique, injury prevention, and artistic expression.



DANCE TEACHING METHODS & CURRICULUM DESIGN

ISBN 978-0-7360-0240-0
£39.99 | €48.00

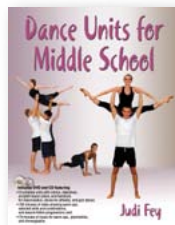
To help aspiring dance educators acquire the skills for success, this book provides vital information on general teaching methods, and specific applications for the 10 most popular dance forms. Fresh ideas for unit and curriculum design, development and evaluation with more than 120 photos and 66 illustrations are included.



DANCE UNITS FOR MIDDLE SCHOOL

ISBN 978-0-7360-8367-6
£54.99 | €66.60

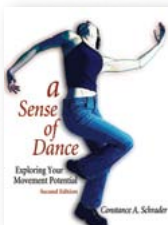
A tested tool for middle school teachers who have little or no dance training. It includes three dance units for students aged 11–14, a DVD with 77 'reproducibles' and a music CD. It also has scripts to direct students' work, strategies for making dance educational and fun, and everything you need to facilitate dance units in your classroom. With detailed instruction, even novices can conduct classes with confidence.



A SENSE OF DANCE 2ND EDITION

ISBN 978-0-7360-5189-7
£18.99 | €22.80

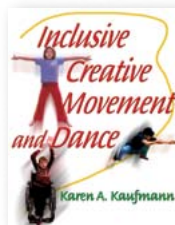
What is dance? Why dance? How do you learn to dance? These are just some of the more frequently asked questions this text seeks to answer. It's logical and structural progression of theoretical and practical learning experiences lead novices from curious to competent whilst instilling a sense of the myriad skills and styles of the art form.



INCLUSIVE CREATIVE MOVEMENT & DANCE

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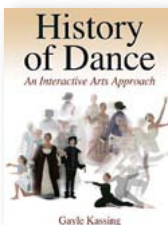
Inclusive Creative Movement and Dance helps teachers guide students with diverse abilities to express their feelings and ideas through creative movement experiences involving dance learning, dance making and dance sharing. It helps teachers to use dance in inclusive classrooms and allow all students to discover this uniquely personal art form.



HISTORY OF DANCE

ISBN 978-0-7360-6035-6
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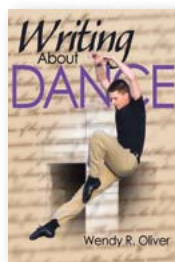
Using an investigative approach, this book presents the who, what, when, where, why and how of dance history in relation to other art forms and historical, political and social events. In so doing so it provides numerous ways to create, perceive and respond to the history of dance through integrated arts and technology.



WRITING ABOUT DANCE

ISBN 978-0-7360-7610-4
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Writing About Dance guides students through the processes of writing about dance, from the informal (journal writing and free writing) to the formal (critiques, essays and research papers). Students become better critical thinkers and writers as they deepen their understanding of dance technique, dance creativity and dance as an art form. 14 teacher-tested writing exercises, rubrics for evaluation, an appendix and easy-to-use checklists to facilitate writing assignments are all included.



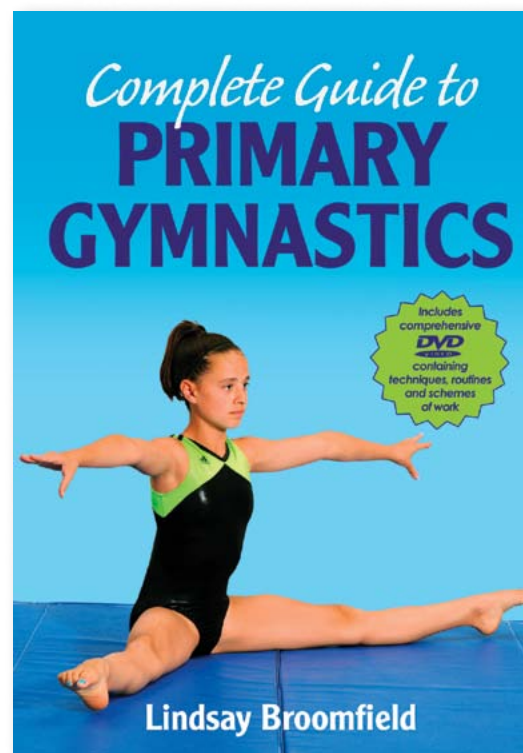
TEACHING DANCE AS ART IN EDUCATION

ISBN 978-0-7360-5188-0
£44.99 | €54.00

This unique text promotes an understanding of dance as arts education and defines the dance specialist's roles and responsibilities. It explains in detail how to advance student growth in the areas most critical to teaching dance, such as the physical, mental, artistic and social. *Teaching Dance as Art in Education* reveals how to marry dance with arts education in a way that makes teaching educational dance clear and distinct and that develops an arts-oriented, professional teaching portfolio.



GYMNASTICS



COMPLETE GUIDE TO PRIMARY GYMNASTICS

ISBN 978-0-7360-8658-5
£29.99 | €36.00

Many teachers hold the misconception that gymnastics is risky and difficult to teach in primary school settings. But author Lindsay Broomfield, an international gymnastics competitor, senior club coach and gymnastics tutor, lays to rest those misconceptions. Lindsay provides clear instruction for primary teachers and club coaches – even those with little or no experience – to teach gymnastics. Its progressive approach that builds on the basics allows for a smooth transition for pupils entering secondary school. Meets UK national curriculum requirements.



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COACHING YOUTH GYMNASTICS

ISBN 978-0-7360-8403-1
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Coaching Youth Gymnastics covers all the basics of coaching and gymnastics in a concise style that is perfect for entry-level gymnastics coaches. Techniques and skills for bars, floor, balance beam and vault are presented by skill level rather than by age groups and are applicable to both boys and girls where appropriate.



TEACHING FUNDAMENTAL GYMNASTICS SKILLS

ISBN 978-0-7360-0124-3
£24.99 | €30.00

Individuals or groups of all ages and abilities will benefit from this practical guide to the fundamentals of gymnastics. It covers skill progressions and lead-ups for floor, beam, springboard/vault and bars. Spotting information and sequential illustrations help prevent common errors and injury and a skill finder chart makes it easy to find descriptions based on level of difficulty quickly and easily.



TEACHING CHILDREN GYMNASTICS 3RD EDITION

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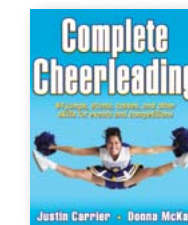
Learn how to implement a primary school gymnastics programme designed to meet your own personal teaching situation, while combining the best facets of developmental skills, health-related fitness and conceptual learning based on process, characteristics of body, space, effort and relationships. Chapter objectives, summaries and reflection questions enhance the learning experience.



COMPLETE CHEERLEADING

ISBN 978-0-7360-5739-4
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Packed with jumps, stunts, tosses and more, this comprehensive book includes more than 100 skills that are essential to clean routines and crowd-pleasing stunts. Almost 200 explanatory photographs detail the proper execution of the skills and two of cheerleading's top coaches provide helpful tips throughout the book. Fire up the fans, inspire the team and win cheer competitions. This guide is your all-in-one source for mastering the increasingly challenging individual and team techniques of cheering.



INCLUSION

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INCLUSION

BUILD IT SO THEY CAN PLAY

NEW

ISBN 978-0-7360-8991-3
£12.99 | €15.60

Build It So They Can Play is a collection of DIY ideas for building affordable equipment that can be enjoyed by students with disabilities in physical education. Using inexpensive materials, you can construct a wealth of creative PE equipment that is easily adapted to meet the needs of the individual.



PHYSICAL ACTIVITIES FOR YOUNG PEOPLE WITH SEVERE DISABILITIES

ISBN 978-0-7360-9597-6
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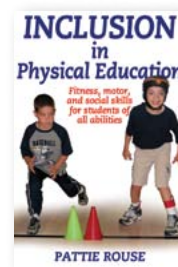
Ensure high-quality physical education for students with cerebral palsy, spina bifida and other serious orthopaedic impairments. This compact book includes 50 illustrated activities utilising common objects and evidence-based research that outline the benefits of physical activity for those with special needs. Educate confidently with safety tips and teaching strategies.



INCLUSION IN PHYSICAL EDUCATION

ISBN 978-0-7360-7485-8
£12.99 | €15.60

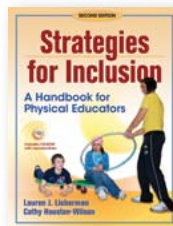
An easy to implement, hands-on guide-book of practical strategies for including students with disabilities in general physical education classes. The book focuses on skill development, social development and fitness for students with all manner of disabilities. It has a wealth of teaching strategies and activities for student involvement that have been successfully field-tested by the author.



STRATEGIES FOR INCLUSION 2ND EDITION

ISBN 978-0-7360-6247-3
£26.99 | €32.40

This updated edition contains a CD-ROM containing practical, ready-to-use forms, checklists and assessments and two new chapters. The first of the new chapters focuses on 'Positive Behavioural Support' and provides tried and tested methods for managing student behaviour. The second new chapter on 'Support Personnel' gives excellent advice for getting everyone involved.



WHEELCHAIR SPORT

ISBN 978-0-7360-8676-9
£22.99 | €27.60

The British Paralympic Association's lead physiologist gives unique guidance on wheelchair sport. *Wheelchair Sport* is the complete resource for all athletes, teachers or coaches involved in wheelchair sport. The book contains key information, essential for novice, intermediate and advanced athletes.



PHYSICAL ACTIVITIES IN THE WHEELCHAIR & OUT

NEW

ISBN 978-1-4504-0199-9
£15.99 | €19.20

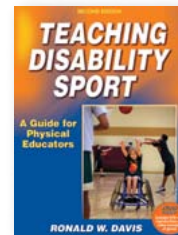
Physical Activities In the Wheelchair and Out is an illustrated book of games, skills and activities. It's intended primarily for individuals with severe or multiple disabilities who may or may not use a wheelchair, but it can also be used with students who have normal developmental skills. Packed with over 450 activities and skills, it helps you create physical activity options that encourage success by respecting the capabilities of each person under your care.



TEACHING DISABILITY SPORT 2ND EDITION

ISBN 978-0-7360-8258-7
£38.99 | €46.80

Published in its first edition as *Inclusion Through Sports*, this new edition places greater emphasis on preparing future teachers to use disability sport to include everyone. It offers instruction on the various aspects of disability sport, how to teach it and how to improve programming for students, regardless of ability or disability. Now with five new chapters and more than 200 games and skills. It also contains a DVD with clips of activities as well as assessment forms and other reproducible forms.



TEACHER RESOURCES

PE

FITNESS EDUCATION FOR CHILDREN 2ND EDITION

ISBN 978-1-4504-0255-2
£20.99 | €25.20

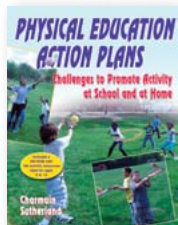
This updated edition emphasizes the importance of collaboration to combat obesity and promote active living. It shows how to combine the efforts of PE teachers, administrators, classroom teachers, school volunteers, parents, school kitchen staff and health service professionals to provide children with a healthy, active lifestyle inside the school and out.



PHYSICAL EDUCATION ACTION PLANS

ISBN 978-0-7360-9079-7
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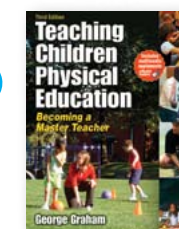
This book and CD-ROM package provides 57 engaging action plans and 19 quick physical activities suitable for use in the class and at home. It comes with tools, worksheets and other resources designed to help you assess activity and challenge your students to build the foundation for an active lifestyle.



TEACHING CHILDREN PHYSICAL EDUCATION 3RD EDITION

ISBN 978-0-7360-6210-7
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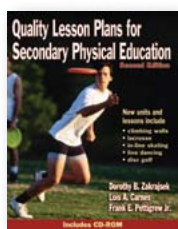
Student teachers will learn the skills and techniques that many experienced teachers employ. For experienced teachers there is the challenge of some new techniques for designing their classes, developing lessons and adjusting tasks for individual children. All readers, regardless of experience, will learn how to make their classes vibrant, fun and developmentally appropriate.



QUALITY LESSON PLANS FOR SECONDARY PHYSICAL EDUCATION 2ND EDITION

ISBN 978-0-7360-4485-1
£42.99 | €51.60

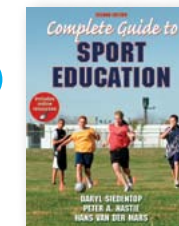
Quality Lesson Plans for Secondary Physical Education provides the most comprehensive menu of lesson plans to spice up your secondary-level physical education curriculum. Packed with more than 500 physical education activities in 200-plus ready-to-use lesson plans, it's a resources gold mine.



COMPLETE GUIDE TO SPORT EDUCATION 2ND EDITION

ISBN 978-0-7360-9838-0
£27.95 | €33.50

This new edition of *Complete Guide to Sport Education* contains everything your students need to get children active. Regardless of skill or confidence level, student teachers will learn how to get children to work together, support each other, and gain competence in sport and fitness skills so that they can stay moving now and throughout their lifetime. It contains everything that future physical education teachers need in order to implement an effective programme.

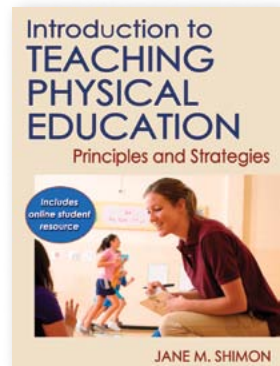


INTRODUCTION TO TEACHING PHYSICAL EDUCATION

ISBN 978-0-7360-8645-5
£42.95 | €51.50

Introduction to Teaching Physical Education: Principles and Strategies is the perfect initiation for teachers. The text provides them with a solid background on the physical education field along with the ins and outs they need to know to become successful professionals. No other introductory text so successfully blends the theoretical, practical and inspirational aspects of teaching physical education, combining authoritative information with a highly engaging style.

This practical, reader-friendly text helps students build a strong base of instructional skills as they learn to apply the principles of teaching physical education. In addition to focusing on teaching skills, they will explore the history of physical education, including the two main systems that served as the profession's foundation. They will learn the purpose of physical education and the standards that are in place. This hands-on resource offers students a wealth of real-world exercises to enhance their learning and prepare them to enter the teaching profession. The package also contains an online student resource.



Many of our resources have ancillaries that are available for instructors and often include a guide, test package, presentation features and more. Check the website for full details.

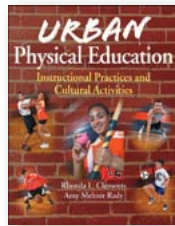
TEACHER RESOURCES

PE

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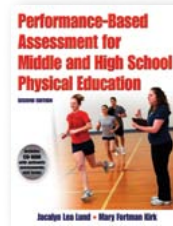
NEW



Urban Physical Education looks at the problems and rewards associated with teaching physical education in inner-city schools. It provides innovative instructional practices on contemporary activities such as games and modified sports from around the world, as well as sport and performance activities such as urban dance, street running, urban golf, freestyle basketball and fitness routines.

PERFORMANCE-BASED ASSESSMENT FOR MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION 2ND EDITION

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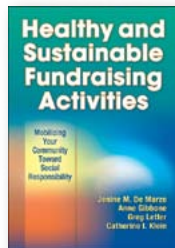


Helps teachers to create assessments and implement them into the curriculum. The text describes the types of performance-based assessments, numerous models that can be adapted and tools for assessing students.

HEALTHY & SUSTAINABLE FUNDRAISING ACTIVITIES

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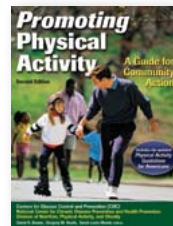
NEW



Offers innovative and thoughtful schemes that raise money for your cause without compromising the physical activity, health and ecological messages adopted by individual schools and organizations. It is a source of inspiration for fundraisers striving to reach their monetary goals while contributing to the health and wellbeing of children, members of the community and the environment.

PROMOTING PHYSICAL ACTIVITY 2ND EDITION

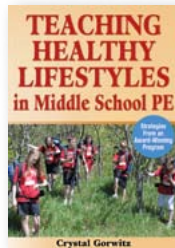
ISBN 978-0-7360-6208-4
£33.99 | €40.80



Motivating people to get moving for health and wellness just got easier. This guide for community action offers the tools and information you need to help people get off the couch and on their way to healthy living. If you want to encourage your community or group members to hop on their bike, take the stairs, or walk the neighbourhood, *Promoting Physical Activity* is your guide to creating effective programmes.

TEACHING HEALTHY LIFESTYLES IN MIDDLE SCHOOL PE

ISBN 978-0-7360-8678-3
£15.99 | €19.20



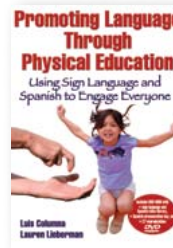
This book contains advice on how to deliver a programme designed to help children aged 10 to 14 years old, make healthy, lasting lifestyle changes. You will be shown how to improve your PE curriculum, get your students involved in fun activities and put them on the path to fitness for life.

PROMOTING LANGUAGE THROUGH PHYSICAL EDUCATION

ISBN 978-0-7360-9451-1
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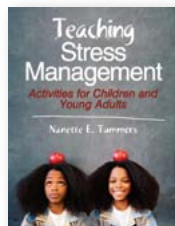


Our society has never been more diverse and teachers need to be culturally responsive in order to integrate children for whom English is not their first language or deaf children in their classes. Sign language and Spanish are used as examples of how teachers can integrate students of any language background into classes.

TEACHING STRESS MANAGEMENT

ISBN 978-0-7360-9336-1
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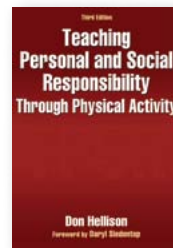
NEW



Stress is pervasive in the lives of today's children and youth. Teachers, parents, professionals and communities involved with them know how stressful growing up can be. This book is for those readers who want to provide engaging experiential stress management activities for students in a pedagogical sound, practical and comprehensive manner. *Teaching Stress Management* provides simple, low/no cost engaging tools to help your students live better lives.

TEACHING PERSONAL & SOCIAL RESPONSIBILITY THROUGH PHYSICAL ACTIVITY 3RD EDITION

ISBN 978-0-7360-9470-2
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Authored by a highly respected scholar-activist and teacher of troubled inner-city kids, this book presents practical and innovative ideas for teaching personal and social responsibility in and out of school. It offers direction in instilling affective social and moral goals, with insight into promoting positive character development and values. In short, a methodology for helping students grow.

STUDENT RESOURCES

PE

Sixth Edition

Fitness & Health

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Brian J. Sharkey, PhD • Steven E. Gaskill, PhD



FITNESS & HEALTH 6TH EDITION

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Considered a classic, this revised and updated edition has already helped thousands of readers experience firsthand the benefits of more physical activity. The book clearly explains how the body responds to physical activity, why physical activity is so beneficial to health and the way in which physical activity enhances aerobic and muscular fitness, weight control, performance, energy and vitality.

Over 165,000 copies sold

FITNESS FOR LIFE UPDATED 5TH EDITION

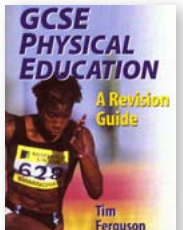
ISBN 978-0-7360-6676-1
£16.99 | €20.40



Fitness for Life, the original and best-selling secondary school text for promoting lifelong physical activity and healthy lifestyles has been updated to make it better than ever. It retains the strengths of the fifth edition and has been enhanced with a test bank, an online study guide and an array of other new features to keep teachers and students at the cutting edge of physical activity.

GCSE PHYSICAL EDUCATION

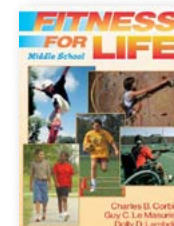
ISBN 978-0-7360-4014-3
£14.99 | €18.00



Packed with concise yet thorough notes, this is the only book that GCSE students and teachers will ever need for exam success. It is the only revision guide that includes "Quick Test" questions and actual past examination questions (with answers) from all four exam boards. This feature enables students to confirm their understanding of key topics throughout the course.

FITNESS FOR LIFE MIDDLE SCHOOL

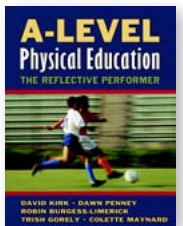
ISBN 978-0-7360-6511-5
£17.99 | €21.60



Fitness for Life: Middle School provides a foundation for 11 to 14 year old students to be physically active and fit throughout their whole lives. The text guides students in developing the skills they need in order to enjoy physical activity and explores the topics of body composition and nutrition, aerobics, sports, recreation, flexibility and muscle fitness. Based on one of the most widely used and respected high school texts – *Fitness for Life*.

A-LEVEL PHYSICAL EDUCATION

ISBN 978-0-7360-3392-3
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The content of the text corresponds perfectly to the QCA criteria for A-level study in sport, preparing students as thoroughly as possible for course exams and university-level study. The book is written specifically with A-level students in mind, so it presents the information clearly and accessibly and contains powerful teaching tools designed to enhance student learning. For a comprehensive, student-friendly, adaptable text that meets QCA and examination-board requirements, turn to *A-Level Physical Education*.

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