



Sports &
Exercise
Science
Catalogue
2018

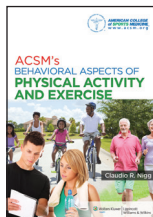


Wolters Kluwer

SPORTS & EXERCISE SCIENCE

ACSM's Behavioral Aspects of Physical Activity and Exercise

American College of Sports Medicine (ACSM)



This practical text provides the theoretical foundation of behaviour change and then offers specific strategies, tools, and methods you can use to motivate and inspire your clients to be active, exercise, and stay healthy.

Developed by the American College of Sports Medicine (ACSM) and written by a team of leading experts in exercise science and motivation, the book provides step-by-step instructions to help fitness/health professionals and students master client motivation techniques.

978-1-4511-3211-3 / 336 pp / 40 illus, 53 tables / Oct 2013

ACSM's Certification Review, 5th Edition

American College of Sports Medicine (ACSM)

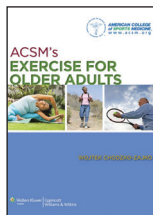


With **ACSM's Certification Review** as your guide, you can be ready to successfully pass the exam to become a Certified Personal Trainer (CPT), Certified Exercise Physiologist (EP-C), or Certified Clinical Exercise Physiologist (CEP). This text will help you identify your strengths and weaknesses and then eliminate those areas of weakness with further study. Most importantly, this text will help you advance your career in fitness and exercise. Now aligned with the tenth edition of the ACSM's Guidelines for Exercise Testing and Prescription, this text is reflective of the key changes and the only print resource for the current ACSM certification exams.

978-1-4963-3877-8 / 288 pp / Mar 2017

ACSM's Exercise for Older Adults

American College of Sports Medicine (ACSM)



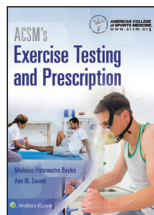
Throughout **ACSM's Exercise for Older Adults**, world-renowned researchers and practitioners make a compelling case for older adults to engage in physical activity. Over the course of ten chapters, the text highlights the physiological, psychological, and social benefits of a physically active lifestyle. Students and professionals will benefit from implementation strategies including motivation to initiate and maintain exercise; options for healthy older adults; options for older adults with special needs; and assessing progress and performance. A frequently asked questions chapter provides exercise professionals with resources to anticipate and respond to their clients.

978-1-6091-3647-5 / 256 pp / 18 illus, 24 tables / 2013

NEW

ACSM's Exercise Testing and Prescription, 1st Edition

American College of Sports Medicine (ACSM)

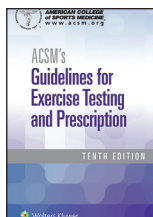


ACSM's Exercise Testing and Prescription adapts and expands upon the assessment and exercise prescription-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom resource. Fully aligned with the latest edition of ACSM's flagship title, ACSM's Guidelines for Exercise Testing and Prescription, this practical resource walks students through the process of selecting and administering fitness assessments, using Guidelines to interpret results, and drafting an exercise prescription that is in line with Guidelines parameters.

978-1-4963-3879-2 / 592 pp / Jan 2018

ACSM's Guidelines for Exercise Testing and Prescription, 10th Edition

American College of Sports Medicine (ACSM)



The tenth edition reflects some crucial and exciting changes, making the content necessary for effective study and practice. New pre-exercise health screening recommendations are critical to helping more of the population begin a safe, healthy physical activity program without consulting a physician. New and expanded information on the risks of sedentary behavior, clinical exercise testing and interpretation, high intensity interval training, musculoskeletal injury risk, fitness testing protocols and norms, and an expansion of the principles of health behavior change are included.

Additionally, significant reorganization of content will help you reach the information you need quickly.

978-1-4963-3906-5 / 480 pp / Feb 2017 (Spiral Bound)

978-1-4963-3907-2 / 480 pp / Feb 2017 (Paper Back)

NEW

ACSM's Nutrition for Exercise Science, 1st Edition

American College of Sports Medicine (ACSM) & Dan Benardot

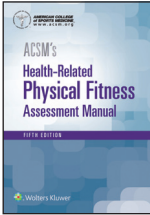
978-1-4963-4340-6 / 630 pp / Oct 2018

SPORTS & EXERCISE SCIENCE

NEW

ACSM's Health-Related Physical Fitness Assessment Manual, 5th Edition

American College of Sports Medicine (ACSM)



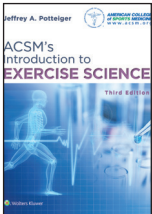
The goal of the 5th Edition of **ACSM's Health-Related Physical Fitness Assessment Manual** is to provide a comprehensive overview of why and how to perform assessments of the five health-related components of physical fitness, namely body composition, muscular strength, muscular endurance, flexibility and cardiorespiratory fitness.

978-1-4963-3880-8 / 208 pp / Oct 2017

NEW

ACSM's Introduction to Exercise Science, 3rd Edition

American College of Sports Medicine (ACSM)



The only book to focus specifically on exercise science and the range of career paths in the field, **ACSM's Introduction to Exercise Science, 3rd Edition** provides an engaging overview of exercise science and related concepts. Updated throughout to reflect the most current trends and theories in the field, this edition offers a new chapter on research and new online videos.

978-1-4963-3961-4 / 480 pp / Nov 2017

NEW

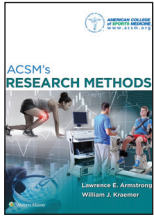
ACSM's Clinical Exercise Physiology, 1st Edition

American College of Sports Medicine (ACSM)

978-1-4963-8780-6 / 708 pp / Oct 2018

ACSM's Research Methods

American College of Sports Medicine (ACSM)



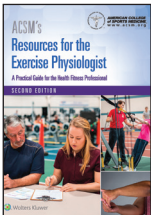
Wolters Kluwer and the ACSM are excited to introduce **ACSM's Research Methods**, a vital first edition. This applied approach provides students with a sophisticated look at research methods aimed at building engagement with the text. Written by leading experts in the field, this title offers a fresh approach that better integrates traditional methods with some of the newer approaches to research, such as qualitative and mixed methods, and uses published journal articles and real-life examples to make the material interesting and relevant.

978-1-4511-9174-5 / 462 pp / 82 illus / Oct 2015

NEW

ACSM's Resource for the Exercise Physiologist, 2nd Edition

American College of Sports Medicine (ACSM)



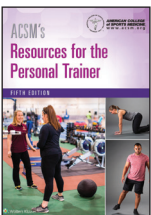
As the official preparation book for the ACSM Certified **Exercise Physiologist** examination, the title will guide those seeking certification as they prepare to sit for the exam. For those already practicing, this evidence-based resource will aid in providing the most current, competent guidance to clients. Now fully aligned with the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription, this second edition is reflective of the most current standards in the field.

978-1-4963-2286-9 / 472 pp / Jun 2017

NEW

ACSM's Resources for the Personal Trainer, 5th Edition

American College of Sports Medicine (ACSM)



This 5th Edition of **ACSM's Resources for the Personal Trainer** is the critical content for those seeking to gain ACSM's Certified Personal Trainer certification, and those currently practicing. This title is now fully aligned to the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription, and includes the new pre-participation guidelines, which will be critical for those in the personal trainer field. ACSM's Resources for the Personal Trainer is the official preparation book for the ACSM Certified Personal TrainerSM examination.

978-1-4963-2289-0 / 592 pp / Aug 2017

SPORTS & EXERCISE SCIENCE

NEW

Exercise for Special Populations, 2nd Edition

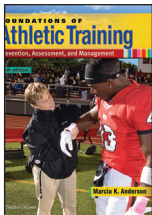
Peggie Williamson

This updated 2nd Edition of Williamson's highly applied Exercise for Special Populations provides just enough background for practicing and future personal trainers, exercise physiologists, and other health and fitness professionals to develop and implement exercise programs for special populations. For each condition, the book provides a general description, anatomy and physiology variances, precautions, recommendations for exercise testing and prescription, instructions and images of various exercises, and nutritional considerations. Reflecting the latest best practices in the field, the 2nd Edition features new chapters and pedagogy and a powerful suite of online resources.

978-1-4963-8901-5 / 448 pp / Sep 2018

Foundations of Athletic Training: Prevention, Assessment, and Management, 6th Edition

Marcia Anderson



Foundations of Athletic Training integrates basic medical concepts and related scientific information to provide a strong foundation of general athletic training practices. Using a problem-solving approach to prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases, this text provides athletic trainers and athletic training students with the most extensive, challenging content in a user-friendly format.

978-1-4963-3087-1 / 1072 pp / 1029 illus, 289 tables / Jul 2016

NEW

Motor Behavior, 2nd Edition

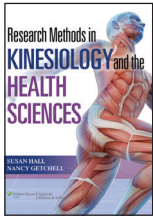
Jeffrey Ives

This updated 2nd Edition of this highly: applied text goes beyond providing the basics of motor control (Unit 1) and motor learning (Unit 2) to helping students understand how these two distinct views interact and ultimately affect outcomes (Unit 3). Taking a functional approach, **Motor Behavior, 2nd Edition** reflects the most recent research and guidelines from the field and brings topics to life with unique photos and illustrations that show concepts in action. A final chapter offers insights on effective training and practice strategies that connect mind and body for optimal performance.

978-1-4963-8533-8 / 328 pp / Feb 2018

Research Methods in Kinesiology and the Health Sciences

Susan Hall and Nancy Getchell

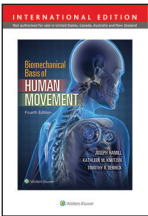


Designed for introductory research methods courses at graduate and undergraduate levels, **Research Methods in Kinesiology** includes all major topics conventionally addressed in introductory research methods texts. With unique chapters on research writing style and matching statistical tools with research protocols, readers will find this book written in a conversational tone intended to make the topic more readily understood by today's student. Problem-based learning activities help students apply the skills they've learned and prepare for actual research.

978-0-7817-9774-0 / 385 pp / 155 illus, 25 tables / 2014

Biomechanical Basis of Human Movement, 4th Edition

Joseph Hamill, Kathleen Knutzen and Timothy Derrick

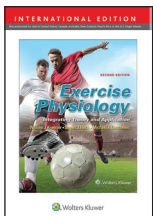


Focusing on the quantitative nature of biomechanics, **Biomechanical Basis of Movement**, the 4th edition integrates current literature, meaningful numerical examples, relevant applications, hands-on exercises, and functional anatomy, physics, calculus, and physiology to help students—regardless of their mathematical background—understand the full continuum of human movement potential. This 4th Edition features a new problem generator for instructors, which randomly generates an unlimited number of numerical problems for student practice, and free MaxTRAQ motion analysis software that shows biomechanics in action and allows students to track data and analyze motion in a dynamic, video-enriched online environment.

978-1-4511-9404-3 / 528 pp / 425 illus / 2014

Exercise Physiology: Integrated from Theory to Practical Applications, 2nd Edition

William Kraemer, Steven Fleck and Michael Deschenes



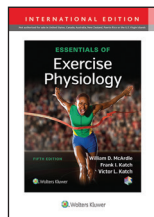
Enhanced by new online video clips and animations, Kraemer's **Exercise Physiology**, combines research and theory with practical discussions of nutrition and training to help students understand how the human body works and responds to exercise. Through the authors' evidence-based and practical approach, students not only gain a solid foundation in exercise physiology concepts, but also learn how those concepts can be used in everyday life to optimise athletic performance and wellness. The 2nd edition includes new video clips, a new design and enhanced online teaching and learning resources to help you succeed.

978-1-4963-0908-2 / 512 pp / 261 full colour illus / Feb 2015

SPORTS & EXERCISE SCIENCE

Essentials of Exercise Physiology, 5th Edition

William McArdle, Frank Katch and Victor Katch

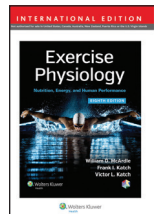


Essentials of Exercise Physiology offers a compact version of the 8th Edition of the bestselling *Exercise Physiology: Nutrition, Energy, and Human Performance*, making it ideal for introductory undergraduate courses. As students progress through the text, they'll develop a deep understanding of the interrelationships among energy intake, energy transfer during exercise, and the physiologic systems that support energy transfer. Moreover, they'll discover how to apply what is learnt to enhance exercise training, athletic performance, and health.

978-1-4963-0909-9 / 790 pp / 360 illus / Oct 2015

Exercise Physiology: Energy, Nutrition and Human Performance, 8th Edition

William McArdle, Frank Katch and Victor Katch



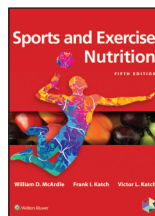
Setting the standard for more than 30 years, **Exercise Physiology** has helped more than 350,000 students build a solid foundation in the scientific principles underlying modern exercise physiology. This Eighth Edition is updated with the latest research in the field to give students easy-to-understand, up-to-date coverage of how nutrition, energy transfer, and exercise training affect human performance. Throughout the text, the authors apply exercise physiology principles to practical skills, illustrate how theory comes to life through research, and clarify complex issues and problems.

978-1-4511-9383-1 / 1136 pp / 900 illus, 208 tables / 2014

NEW

Sports and Exercise Nutrition, 5th Edition

William McArdle, Frank Katch and Victor Katch

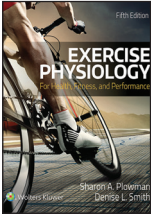


This edition of McArdle, Katch, and Katch's respected text reflects the most recent, evidence-based information on how nutrition affects exercise and sports performance. Using high quality research to illustrate teaching points, the authors provide detailed yet accessible coverage of the science of exercise nutrition and bioenergetics, along with valuable insights into how the principles work in the real world of physical activity and sports medicine. New content, new research citations, and new case studies throughout help prepare students for a successful career in exercise science.

978-1-9751-0673-7 / 722 pp / May 2018

Exercise Physiology for Health, Fitness, and Performance, 5th Edition

Sharon Plowman and Denise Smith



This engaging and beautifully designed text integrates theoretical and research based basic exercise physiology with real-world application to prepare students for exciting positions in exercise science, fitness, physical education, athletic training, rehabilitation, coaching and/or allied health professions.

The 5th Edition offers coverage of foundational science and critical exercise physiology topics. Organized by independent units (Metabolic, Cardiovascular-respiratory, Neuromuscular-skeletal, and Neuroendocrine-immune) this text offers maximum teaching flexibility for faculty and consistent presentation of material for the student.

978-1-4963-2318-7 / 760 pp / Feb 2017

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