Continuing Education

2018
NEW! Developing Power

The Developing Power CE Course introduces training programs and techniques to help your athletes increase power production to maximize performance. The course offers research-based guidelines on assessment protocols, training methods, and effective progressions for continued development. You’ll find instructions for exercises and drills and ready-to-use programs for 12 popular sports.

National Strength and Conditioning Association
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5791-3 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-5792-0 • $99.00 US ($127.95 CAD)

NEW! Strength Training, Second Edition

Developed by a team of experts chosen by the NSCA, Strength Training, Second Edition CE Course, provides an unmatched depth of coverage on all aspects of developing strength. It addresses critical topics such as strength assessments and includes the essentials of program design, guidance on nutrition for strength development, and thorough coverage of how muscles are trained, setting the stage for optimal results.

National Strength and Conditioning Association
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5251-2 • $199.00 US ($256.95 CAD)
Online course: ISBN 978-1-4925-5252-9 • $189.00 US ($243.95 CAD)

NSCA’s Guide to Tests and Assessments

Presents research from respected scientists and practitioners with expertise in exercise testing and assessment. The course provides a clear understanding of the test selection process, how to implement appropriate data collection, and how to analyze data to make the correct training decision.

National Strength and Conditioning Association
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-4996-3 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-4998-7 • $139.00 US ($178.95 CAD)

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

Certified strength and conditioning specialists (CSCSs) apply science to train athletes for the primary goal of improving athletic performance. This course ensures that those already certified continue to achieve this objective by mastering the requirements that have made the CSCS certification the esteemed credential for strength and conditioning professionals.

National Strength and Conditioning Association
©2017 • Enhanced online course with text and exam
Online course with book: ISBN 978-1-4925-5247-5 • $269.00 US ($346.95 CAD)
Online course with ebook: ISBN 978-1-4925-5248-2 • $249.00 US ($320.95 CAD)
Online course without book: ISBN 978-1-4925-5246-8 • $199.00 US ($256.95 CAD)

NSCA’s Guide to Program Design

With advice, guidance, and protocols from respected scientists and practitioners, this course offers you a scientific basis for developing training programs for specific athletes at specific times of year. Straightforward and accessible, it features sample workouts, training plans, technique photos, and instructions for drills and moves beyond the simple template presentation of program design to help you grasp the reasons and procedures for sequencing training in a safe, sport-specific manner.

National Strength and Conditioning Association
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5024-2 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-5026-6 • $139.00 US ($178.95 CAD)

More in the NSCA Sport Performance series:

Strength and Conditioning from the NSCA

NEW! Strength Training, Second Edition

Developed by a team of experts chosen by the NSCA, Strength Training, Second Edition CE Course, provides an unmatched depth of coverage on all aspects of developing strength. It addresses critical topics such as strength assessments and includes the essentials of program design, guidance on nutrition for strength development, and thorough coverage of how muscles are trained, setting the stage for optimal results.

National Strength and Conditioning Association
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5791-3 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-5792-0 • $99.00 US ($127.95 CAD)

NSCA’s Guide to Tests and Assessments

Presents research from respected scientists and practitioners with expertise in exercise testing and assessment. The course provides a clear understanding of the test selection process, how to implement appropriate data collection, and how to analyze data to make the correct training decision.

National Strength and Conditioning Association
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-4996-3 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-4998-7 • $139.00 US ($178.95 CAD)

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National Strength and Conditioning Association
©2017 • Enhanced online course with text and exam
Online course with book: ISBN 978-1-4925-5247-5 • $269.00 US ($346.95 CAD)
Online course with ebook: ISBN 978-1-4925-5248-2 • $249.00 US ($320.95 CAD)
Online course without book: ISBN 978-1-4925-5246-8 • $199.00 US ($256.95 CAD)

NSCA’s Guide to Program Design

With advice, guidance, and protocols from respected scientists and practitioners, this course offers you a scientific basis for developing training programs for specific athletes at specific times of year. Straightforward and accessible, it features sample workouts, training plans, technique photos, and instructions for drills and moves beyond the simple template presentation of program design to help you grasp the reasons and procedures for sequencing training in a safe, sport-specific manner.

National Strength and Conditioning Association
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5024-2 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-5026-6 • $139.00 US ($178.95 CAD)
NEW! Complete Guide to TRX® Suspension Training®
Approved and endorsed by TRX, the global leader in functional training products, programming, and education, the Complete Guide to TRX Suspension Training CE Course is the authoritative resource on the safe, effective, and optimal use of Suspension Training and programming. The CE course will guide you through more than 115 exercises and 30 ready-to-use programs designed to develop your client’s strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer™.

Jay Dawes
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3540-9 • $119.00 US ($153.95 CAD)
Online course: ISBN 978-1-4925-3541-6 • $109.00 US ($140.95 CAD)

NEW! Complete Guide to Foam Rolling With CE Exam
Foam rolling before, during, and after a workout can get blood flowing, stimulate muscles to work more efficiently, and initiate the recovery process to reduce soreness. Invest in your training success—and that of your clients and athletes—by applying these proven self-massage techniques. Complete Guide to Foam Rolling paves the way for better overall performance while offering certified professionals the opportunity to earn continuing education with the companion exam.

Kyle Stull
©2015 • Text with exam
Online exam only: ISBN 978-1-4925-5779-1 • $59.00 US ($75.95 CAD)
Print book with online exam:
ISBN 978-1-4925-6117-0 • $79.00 US ($101.95 CAD)
Ebook with online exam:
ISBN 978-1-4925-5778-4 • $69.00 US ($88.95 CAD)

NEW! Plyometric Anatomy
Elite players, coaches, and trainers rely on plyometrics to develop power, agility, speed, strength, body control, balance, and overall athletic performance. In this course you will learn 94 plyometric exercises with 78 variations that increase in difficulty for continued development over time. Each exercise is fully illustrated with detailed anatomical art to showcase the muscles that are activated during the drill, so you can clearly see how the exercise contributes to improved performance for your clients and athletes.

Derek Hansen and Steve Kennelly
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3545-4 • $89.00 US ($114.95 CAD)
Online course: ISBN 978-1-4925-3546-1 • $79.00 US ($101.95 CAD)

NEW! Eat. Lift. Thrive. With CE Exam
In the book Eat. Lift. Thrive., Sohee Lee empowers you with tools and strategies to make positive changes. You will learn how to identify issues that are holding you or your clients back, and you will learn what you can do to get back on track. By the time you’re finished, you’ll be an expert at moderation and will say goodbye to extremes in dieting. Certified professionals can confidently apply the concepts to their clientele and, with the CE exam, pursue continuing education credits in the process!

Sohee Lee
©2017 • Text with exam
Online exam only: ISBN 978-1-4925-5781-4 • $59.00 US ($75.95 CAD)
Print book with online exam:
ISBN 978-1-4925-6068-5 • $79.00 US ($101.95 CAD)
Ebook with online exam:
ISBN 978-1-4925-5780-7 • $69.00 US ($88.95 CAD)

NEW! Stretch to Win, Second Edition
Regardless of sport and skill level, flexibility has been proven to improve range of motion, increase power and speed, decrease risk of injury, and ultimately elevate performance. Stretch to Win, Second Edition CE Course, will help you create effective flexibility programs that contribute to optimal performance for athletes in any sport or training activity. When you incorporate principles of sport specificity, your clients can experience faster gains in overall mobility as well as achieve optimal functional flexibility.

Ann Frederick and Chris Frederick
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5982-5 • $99.00 US ($127.95 CAD)
Online course: ISBN 978-1-4925-5983-2 • $89.00 US ($114.95 CAD)

NEW! Stretch to Win, Second Edition
Regardless of sport and skill level, flexibility has been proven to improve range of motion, increase power and speed, decrease risk of injury, and ultimately elevate performance. Stretch to Win, Second Edition CE Course, will help you create effective flexibility programs that contribute to optimal performance for athletes in any sport or training activity. When you incorporate principles of sport specificity, your clients can experience faster gains in overall mobility as well as achieve optimal functional flexibility.

Ann Frederick and Chris Frederick
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5982-5 • $99.00 US ($127.95 CAD)
Online course: ISBN 978-1-4925-5983-2 • $89.00 US ($114.95 CAD)
one that works to improve, not replace, your routine. For certified professionals, a companion continuing education exam is available, which can be completed after reading this book.

**Nick Tumminello**
©2019 • Text with exam


Check website for pricing

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**Kettlebell Training**

Learn from champion athlete and cutting-edge trainer Steve Cotter as you incorporate these 95 exercises for increasing strength, endurance, balance, and coordination in your clients. This authoritative continuing education course identifies the advantages of kettlebell training and offers program design concepts to meet specific training and athletic goals.

Based on a book by Steve Cotter
©2015 • Course with text, online video, study guide, and exam

Print course: ISBN 978-1-4925-0477-4 • $189.00 US ($243.95 CAD)

Online course: ISBN 978-1-4925-0479-5 • $179.00 US ($230.95 CAD)

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**Dumbbell Training**

**Dumbbell Training CE Course** defines the art and science of dumbbell training in order to assist professionals in developing resistance training programs using dumbbells for fitness and sport. It offers 15 programs for increasing power, speed, agility, and balance, and includes step-by-step instructions and safety considerations for 78 exercises.

Based on a book by Allen Hedrick, MA, CSCS,*D, FNSCA
©2014 • Course with text, study guide, and exam

Print course: ISBN 978-1-4925-0562-4 • $229.00 US ($294.95 CAD)

Online course: ISBN 978-1-4925-0564-8 • $219.00 US ($282.95 CAD)

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**Exercise Technique Manual for Resistance Training**

Based on a book by the National Strength and Conditioning Association
©2016 • Course with text, online video, study guide, and exam

Print course: ISBN 978-1-4925-0700-0 • $219.00 US ($282.95 CAD)

Online course: ISBN 978-1-4925-0702-4 • $209.00 US ($269.95 CAD)

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**High Intensity Training for Women**

Based on a book by Irene Lewis-McCormick, MS
©2016 • Course with text, study guide, and exam

Print course: ISBN 978-1-4925-2628-5 • $109.00 US ($140.95 CAD)

Online course: ISBN 978-1-4925-2627-8 • $119.00 US ($153.95 CAD)

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**Bodybuilding Anatomy**

Based on a book by Nick Evans, MD, FRCS (Orth), BSc
©2016 • Course with text, study guide, and exam

Print course: ISBN 978-1-4925-3180-7 • $89.00 US ($114.95 CAD)

Online course: ISBN 978-1-4925-3181-4 • $79.00 US ($101.95 CAD)
Sport-Specific and Specialty Training

*Running Anatomy, Second Edition,* features 48 of the most effective strength exercises to improve running strength, speed, and endurance. Clear instructions and full-color anatomical illustrations highlight the muscles in action. A companion CE exam is available.

Joseph Puleo and Patrick Milroy, PhD
©2016 • Text with exam
Online exam only: ISBN 978-1-4925-6979-4
Check website for pricing

Triathlon Anatomy
*Triathlon Anatomy CE Course* includes step-by-step instructions for 82 multisport exercises depicted by 177 full-color anatomical illustrations that show you how to develop your clients’ strength, power, speed, and endurance, which are essential for swimming safely in open water, cycling steep inclines, and running on various terrains.

Based on a book by Mark Klion, MD, and Troy Jacobson
©2016 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3195-1 • $89.00 US ($114.95 CAD)
Online course: ISBN 978-1-4925-3196-8 • $79.00 US ($101.95 CAD)

Cycling Anatomy
*Cycling Anatomy CE Course* is a visual guide to 74 cycling exercises to show the active muscles involved in cornering, climbing, descending, and sprinting, which are fundamentally linked to cycling performance. Full-color anatomical illustrations highlight primary muscles and surrounding structures.

Based on a book by Shannon Sovndal, MD, FACEP
©2016 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3210-1 • $89.00 US ($114.95 CAD)
Online course: ISBN 978-1-4925-3211-8 • $79.00 US ($101.95 CAD)

Running for Women
*Running for Women CE Course* tackles topics needed for optimally training women in the sport of running and explores how female physiology influences the ability to train and race. The course includes the latest research on estrogen, metabolism, and sex-specific performance factors.

Human Kinetics
©2014 • Course with text, recorded webinar, study guide, and exam
Print course: ISBN 978-1-4925-0022-3 • $239.00 US ($307.95 CAD)

Triathlon Science
*Triathlon Science* Based on a book by Joe Friel, MSc, and Jim Vance
©2015 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-0719-2 • $199.00 US ($256.95 CAD)
Online course: ISBN 978-1-4925-0721-5 • $189.00 US ($243.95 CAD)

Fitness Cycling
*Fitness Cycling* Based on a book by Shannon Sovndal, MD, FACEP
©2016 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3357-3 • $139.00 US ($178.95 CAD)
Online course: ISBN 978-1-4925-3358-0 • $129.00 US ($165.95 CAD)

COMING SOON! Cycling Science
The perfect blend of science and application, *Cycling Science CE Course* takes you inside the sport, into the training room and research lab, and onto the course. Edited by cycling scientists Stephen Cheung, PhD, and Mikel Zabala, PhD, *Cycling Science* is your guide through the science and technology of cycling.

Stephen Cheung, PhD, and Mikel Zabala, PhD
©2019 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6641-0 • $159.00 US ($204.95 CAD)
Online course: ISBN 978-1-4925-6642-7 • $149.00 US ($191.95 CAD)

Obstacle Race Training
This in-depth course breaks down the events, obstacles, difficulties, and strategies for negotiating all challenges. It presents the tools to prepare athletes—physically and mentally—for the unforgettable adventure. The *Obstacle Race Training CE Course* offers 80 of the most effective exercises for grip strength, mobility, balance, power, strength, and endurance as well as 30 ready-to-use workouts. You’ll also find advice on conquering course challenges, preventing injuries, selecting events, and using mental strategies to gain focus and overcome fear.

Based on a book by David Magida and Melissa Rodriguez
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-4873-7 • $99.00 US ($127.95 CAD)
Online course: ISBN 978-1-4925-4874-4 • $89.00 US ($114.95 CAD)

Vist our website for even more anatomy courses.
NEW! The Business of Personal Training

The Business of Personal Training CE Course will show you how to structure your business, plan for expenses and financing, and find the right staff. You’ll learn how to promote the services you offer, drive referral business and customer loyalty, and expand and diversify your business. Two appendixes offer sample templates and forms.

Mark A. Nutting
©2019 • Course with text, study guide, and exam
Check website for pricing

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

Certified personal trainers assess, motivate, educate, and train clients regarding their health and fitness needs, using an individualized approach. This course ensures that those already certified continue to mastering these requirements that have made the NSCA-CPT certification a highly respected credential for personal training professionals.

National Strength and Conditioning Association
©2014 • Enhanced online course with text and exam
Online course with book:
ISBN 978-1-4504-5869-6 • $269.00 US ($346.95 CAD)
Online course with ebook:
ISBN 978-1-4504-5871-9 • $249.00 US ($320.95 CAD)
Online course without book:
ISBN 978-1-4504-5870-2 • $199.00 US ($256.95 CAD)

Client-Centered Exercise Prescription, Third Edition

This CE course combines the science and art of individualized exercise prescription. Fitness professionals will gain in-depth knowledge and skills to perform activity counseling, design programs, modify exercise, demonstrate exercise, incorporate functionally integrated exercise, prevent injuries, and perform follow-up monitoring for clients with a variety of abilities.

Based on a book by John C. Griffin, MSc
©2015 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-1299-8 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-1301-8 • $139.00 US ($178.95 CAD)

Fitness Professional’s Handbook, Seventh Edition

Fitness Professional’s Handbook, Seventh Edition, guides fitness professionals in screening participants, conducting standardized fitness tests, evaluating the major components of fitness, and prescribing appropriate exercise. This course combines standards, guidelines, and research from authorities in the field to arm readers with the knowledge to successfully work with a variety of clients and populations.

Based on a book by Edward T. Howley, PhD, and Dixie L. Thompson, PhD, Editors
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-4868-3 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-4869-0 • $139.00 US ($178.95 CAD)

NEW EDITION COMING SOON!

Lifestyle Wellness Coaching, Second Edition

Lifestyle Wellness Coaching CE Course offers an understanding of evidence-based coaching and systematic processes to guide, support, and motivate clients to achieve positive behavior change and long-term healthy lifestyles and practices. Included are specific coach–client dialogues and reflection sidebars to prompt readers to personally experience the content.

Based on a book by James Gavin, PhD, and Madeleine McBrearty, PhD
©2013 • Course with text, study guide, and exam
Print course: ISBN 978-1-4504-8167-0 • $139.00 US ($178.95 CAD)
Online course: ISBN 978-1-4925-0764-2 • $129.00 US ($165.95 CAD)

NEW! The Business of Training and Coaching

Self-employed fitness professionals face unique challenges in starting and running a successful business. The Business of Training and Coaching CE Course teaches you how to build and manage a training and coaching business with 10 key steps. This continuing education course emphasizes practical approaches to creating long-term business success. It also highlights contemporary business and marketing principles, including setting an effective fee structure, content marketing, SEO, and social media marketing. The course concludes with a continuing education exam for earning credit through participating organizations.

Tyrone A. Holmes, EdD
©2014 • Course with workbook and exam
Print course: ISBN 978-1-4504-8130-4 • $99.00 US ($127.95 CAD)
Online course: ISBN 978-1-4504-9643-8 • $89.00 US ($114.95 CAD)

Visit our website for a full listing of approved credits.
Pilates Anatomy

Pilates Anatomy includes 213 illustrations of muscles in action, with step-by-step instructions for 46 of the most effective mat exercises for building a strong and balanced body. Learn exercises that develop the abdominals, create a more articulate and flexible spine, and strengthen the back. Also included is a chapter that demonstrates how to integrate the exercises into customized programs for beginning, intermediate, and advanced practitioners.

Based on a book by Rael Isacowitz and Karen Clippinger
©2016 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3200-2 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-3201-9 • $99.00 US ($127.95 CAD)

NEW! Fusion Workouts

Fusion Workouts offers guidance in how to effectively and safely create enjoyable, effective workouts that use exercises from Pilates, barre, yoga, and traditional fitness. Combining the four disciplines into creative sequences can help your clients gain strength, muscle definition, flexibility, balance, and overall mind–body health.

Helen Vanderburg
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-4770-9 • $99.00 US ($127.95 CAD)
Online course: ISBN 978-1-4925-4771-6 • $89.00 US ($114.95 CAD)

COMING SOON! A Journey Into Yin Yoga With CE Exam

World-renowned yoga instructor Travis Eliot guides you through this contemporary and effective approach for strengthening the mind, body, and spirit. You will learn about the origins and practice of yoga, a challenging approach in which poses are held for several minutes to target the connective tissues of the hips, pelvis, and lower spine. You will learn to help clients mindfully transition between poses and gently allow tissues to stretch, facilitating better circulation and joint health for your clients and improving their flexibility.

Travis Eliot
©2017 • Text with exam
Check website for pricing

NEW! Yoga Therapy

In the Yoga Therapy CE Course, you will develop skills in identification, differentiation, and integration while learning how to apply the practices of breathing, visualization, sensory mastery, and mindfulness through yoga. In addition, you will study foundational yoga therapy concepts; learn about structural variety, body sensations, cultivation of awareness, and limits of practice; and further explore adaptable breathing, meditation, and relaxation techniques.

Kristen Butera and Staffan Elgelid, PhD
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3124-1 • $129.00 US ($165.95 CAD)
Online course: ISBN 978-1-4925-3125-8 • $119.00 US ($153.95 CAD)

Stretching Anatomy, Second Edition

Stretching Anatomy, Second Edition CE Course is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility. The 101 full-color anatomical illustrations highlight the primary muscles and surrounding structure engaged.

Based on a book by Arnold G. Nelson, PhD, and Jouko Kokkonen, PhD
©2016 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3185-2 • $89.00 US ($114.95 CAD)
Online course: ISBN 978-1-4925-3186-9 • $79.00 US ($101.95 CAD)

Yoga Teacher Training

Linda Christy Weiler, MS
©2017 • Print course with workbook and exam
Print course: ISBN 978-1-4925-4981-9 • $239.00 US ($307.95 CAD)

Yoga for Athletes

Based on a book by Ryanne Cunningham
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3119-7 • $99.00 US ($127.95 CAD)
Online course: ISBN 978-1-4925-3120-3 • $89.00 US ($114.95 CAD)
Pilates for Rehabilitation With CE Exam

With Pilates for Rehabilitation, you will learn how to apply proven Pilates methods to address dysfunction and help your patients achieve optimal performance. In addition to step-by-step instructions for Pilates apparatus and mat work, you will learn the indications and contraindications of each exercise and the primary muscles involved so you can determine when the exercise is appropriate for each client. The companion CE exam can be completed after reading the book.

Samantha Wood, MPT, MBA, PMA-CPT, RYT
©2019 • Text with exam
Online exam only: ISBN 978-1-4925-6872-8
Check website for pricing

NEW! Evidence-Based Use of Therapeutic Modalities

Provides a comprehensive review of evidence for the use of common therapeutic modalities such as ultrasound, laser therapy, cryotherapy, and thermal agents. The 20 research articles in the course summarize the research, offer a clinical appraisal, and indicate the clinical relevance of the study. The articles are followed by an exam containing 100 questions.

Jeffrey Driban, PhD, ATC, and Stephen Thomas, PhD, ATC
©2017 • Print course with 20 articles and exam
Print course: ISBN 978-1-4925-5837-8 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-5838-5 • $99.00 US ($127.95 CAD)

NEW! Evidence-Based Use of Injections and Alternative Therapies

Provides a comprehensive review of research on alternative therapies and injectable medicine to help clinicians recognize when injections can be optimally used to reduce the risk of unnecessary adverse reactions.

Jeffrey Driban, PhD, ATC, and Stephen Thomas, PhD, ATC
©2017 • Course with 20 articles and exam
Print course: ISBN 978-1-4925-5840-8 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-5841-5 • $99.00 US ($127.95 CAD)

NEW! Athletic Movement Skills

Shares a high level of expertise—drawn from the most current sport science research and champion-producing applications—to explain body mechanics, performance development, and effective training, regardless of the age and stage of the athlete. Beginning with foundational elements such as observing, analyzing, and improving postural control to develop more resilient athletes, this course presents a progressive structure for creating a movement program to accelerate the development of speed, power, and strength.

Clive Brewer
©2019 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6053-1 • $159.00 US ($204.95 CAD)
Online course: ISBN 978-1-4925-6054-8 • $149.00 US ($191.95 CAD)

NEW! Postural Correction

Presents 30 of the most commonly occurring postural conditions, providing hands-on therapists and body workers the knowledge and resources to help clients address their malalignments. Focusing on treatment rather than assessment, the course takes a direct approach and applies specific techniques to improve posture from an anatomical perspective instead of an aesthetic one.

Jane Johnson
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5496-7 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-5497-4 • $99.00 US ($127.95 CAD)

NEW! Sport Therapy for the Shoulder

Sport Therapy for the Shoulder CE Course provides best practices and evidence-based guidelines for assessing and treating patients’ shoulder injuries for re-entry into sport. This course will guide learners systematically through functional anatomy and biomechanics of the shoulder, examination techniques and pathology, rehabilitation, and return to play progressions.

Todd S. Ellenbecker, DPT, MS, SCS, OCS, CSCS, and Kevin E. Wilk, PT, DPT, FAPTA
©2017 • Course with text, online video, study guide, and exam
Print course: ISBN 978-1-4925-3530-0 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-3531-7 • $139.00 US ($178.95 CAD)
NEW! IIJATT Part III: Evidence-Based Practice
This CE course consists of a collection of six evidence-based articles originally published in the International Journal of Athletic Therapy and Training (IJATT). The articles address topics commonly encountered by athletic trainers, including injury prevention and burnout, as well as modalities such as cold water immersion and orthotics.

Human Kinetics
©2017 • Course with six articles and exam
Print course: ISBN 978-1-4925-1585-2 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-4579-8 • $60.00 US ($76.95 CAD)

IIJATT Parts I and II also available online.

NEW! Positional Release Therapy Video Series
Modeled after Dr. Tim Speicher’s workshops and seminars, this video series features him using contemporary science, evidence-based research, and years of expertise to guide real students and practitioners through assessment and treatment of various conditions using positional release therapy. Each video is followed by a CE exam.

Timothy Speicher
©2017 • Video with exam • $60.00 US ($76.95 CAD)
978-1-4925-5785-2 • Acquired Torticollis
978-1-4925-5786-9 • Chronic Lower Back Pain
978-1-4925-5790-6 • Forward Head Posture
978-1-4925-5776-0 • IT Band Friction Syndrome
978-1-4925-5774-6 • Medial Tibial Stress Syndrome
978-1-4925-5775-3 • Patellar Tendinopathy
978-1-4925-5777-7 • Piriformis Syndrome
978-1-4925-5773-9 • Plantar Fasciitis
978-1-4925-5789-0 • Postconcussion Syndrome
978-1-4925-5787-6 • Shoulder Impingement Syndrome
978-1-4925-5788-3 • Tennis Elbow
978-1-4925-5784-5 • Thoracic Outlet Syndrome

NEW! The BEST Exercise Program for Osteoporosis Prevention, Fourth Edition
Get a comprehensive overview of factors related to bone health, with specific emphasis on exercise for the prevention and treatment of osteoporosis. The course outlines training protocols, specific programming, and motivational strategies. Based on the University of Arizona Bone Estrogen Strength Training (BEST) study.

Timothy Lohman, PhD, Scott Going, PhD, Linda Houtkooper, PhD, RDN, FACSM, Lauve Metcalfe, MS, FAWHP, CWC, Terri Antoniotti-Guido, PT, Jeffrey R. Lisse, MD, and Vanessa A. Farrell, PhD, RDN
©2017 • Course with workbook, client handouts, and exam
Print course: ISBN 978-1-4925-5502-5 • $139.00 US ($178.95 CAD)
Online course: ISBN 978-1-4925-5503-2 • $129.00 US ($165.95 CAD)

NEW! Exercise for Breast Cancer Survivors, Third Edition
Exercise for Breast Cancer Survivors, Third Edition, gives you an understanding of breast cancer, treatments and common side effects, exercise considerations, and specific exercises that will help you develop optimal exercise programs that are responsive to the needs of your recovering clients.

Anna Schwartz, PhD, FNP, FAAN
©2017 • Course with workbook and exam
Print course: ISBN 978-1-4925-4593-4 • $119.00 US ($153.95 CAD)
Online course: ISBN 978-1-4925-4594-1 • $109.00 US ($140.95 CAD)

Prenatal and Postpartum Exercise Design, Fourth Edition
Catherine Cram, MS, and Gwen Hyatt, MS
©2016 • Course with workbook and exam
Print course: ISBN 978-1-4925-2306-2 • $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-2309-3 • $99.00 US ($127.95 CAD)
Applied Health Fitness Psychology

Applied Health Fitness Psychology CE Course provides an understanding of the psychological factors that inhibit and promote physical activity and positive lifestyle behavior change in clients.

Gain insight to psychological motivational theories and models of exerciser behavior to help your clients establish and maintain positive attitudes, emotions, and behaviors for a healthy lifestyle. Barriers to positive health behavior plus personal, situational, cultural, spiritual, and environmental factors are also discussed. Health and fitness professionals, wellness coaches, personal trainers, dietitians, and allied health professionals will learn strategies for health behavior interventions, exercise compliance and adherence, cognitive and behavioral strategies, exercise goal setting, and leadership.

Based on a book by Mark H. Anshel, PhD
©2015  •  Course with text, study guide, and exam
Print course: ISBN 978-1-4925-0858-8  •  $239.00 US ($307.95 CAD)
Online course: ISBN 978-1-4925-0869-4  •  $229.00 US ($294.95 CAD)

NEW! Essentials of Fitness & Health, Second Edition

Physical activity and nutrition can have a major impact on an individual’s current and future health. Essentials of Fitness & Health, Second Edition CE Course, merges research-based, scientific information with practical and adaptable plans to help you construct a customized program. This course provides simple ways to assess your client’s current health status and, using the insights gained, enhance an exercise program as well as make optimal nutrition decisions that support personal goals.

American College of Sports Medicine
©2017  •  Course with book, study guide, and exam
Print course: ISBN 978-1-4925-5768-5  •  $139.00 US ($178.95 CAD)
Online course: ISBN 978-1-4925-5769-2  •  $129.00 US ($165.95 CAD)

NEW! Monitoring Training and Performance in Athletes

The use of performance monitoring systems in athletic training has grown due to technological advances. Practitioners who work with athletes in a range of sports use these systems to observe athlete data, including exercise intensity, athletic fitness, and body responses.

Monitoring Training and Performance in Athletes CE Course is a compilation of evidence-based guidelines and best practices for athlete monitoring that will help certified professionals keep up with these advances and ultimately incorporate training adjustments to optimize performance.

Mike McGuigan, PhD, CSCS
©2017  •  Course with book, study guide, and exam
Print course: ISBN 978-1-4925-3521-8  •  $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-3522-5  •  $139.00 US ($178.95 CAD)

Designing Resistance Training Programs, Fourth Edition

This course explores the principles of resistance training and exercise prescription. It covers resistance training from a physiological perspective and includes an overview of how resistance training programs interact with the other conditioning components such as aerobic, interval, and flexibility training. Advanced training techniques and manipulation of training variables are also covered.

Based on a book by Steven J. Fleck, PhD, and William J. Kraemer, PhD
©2015  •  Course with text, study guide, and exam
Print course: ISBN 978-1-4925-1304-9  •  $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-1306-3  •  $139.00 US ($178.95 CAD)

Postural Assessment

Postural Assessment CE Course breaks down the complex and holistic process of assessing posture into easy-to-assimilate sections. Learners will find discussion of the ideal posture and the factors affecting posture as well as how to provide the correct environment for postural assessment, necessary equipment, and the importance of documenting assessment findings. Then, learners will discover procedures for executing postural assessments from standing posterior, lateral, and anterior views as well as with the client in a seated position.

Jane Johnson
©2017  •  Course with text, study guide, and exam
Print course: ISBN 978-1-4925-4568-2  •  $109.00 US ($140.95 CAD)
Online course: ISBN 978-1-4925-4569-9  •  $99.00 US ($127.95 CAD)
NEW! NSCA’s Guide to Sport and Exercise Nutrition

This course equips you with the key concepts of sport and exercise nutrition, enabling you to assess a client’s nutrition status and—if it falls within your scope of practice—develop customized nutrition plans. Subjected to an intensive peer-review process, NSCA’s Guide to Sport and Exercise Nutrition CE Course offers research from respected scientists and practitioners with expertise in nutrition, exercise, and sport performance.

Based on a book by the NSCA
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-5010-5 • $149.00 US ($191.95 CAD)
Online course: ISBN 978-1-4925-5012-9 • $139.00 US ($178.95 CAD)

Endurance Sports Nutrition, Third Edition

Endurance Sports Nutrition CE Course presents the science of nutrition plus real-life experiences to help endurance athletes use nutrition to perform better and to enjoy the adventure or race. Using content from the book Endurance Sports Nutrition, Third Edition, this course will help you high-performance eating habits that support personal training and competition goals. You will learn how to apply the nutrition strategies and concepts from the book and study guide to real athletes. The course will enable you to develop the ability to identify, evaluate, and present possible solutions based on case studies describing scenarios of athletes who face certain challenges.

Based on a book by Suzanne Girard Eberle, MS, RDN, CSSD
©2015 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-1329-2 • $139.00 US ($178.95 CAD)
Online course: ISBN 978-1-4925-1331-5 • $129.00 US ($165.95 CAD)

NEW! Fueling Young Athletes

Young athletes are always on the go. School, family, and sports eat up a lot of time, and it can be a challenge to make sure kids are eating healthfully enough to perform at their best on and off the field. Fueling Young Athletes provides the guidance you need to help athletes fuel properly for their sport. The course addresses the issues that families and athletes often face, such as late-night practices, inconvenient school lunchtimes, demanding tournament schedules and travel leagues, and lack of sleep.

Based on a book by Heather Mangieri
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3129-6 • $99.00 US ($127.95 CAD)
Online course: ISBN 978-1-4925-3130-2 • $89.00 US ($114.95 CAD)

Sports Nutrition With Nancy Clark, Fifth Edition

The fifth edition of Sports Nutrition with Nancy Clark CE Course from Nancy Clark, an internationally respected sports nutritionist and registered dietitian who specializes in nutrition for exercise and health and the nutritional management of eating disorders, provides comprehensive coverage for working with athletes and fitness enthusiasts alike. Using content from the best-selling sports nutrition book on the market, this course contains information on the nutrition needs of both sexes in several sports; the female athlete triad; guidelines on clean eating; updated intake tables and recommendations for sodium, sugar, and vitamin D; and risks and warning signs of overhydration (EH).

Based on a book by Nancy Clark, MS, RD, CSSD
©2015 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-1279-0 • $239.00 US ($307.95 CAD)
Online course: ISBN 978-1-4925-1281-3 • $229.00 US ($294.95 CAD)

Sports Supplements

The Sports Supplements CE Course helps you separate fact from fiction, provides quick answers to the most common questions about sport supplements, and delivers information you need for evaluating supplements that may fit your athletes’ specific muscular, cardiovascular, and psychological needs.

Based on a book by Kimberly Mueller, MS, RD, CSSD, and Josh Hingst, MS, RD, CSCS
©2016 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-2779-4 • $129.00 US ($165.95 CAD)
Online course: ISBN 978-1-4925-2780-0 • $119.00 US ($153.95 CAD)
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