Key to Product Abbreviations

A: Instructor ancillaries
The book has supplemental materials to help instructors in the classroom, such as presentation packages, image banks, test packages, chapter quizzes, and/or instructor guides.

C: Associated course
The book is also used as part of a course or continuing education product from Human Kinetics. Turn to page 54 to find out more about continuing education from Human Kinetics.

CD: Includes a CD
The book includes a bound-in audio CD or CD-ROM.

DVD: Includes a DVD
The book includes a bound-in DVD or DVD-ROM.

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The book is also available as an enhanced e-book, with audio or video content embedded into the text.

LL: Loose leaf
The book is also available in loose-leaf format.

OV: Online video
The book includes access to an online video component.

P: Package
The product is also available as part of a package with other components.

S: Series
The title is part of a series.

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Video content from this product is available as video on demand from HumanKinetics.com.

WR: Web resource
A new book includes access to a web resource or web study guide. Student web resources are also available for purchase separately.

Prices subject to change.
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AQUATICS

Aquatic Fitness Professional Manual, Seventh Edition
Aquatic Exercise Association
October 2017 • Paperback • 424 pp • 8.5x11
ISBN 978-1-4925-33740
$64.00 ($87.95 CAD, £47.99 UK, €57.60 EURO)

As the primary preparation resource for the certification exam of the Aquatic Exercise Association (AEA), this text offers techniques and water exercise programs based on many popular fitness formats. It also features updated research on shallow- and deep-water exercise, specialty equipment, the latest interval training techniques, working with special populations, and water safety guidelines.

DANCE

Sandra Cerny Minton, PhD
December 2017 • Paperback • 200 pp • 8.5x11
ISBN 978-1-4925-40120
$42.00 ($57.95 CAD, £31.49 UK, €37.20 EURO)

Helps students meet dance education standards and develop their skills in each step of the choreographic experience, from finding an idea to staging the performance. This latest edition offers a new student web resource and numerous tools to provide students with meaningful experiences and help them improve their choreographic abilities.

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Jacqui Greene Haas
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More than 100 of the most effective dance, movement, and performance exercises—designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries—are presented through stunning, full-color illustrations that capture the dancer in motion.

Teaching Dance

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Gayle Kassing, PhD
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ISBN 978-1-4925-36697
$79.00 ($108.95 CAD, £59.49 UK, €70.50 EURO)

Examines dance from prehistoric times to the present, focusing on the dancers and choreographers, the dances, and significant dance works from each time period.

EXERCISE AND SPORT SCIENCE

Introduction to Kinesiology: Studying Physical Activity, Fifth Edition With Web Study Guide
Shirl J. Hoffman, EdD; Duane V. Knudson, PhD, Editors
October 2017 • Paperback • 488 pp • 8.5x11
ISBN 978-1-4925-49925
Price TBD

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Ethics in Sport, Third Edition
William J. Morgan, PhD, Editor
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Physical Activity and Health

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Weimo Zhu, PhD; Neville Owen, PhD, Editors
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American College of Sports Medicine (ACSM)
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USA Triathlon
Linda Cleveland, MS, CSCS, Kris Swarthout
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The leading experts from the triathlon’s national governing body provide training plans, strategies, and preparation advice for first-time competitors. Ideal for athletes gearing up for a sprint or standard triathlon, this original program can be tailored to any phase of the multisport event.

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Kristen Butera; Staffan Elgelid, PhD
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Greg Shepard, EdD; Kim Goss, MS, PICP Level I
2017 • Paperback • 232 pp • 7x10
ISBN 9781492545811
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Jay Dawes, PhD, CSCS,*D, NSCA-CPT,*D, ACSM-HFS, ASCA-L2
2017 • Paperback • 224 pp • 8.5x11
ISBN 9781492533887
$24.95 ($33.95 CAD, £18.99 UK, €22.80 EURO)

Designed to develop strength, power, core stability, flexibility, and balance, this guide explains and presents more than 115 of the most effective Suspension Training® exercises. With over 30 ready-to-use programs, variations, and training advice, this is a must-have for anyone seeking to maximize their workout—and their results.

**Developing Power**
National Strength and Conditioning Association (NSCA)
Mike McGuigan, PhD, CSCS,*D, Editor
2017 • Paperback • 264 pp • 7x10
ISBN 9780736095266
$21.95 ($29.95 CAD, £16.99 UK, €20.40 EURO)

 Authored by the National Strength and Conditioning Association, Developing Power is the definitive resource for developing athletic power. With exercises and drills, assessments, analysis, and programming, this book will elevate power and performance in all sports.
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Modern Art of High Intensity Training, The Aurel Broussal-Derval; Stéphane Ganneau 2017 • Paperback • 224 pp • 7x10 ISBN 9781492544999 $19.95 ($27.95 CAD, £14.99 UK, €18.00 EURO)
This visually stunning presentation of all things high intensity offers 40 exercises, each detailed and depicted with art, photos, and modifications; 127 workouts and circuits to mix things up; warm-up, safety, and injury prevention recommendations; and—if you’re up to the challenge—an original 15-week program.

Modern Art of High Intensity Training Poster, The: The Snatch Aurel Broussal-Derval; Stéphane Ganneau 2017 • Poster • 24x36 inches (61x91.5cm) ISBN 9781492559870 $16.95 ($22.95 CAD, £13.33 UK, €15.25 EURO)
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