Physical Education & Health 2018
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Look for sample content and more at www.HumanKinetics.com
The SHAPE America Online Store

The SHAPE America Online Store is where you’ll find quality SHAPE America products on a wide range of subjects for health and physical educators, dance educators, adapted physical education specialists, and related professionals. To view all the titles available through SHAPE America, visit www.HumanKinetics.com/shapeamerica.

SHAPE America member discount program

SHAPE America members who join the SHAPE America Member Discount Program receive a 30% discount on every product in the SHAPE America Online Store. This discount also extends to nearly every title on the Human Kinetics website. That’s two more great reasons to be a member of SHAPE America! If you haven’t joined SHAPE America yet, read more about member benefits at www.shapeamerica.org/membership.

New standards for excellence in K-12 physical education

*National Standards & Grade-Level Outcomes for K-12 Physical Education* focuses on measurable outcomes, empowering physical educators to help students become physically literate individuals. Created by SHAPE America, this text presents the new SHAPE America National Standards for K-12 Physical Education, which have been retooled to support students’ holistic development.

*National Standards & Grade-Level Outcomes for K-12 Physical Education* presents the standards and outcomes in ways that will help preservice teachers and current practitioners plan curricula, units, lessons, and tasks. The text also:

- empowers physical educators to help students meet the Common Core State Standards;
- allows teachers to see the new standards and the scope and sequence for outcomes for all grade levels at a glance in a colorful, easy-to-read format; and
- provides administrators, parents, and policy makers with a framework for understanding what students should know and be able to do as a result of their physical education instruction.

The result is a text that teachers can use confidently in creating and enhancing high-quality programs that prepare students to be physically literate and active their whole lives.

ISBN 978-1-4504-9626-1 • $37.00
Standards-based lesson plans to help students achieve physical literacy

Lesson Planning for High School Physical Education provides standards-based, ready-to-use lesson plans that enhance student learning and help students become physically literate. Designed to complement the successful elementary and middle school books in the series, this book also provides guidance on how to plan effective lessons that align with SHAPE America’s National Standards and Grade-Level Outcomes for K-12 Physical Education.

Lesson Planning for High School Physical Education is written by master teachers and edited by SHAPE America. In this book, you’ll find:

- More than 240 lesson plans that provide deliberate, progressive practice tasks and integrate appropriate assessments to evaluate and monitor student progress
- Innovative and unique modules on topics such as fly fishing, rock climbing, line dance, yoga and stress management, and more, as well as more traditional modules
- Introductory chapters that present the key points for the grade span, putting the lessons in context and providing teachers and PE majors and minors a clear roadmap for planning curricula, units, and lessons
- Lessons that reflect best practices in instruction, helping teachers enhance their effectiveness
- Expert guidance in delivering quality lessons that are designed to reach objectives and produce outcomes, and not just keep students occupied

With the high-quality lesson content and the many tools and resources provided, Lesson Planning for High School Physical Education will help teachers foster their students’ physical literacy and help students develop physically active lifestyles that they can maintain throughout their adult lives.

More than 170 lesson plans based on the National Standards and Grade-Level Outcomes

As a physical education teacher, you are ideally positioned to help students become physically literate individuals—that is, to gain the knowledge, skills, and confidence they need to enjoy a lifetime of healthful physical activity. And Lesson Planning for Middle School Physical Education will empower you to do just that.

Through this text, you can develop and implement lesson plans that will help your students attain the outcomes detailed in SHAPE America’s National Standards & Grade-Level Outcomes for K-12 Physical Education. Lesson Planning for Middle School Physical Education provides lesson plans from experienced middle school physical educators that

- will help middle school students meet SHAPE America’s National Standards and Grade-Level Outcomes;
- provide progressive practice tasks and integrate appropriate physical education assessments to evaluate and monitor student progress;
- make the best use of technology in your physical education classes;
- include handout materials, homework tasks, lists of needed materials and equipment, questions for student understanding, and reflection questions to ask yourself; and
- offer guidance on best instructional practices for involving and engaging all students.

The plans offer instructional strategies and pointers on issues such as teaching for transfer, using grid and small games, differentiating instruction for varying ability levels, and integrating conceptual material. You can use the lessons as they are or modify them to meet your needs. Ultimately, these lessons provide a structure for developing your own learning activities and curriculum.
Expert guidance in lesson design for elementary physical education

Lesson Planning for Elementary Physical Education works in tandem with SHAPE America’s National Standards & Grade-Level Outcomes for K-12 Physical Education and The Essentials of Teaching Physical Education to provide the knowledge base and practical strategies for creating high-quality elementary physical education curricula.

Written by master teachers and edited by the team who oversaw the creation of the National Standards and Grade-Level Outcomes for K-12 Physical Education, the text offers the following features:

- 65 lessons that foster the achievement of physical literacy for children in grades K-5
- Numerous learning experiences that engage students in the psychomotor, cognitive, and affective domains
- Curriculum design based on student growth
- Sequential lessons that lead to mature patterns of motor performance
- An introductory chapter on the key points for the grade span, putting the lessons in context and providing a road map for planning curriculum, units, and lessons
- Instruction on creating high-quality lessons that reach the desired objectives

Teachers can use the lessons as presented or modify them to meet local needs. The lessons provide a structure for teachers to follow in developing their own learning experiences and curricula. For PE majors and minors, the lessons provide the ideal starting point for learning how to plan and deliver effective lessons to become proficient teachers, not just managers of activity. In addition, all lessons and learning experiences reflect best practices in instruction and include scripted cues.

Easy-to-use guidance on the new National Standards!

The brochure lists the new National Standards for K-12 Physical Education and opens into a colorful, easy-to-implement wall chart of a scope & sequence for K-12 PE instruction. At a glance, you’ll be able to track the grade levels at which physical skills and knowledge should be introduced and practiced, as well as when competency and application should occur. Teachers can use the chart for planning and implementing lessons that will help students reach the National Standards.

Sold in packs of 25 brochures
Developing physically literate students while meeting National Standards and Grade-Level Outcomes

The Essentials of Teaching Physical Education is the most up-to-date resource that aligns with SHAPE America’s National Standards and Grade-Level Outcomes for K-12 Physical Education. The text is comprehensive in its coverage of what future teachers need to know about teaching K-12 physical education and offers a flexible, individualized approach to enhancing student learning and acquisition of skills.

The Essentials of Teaching Physical Education helps prepare future teachers by providing them with the following:

- Insight into student motivation
- A working knowledge of standards-based outcomes and content that will help students achieve the outcomes
- The ability to plan for learning in both the short and the long term
- Management and teaching skills to ensure an equitable environment that fosters student learning in three domains: psychomotor, cognitive, and affective
- The means to assess student learning and program effectiveness

In addition, The Essentials of Teaching Physical Education offers a practical and highly successful teaching for learning approach to curriculum development, which makes it easy to put the contents of the book into action and prepare students to graduate with a high degree of physical literacy.

A skills-based approach to K-12 health education

The Essentials of Teaching Health Education presents a skills-based approach to teaching K-12 health education that prepares students for success in the 21st century. This practical text is written by seasoned and highly credentialed authors with experience in both university and K-12 settings. It provides all you need to build, teach and assess a health education program that will help your students become health-literate individuals, develop the 21st-century skills they need for success in college and in their careers, and maintain or improve health outcomes.

The Essentials of Teaching Health Education features the following:

- Practical strategies for curriculum design and program development with a skills-based approach—one that makes it easy to put the contents into action and make a meaningful impact on students
- Real-world examples to help readers understand and apply the content, along with summaries, key points, and review questions that aid in retaining the information
- Vocabulary words and definitions to help students keep up with the ever-changing terminology in health education
Expert instruction on teaching 25 fundamental skills

A lot of books focus on which motor skills should be taught to elementary school children, but few focus on how to teach those skills. Teaching Fundamental Motor Skills, Third Edition, steps into that gap and provides expert instruction on both, serving as a foundation for successful movement experiences for children.

The book will help you guide your students in mastering the critical elements of 8 locomotor and 17 manipulative skills. The authors have organized the content in a way that makes it easy to locate and implement a multitude of activities to help children grasp the fundamental skills. Each skill chapter includes the following:

- An introduction, which includes a suggested age at which the skill or a portion of the skill should be mastered and, where appropriate, where the skill aligns with the National Standards and Grade-Level Outcomes
- Four to six critical elements that are necessary for the skill to be performed correctly
- Cue words to help students remember each critical element
- Partner skill-check assessments that help partners evaluate each others’ progress
- Success builders to help students correct problems
- Activities for practicing the entire skill at once
- Troubleshooting charts for identifying problem areas
- Lesson plans that guide you through the instructional sequence

A unique guide to integrating health and physical education into the academic curriculum

Health and Physical Education for Elementary Classroom Teachers: An Integrated Approach covers both health and physical education, giving current and preservice teachers the skills to deliver appropriate lessons to their young students.

Retta Evans and Sandra Sims, respected educators and physical education advocates, provide everything teachers need to seamlessly incorporate health education and physical education into an integrated curriculum. Based on national health education, physical education, and state-specific academic standards including the Common Core State Standards, this is a guide that will help teachers empower elementary students to become healthy and active.

Throughout this book, practicing teachers and teachers in training will find websites, tips for best practices, sample lesson plans, and tables with innovative strategies. The result is a great resource that teachers can use to fulfill what is both a tremendous responsibility and a unique opportunity: promoting health and wellness in the elementary classroom using an integrated approach.
Developing physical literacy and language literacy in preschool and primary children

Moving With Words & Actions offers teachers of preschool and primary-grade students more than 70 lesson plans. These lessons reinforce both physical literacy and language literacy; they use words related to children’s academic learning and understanding of their immediate environment to entice them to move. The lesson plans
• Use an interdisciplinary approach, integrating academic concepts from language arts, math, science, health and nutrition, community awareness, and environmental awareness
• Are highly adaptable for teachers in various settings, including those working with individualized education programs and 504 accommodation plans as well as those teaching in limited spaces
• Offer noncompetitive activities that are perfect for use by recess, lunchtime, and before- and after-school specialists
• Have been field tested according to best practices to ensure age appropriateness

Each lesson plan includes three learning tasks that help children apply a variety of action words and movement concepts to the moderate- to vigorous-intensity physical activities prescribed in the tasks. All lesson plans address SHAPE America’s National Standards and Grade-Level Outcomes for K-12 Physical Education.

Moving With Words & Actions will help you plan lessons with confidence, use sound instructional strategies, and assess your students effectively as they learn how their bodies function, move, and grow in healthy ways.

Ready-to-use, teacher-tested plans that are evidence based

Effective Physical Education Content and Instruction helps you understand how to create task progressions, organize and adapt tasks, and detect and correct student errors. It provides the theoretical framework and evidence-based plans you need to engage your students in skillful play relative to their ability.

Effective Physical Education Content and Instruction is firmly grounded in evidence-based research. In one of the largest-ever intervention studies on teaching effectiveness in physical education, teachers who were taught to use the approach and content in this text significantly improved the quality of their teaching and produced some of the highest learning gains for students reported in physical education.

Effective Physical Education Content and Instruction offers you the following:
• Sequential units with block plans
• Ready-to-use instructional tasks and warm-ups
• Teaching cues
• Corrections for common errors
• Content maps for each unit
• A web resource that houses enlarged versions of the content maps, along with sample student awards and fair play guidelines

Parts I and II lay the groundwork for successful teaching and explore the keys to teaching fundamental skills. Part III offers seven sport-specific units for elementary, middle, and high school students, with each chapter providing the following:
• An explanation of the approach
• Content maps that define the content and the interrelationship of the topics
• Block plans, warm-ups, and lesson organization
• A series of instructional tasks

This text will help you deliver high-quality physical education to your students, regardless of their abilities.
Guide students to lifelong physical activity with Physical Best

Physical Best is a program of resources and training for K-12 physical educators. Developed by SHAPE America, this health-related fitness education program provides the material teachers need, including curriculum development and health-related fitness activities. The program is linked to national education standards and dozens of large school districts are currently using Physical Best as part of their curriculum.

No other set of resources comes close to delivering the amount of practical information teachers will find here. And it’s versatile. Teachers can use Physical Best resources to refine their programs or to develop new programs at the school, district, or state level, including teacher training and certification.

Physical Best workshops help to ensure successful program implementation

Prepare to teach your students the knowledge and skills for a lifetime of physical activity and fitness through the Physical Best program. For more information about Physical Best workshops and other training opportunities, visit www.shapeamerica.org or email education@shapeamerica.org.

Equipping students to live healthy, active lives

The third edition of Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide helps you teach fitness concepts through enjoyable activities and shows you how to use fitness testing as an educational and motivational tool.

Physical Education for Lifelong Fitness includes

- updated health-related fitness concepts and expanded discussions on teaching principles and training concepts;
- enhanced information on assessment, nutrition, inclusion, and goal setting;
- examples for applying the material in real-world physical education settings; and
- ready-to-use instructor resources, including a presentation package and a test package.

The text can stand alone or be used with the Physical Best Activity Guides for the elementary, middle school, and high school levels. Each of the activity guides comes with a CD that supplies worksheets, charts, and many other educational tools.

Use Physical Education for Lifelong Fitness to update your curriculum with cutting-edge information and to infuse new life into your physical education program—which will have a healthy impact on the lives of your students, both now and far into their future.
Comprehensive activities and instruction for kids of all skill levels

Physical Best Activity Guide: Elementary Level, Third Edition, contains 78 easy-to-use activities that help students gain the knowledge, skills, appreciation, and confidence they need to lead active, healthy lives. It includes instruction on adapting activities for kids of varying physical and mental skill levels.

Developed by top-level physical educators, the text offers the following features:

• A chapter, “Combined-Component Training,” combines aerobic fitness, muscular strength and endurance, and flexibility into single activities.
• A CD-ROM contains a wealth of reproducibles, including charts, posters, signs, station cards, handouts, and worksheets, many of which can be adapted to meet your needs.
• A section of Internet resources helps you develop your own special events.


Teaching students to take responsibility for their fitness

Physical Best Activity Guide: Middle and High School Levels, Third Edition, contains a range of easy-to-use activities that help students gain the knowledge, skills, appreciation, and confidence they need to lead active, healthy lives. It includes instruction on adapting activities for kids of varying physical and mental skill levels.

Developed by top-level physical educators, the text offers the following features:

• A “Combined-Component Training” chapter combines aerobic fitness, muscular strength and endurance, and flexibility into single activities.
• A CD-ROM contains a wealth of reproducibles, including charts, posters, signs, station cards, handouts, and worksheets, many of which can be adapted to meet your needs.
• A section of Internet resources helps you develop your own special events.

Physical Best Activity Guide: Middle and High School Levels can stand alone or be used in conjunction with Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide, Third Edition, and Physical Best Activity Guide: Elementary Level, Third Edition. It can also be used with Fitness for Life resources for middle school and high school. Fitness for Life is a comprehensive program promoting lifetime health-related fitness.

Learn more about the Physical Best Program at www.HumanKinetics.com/PhysicalBest.
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Also see: Implementing the National Dance Education Standards. .................. page 34

Coming Soon!

Available 2018

Developmental and Adapted Physical Activity Assessment, Second Edition
ISBN 978-1-4925-4380-0

PE Metrics, Third Edition

Available March 2018

Lesson Planning for Skills-Based Health Education
ISBN 978-1-4925-5804-0

Find more SHAPE America titles and sign up for the SHAPE America Member Discount Program at www.HumanKinetics.com/shapeamerica.
Health Opportunities Through Physical Education is a new student text especially designed to integrate physical education and health concepts and skills to maximize student interest, learning, and application. This objective was accomplished by combining the expertise of our author teams from two related textbooks—Fitness for Life, Sixth Edition, and Health for Life.

This is not just a health textbook with a few physical education concepts thrown in. School systems that want a single textbook to help them address national, state, and local standards for both physical education and health education will find that this book provides them a unique and cost-effective option.

Student and Teacher Web Resources

Health Opportunities Through Physical Education is supported by an open access Student Web Resource that is cross-referenced throughout the student text and includes interactive features like video clips and assessment quizzes to enhance student learning.

The Teacher Web Resource includes five lesson plans per chapter (in Part I, Fitness for Life, this includes two classroom plans and three activity plans that teachers can use to best suit the school’s schedule and facilities); worksheets; chapter and unit quizzes; slide presentations; and more!

Health Opportunities Through Physical Education is available in print and digital formats, including an iBooks interactive version for iPads plus other e-book formats that students can use across a variety of platforms.
Fitness for Life, Sixth Edition, is the award-winning text that continues to set the standard for teaching personal fitness (fitness education) at the high school level. It will help students become physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. This classic, evidence-based book will guide students in becoming informed consumers on matters related to lifelong physical activity and fitness, taking responsibility for setting individualized goals, and making their own plans for active living. To accomplish this overarching goal, they learn a variety of self-management skills, including self-assessment.

**Fitness for Life, Sixth Edition**, is available in print and digital formats, including an interactive iBook for iPads plus other e-book formats that students can use across a variety of platforms.

**Student and Teacher Web Resources**

*Fitness for Life, Sixth Edition* is supported by an open access Student Web Resource that is cross-referenced throughout the student text and includes interactive features like video clips and assessment quizzes to enhance student learning.

The Teacher Web Resource features lesson plans for each chapter in the book, PLUS three physical activity lesson plans per chapter that teachers can use however best suits the school’s schedule and facilities; worksheets; chapter and unit quizzes; slide presentations; and more!

Fitness for Life is a fully articulated K-12 program with resources for elementary, middle school, and high school levels (see next page.)

**The perfect poster to educate your students while livening up your gym or classroom**

ISBN 978-1-4925-0010-0 • $19.00

ISBN 978-1-4925-1173-1 • $48.00

Also available:
**Fitness for Life: Middle School**

*Fitness for Life: Middle School* is thoroughly updated to address the new national physical education standards, physical activity guidelines, FITT formulas, and USDA nutrition guidelines. In addition, it is greatly expanded and offers plenty of new material:

- New material on coordinated school health, nutrition, skills, and safety (making the book easy to use in schools with combined PE/health classes)
- New integration of fitness concepts into math, science, and language arts
- New technology sections that engage students in applying technology to their fitness
- A new student interactive web textbook
- A new teacher online bundle

**New Interactive Web Texts Offer Great Benefits**

The student interactive web textbook contains the same content as the print book but uses interactive audio, video, worksheets, and other great activities to help students engage with the material and enhance learning. The interactive web textbook offers audio vocabulary and definitions in English and Spanish. Introductory videos at the beginning of each lesson help students assess their knowledge going in, while videos at the end of each lesson help students put what they’ve learned into context.

The teacher online bundle provides teachers with all the materials they need to teach the course—lesson plans, worksheets, rubrics, quizzes, slides, newsletters, and other supporting resources. Teachers can easily access the materials on their computers, laptops, or mobile devices, and they can print whatever they need for use in the classroom or in activities.

**Loose-Leaf Packs Available**

Teachers also have the option of purchasing binder-ready resources. This loose-leaf pack includes all the resources from the teacher web text except the slides and the test bank. The loose-leaf pack allows teachers to have all the printable resources already printed for them on hole-punched paper, ready to be put in a binder in any order they choose. They can even leave some material out and add materials of their own.

**Flexible in Its Application**

*Fitness for Life: Middle School, Second Edition,* is the middle school version of the award-winning *Fitness for Life, Sixth Edition.* As such, it is a great bridge to the high school program. Teachers can use the units and chapters in a fitness unit, a single-semester class, or a yearlong course, with any configuration of days, in either a gym or a classroom.

One of the only personal fitness textbooks available for middle schoolers, *Fitness for Life: Middle School, Second Edition,* offers a foundation for students to get physically active and remain active throughout their lives.

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**Fitness for Life: Elementary**

*Fitness for Life: Elementary School* is an innovative multimedia package that facilitates total school involvement by using physical education lessons, classroom activities and discussions, recess, before- and afterschool activities, and even family nights to deliver appropriate physical activity and as well as concepts to promote health-related fitness and active lifestyles.

Each component can also be purchased separately. See the website for individual pricing.

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For in-depth information about Fitness for Life, go to [www.FitnessforLife.org](http://www.FitnessforLife.org).
Health for Life provides the keys necessary for adopting healthy habits and committing to healthy living in high school and throughout the life span. The text covers all of the components of personal well-being, including physical, mental, emotional, social, and spiritual health.

The text is divided into seven units of 20 chapters that explore a range of topics:

- Understanding health and wellness
- Preventing disease and seeking care
- Embracing the priority lifestyles of physical activity, nutrition, and stress management
- Avoiding destructive habits
- Building relationships
- Creating healthy and safe communities

Carefully crafted to meet the National Health Education Standards (NHES) and state health education standards, this text will help students develop the skills to make healthy choices and take healthy actions.

**Student and Teacher Web Resources**

*Health for Life* is supported by an open access Student Web Resource that includes interactive features like worksheets, assessment quizzes and flip cards that will enhance student learning.

The Teacher Web Resource features complete lesson plans; an answer key to all worksheets and quizzes, and a test package that includes tests for each chapter; and now has been updated to include proficiency tools for students and additional planning tools for teachers.

*Health for Life* is available in print and digital formats, including an iBooks interactive version for iPads plus other e-book formats that students can use across a variety of platforms.
Top Titles

**PROMOTING HEALTH and ACADEMIC SUCCESS**
*The Whole School, Whole Community, Whole Child Approach*

David A. Black • Donna N. Viletto

ISBN 978-1-4504-7765-9 • $52.00

**Instructing HATHA YOGA**
*A Guide for Teachers and Students*

Diane M. Aronson

ISBN 978-1-4504-8465-7 • $49.00

**Eat Well & Keep Moving**
*An Accurate Nutrition and Physical Activity Curriculum*

Susan W. O’Hare, PhD • Beth F. Forst • Mark M. Weymouth

ISBN 978-1-4925-0397-2 • $69.00

ANCILLARIES
Ancillaries include 75 instructional video clips that demonstrate yoga poses and modifications. Electronic versions of PDF’s, reproducible forms, sample classes and chapter review questions and answers are also included.

ANCILLARIES
Web resource includes downloadable reproducibles and general information on healthy eating and physical activity.

**The Healthy Eating and Active Time Club Curriculum**
*Teaching Children to Live Well*

ISBN 978-1-4504-2374-8 • $44.00

ANCILLARIES
Web resource includes reproducibles, activity books, worksheets and more.

**Christian Paths to Health and Wellness**
*Second Edition*

Peter Walters • John Byl

ISBN 978-1-4504-2454-7 • $49.00

ANCILLARIES
Ancillaries include an instructor guide, test package and presentation package.

**Stress Management**
*A Wellness Approach*

Nacette E. Tummers

ISBN 978-1-4504-3166-8 • $44.00

ANCILLARIES
Ancillaries include an instructor guide and test package.

Also see:

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- *Health and Physical Education for Elementary Classroom Teachers* ................ page 8
- *Health Opportunities Through Physical Education* .................................................. page 14
- *Health for Life* ........................................................................................................... page 16

Find complete descriptions of all of our health education titles at www.HumanKinetics.com/HealthEducation.
Creating games that enhance academic achievement

Enhancing Children’s Cognition With Physical Activity Games shows readers how to apply current concepts in child development, cognitive science, physical education, and teacher training to create movement-based learning experiences that benefit children both physically and mentally.

Readers will learn how to use physical activity to develop children’s cognition skills, which will lead to improved learning and academic performance. Readers will be guided in creating environments that lend themselves to cognitive development and enhanced academic achievement. And readers will understand not only how to create games to foster cognitive development but why such games are so useful in developing the whole child.

Enhancing Children’s Cognition With Physical Activity Games offers these features:

- Two chapters of sample games, one for preschoolers and kindergarteners, the other for elementary school children
- Expert guidance in creating games for children ages 3 to 12
- A practice-oriented model of teacher education that shows how to best develop and implement physical activity games that support both motor and cognitive development

Enhancing Children’s Cognition with Physical Activity Games is equally useful for teachers working with children in school, before school, or after school and for program directors working with children in community programs. This book is a unique resource that promotes both cognitive development and enhanced academic success even as it addresses physical health.
Help students become intrinsically motivated to stay active and lead healthy lifestyles

*Building Character, Community, and a Growth Mindset in Physical Education* reinforces the many ways in which physical education and sport are the ideal settings to build college and career readiness skills. Teachers will learn how to integrate valuable life skills with exercise and movement, empower students to take an active role in their learning, inspire a growth mindset, and facilitate the importance of collaboration and teamwork. This book addresses American and Canadian national standards: SHAPE America’s National Standards and Grade-Level Outcomes for K-12 Physical Education and PHE Canada’s goals for physical education. It will also aid you in achieving Standard Six of the objectives set by the National Board for Professional Teaching Standards (NBPTS).

This text provides:
- 36 new large-group warm-up activities,
- 20 character-building activities,
- 11 team-building challenges,
- assessment and goal-setting strategies, and
- a web resource with ready-to-use activity materials.

Through hands-on activities, students will learn that obstacles, challenges, and failures provide the best learning opportunities. The book addresses many hot-button topics, such as emotional intelligence, community building, teamwork, and goal setting—all in a concise, practical, and highly effective way.

*Building Character, Community, and a Growth Mindset in Physical Education* is a powerful and valuable resource because it develops the whole student. This book will help teachers develop resilient citizens who choose to live active, healthy lifestyles and are intrinsically motivated to succeed in all areas of their lives.

### 120 great games and activities to develop physical literacy

*Physical Literacy on the Move* helps K-12 students both learn and apply the concepts of physical literacy. The book employs 120 games and activities that bridge the gap between theory and practice, and students have great fun in developing confidence and competence as they play the games.

This highly practical text applies physical literacy from a holistic point of view that goes beyond the acquisition of basic sport skills or fitness training. The book focuses on the key concepts of physical literacy as it offers the following:
- 120 ready-to-use games and activities appropriate for a variety of accessible settings
- Game and activity adaptations to increase or decrease the challenge
- Personal reflection self-check questions for each activity to help students consider the movement skills, concepts, and strategies used, as well as relationship and social skills and critical thinking issues
- A game finder that helps teachers find the right kind of game and level of challenge for their students

Author Heather Gardner has broken the games and activities into four progressive levels of learning: beginning, exploring, competent, and proficient. In this way, students are not stuck in levels that are too easy or too hard for them—they have the opportunity to make decisions regarding their own groups, equipment, game set-up, and adaptations. The approach lets them find the optimal level of challenge, maximizing both participation and fun.
Practical examples of effective teaching skills used by K-12 physical educators

It’s never been more challenging to teach physical education to children and adolescents. Between managing difficult behavior and adapting lessons for students with diverse needs, teachers have their hands full. *Teaching Children and Adolescents Physical Education* has been helping both new and experienced physical educators meet these challenges for many years, and this revised edition is updated to address many of the new challenges that have emerged in the past decade. Expanded to address teaching across elementary, middle, and high school, this classic resource demonstrates through text and videos the techniques and skills master teachers rely on.

Easy to apply in the real world, this resource goes beyond pedagogy to include concrete curriculum strategies for making classes vibrant, fun, and developmentally appropriate.

*Teaching Children and Adolescents Physical Education* has been refreshed to be more valuable than ever to teachers navigating today’s elementary, middle, and high school physical education environment. It contains the following new features:

- New research and examples from elementary, middle school, and secondary physical education
- Technology tips and app ideas contributed by real physical educators
- Linked directly to SHAPE America’s National Standards and Grade-Level Outcomes for K-12 Physical Education, a new approach to planning and teaching lessons to meet the needs of all students
- Many sample task sheets and assessment examples ready to use for middle and high school

This edition features three new chapters that address long-term planning, writing, and teaching the lesson plan.

A student-focused, comprehensive approach to developmental PE

*Developmental Physical Education for All Children: Theory Into Practice*, now in its fifth edition, takes a student-focused, comprehensive approach in preparing future teachers to create programs that enable children to gain the knowledge, skills, and dispositions vital to leading a physically active lifestyle.

This new edition features the following benefits:

- Shows teachers how to translate child development theory and research from the psychomotor, cognitive, affective, and fitness domains into practice
- Offers teachers the understanding they need for creating developmentally appropriate lessons that align with the new National Standards for Physical Education with grade-level outcomes, assessments, and instructions on implementing learning goals for students in pre-K through grade 5
- Provides multiple standards-based movement experiences for learners in pre-K through grade 5 that include movement tasks and extensions, scaled learning environments, skill cues, practice strategies, teaching style choices, and formative assessments aligned with goals
- Supplies learning goal blueprints that integrate specialized skills, movement concepts, and tactics for developmental games, dance, and gymnastics
The gold standard in health-related fitness for 30+ years

FitnessGram assesses youth health-related fitness and delivers personalized reports to students and parents. Developed by The Cooper Institute, FitnessGram was adopted by the Presidential Youth Fitness Program in 2012 and is used in schools nationwide. It serves as a student-centered assessment, reporting, and educational tool used in promoting health, fitness, and activity in children.

The fifth edition of *FitnessGram Administration Manual: The Journey to MyHealthyZone* offers K-12 teachers two primary assessment resources that allow them to produce individualized reports for each student. FitnessGram provides a complete battery of health-related fitness assessments that are scored using criterion-referenced standards. The standards are age and sex specific and are based on how fit children need to be for health.

These features are new to the fifth edition:
- Audio of cadences and videos and photos for test protocols, making it easier for you to administer tests
- A chapter on communicating with stakeholders (students, parents, faculty and staff, administrators, and the community)
- A chapter on data mining and using data to inform your instruction and help you make sound curricular decisions
- A design that enhances your ease in using the material and administering the tests

Evidence-based practices regarding behavior management and physical activity

The third edition of *Positive Behavior Management in Physical Activity Settings* offers creative ways to facilitate appropriate and responsible behaviors as well as to prevent and redirect disruptive behaviors. Professionals will be able to create effective learning environments that empower rather than control children.

This new edition includes the following features:
- A new chapter on bullying, providing up-to-date information to help you recognize and manage such behavior within your group
- A new chapter on children with special needs, including autism spectrum disorder, attention deficit disorder, learning disabilities, intellectual disabilities, traumatic brain injury, and behavioral and emotional disabilities
- A new chapter on ethics and professionalism in behavior management to help in preparing physical activity professionals at the preservice and in-service levels
- A new section on motivating children who are overweight or obese, using the latest research to help you encourage them to participate

*Positive Behavior Management in Physical Activity Settings* offers current and future K-12 physical educators, coaches, recreation specialists, and adapted physical education specialists guidance in motivating young people. Professionals will learn how to manage behavior and create a physical activity environment that is conducive to performance and learning.
Top Titles

**Using Physical Activity and Sport to Teach Personal and Social Responsibility**
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Ancillaries include an instructor guide, test package and presentation package.

Ancillaries include an instructor guide, test package and image bank.

See page 10
Top Titles

No Standing Around in My Gym
Lesson plans, games, and teaching tips for elementary physical education
J. D. Hughes
ISBN 978-0-7360-4179-9 • $29.00

Everybody Move!
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CIRA Ontario
ISBN 978-0-7360-8231-0 • $68.00

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Physical Activities That Teach Healthy Environmental Concepts
Carol Bookin • Carolyn Evans
ISBN 978-1-4504-1990-1 • $23.00

No Gym? No Problem!
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Charmain Sutherland
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Tony L. Larson
ISBN 978-0-7360-6527-6 • $26.00

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Essentials of Team Building
Principles and Practices
Daniel W. Midura • Donald R. Glover
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Teaching Personal and Social Responsibility Through Physical Activity
Tony Hellison
ISBN 978-0-7360-9470-2 • $32.00

Complete Guide to Sport Education
Daryl Silfieslop • Peter A. Wastie
ISBN 978-0-7360-9838-0 • $46.00

Ancillaries include instructor guide, presentation package, online resource and test package.
PHYSICAL EDUCATION

Top Titles

- *Teaching Games for Understanding: Theory, Research, and Practice* by Linda L. Griffin and Joy L. Butler
  - ISBN 978-0-7360-7456-8 • $38.00

- *Play Practice: Engaging and Developing Skilled Players from Beginner to Elite* by Alan Launder and Wendy Piltz
  - ISBN 978-0-7360-9700-0 • $39.00

- *Urban Physical Education: Instructional Practices and Cultural Activities* by Rhonda L. Clements and Amy Mother Rady
  - ISBN 978-0-7360-9839-7 • $36.00

- *Interdisciplinary Elementary Physical Education: Connecting, Sharing, Partnering* by Theresa Purcell Cone, Peter Winner, and Stephen L. Cone
  - ISBN 978-0-7360-7215-1 • $42.00

- *Teaching MOVEMENT Education* by Karen Wolfe Ables and Jennifer M. Bridges
  - ISBN 978-0-7360-7456-8 • $46.00

- *Physical Education for Young Children: Movement ABCs for the Little Ones* by Rain Pick
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ANCILLARIES
Ancillaries include a test package, instructor guide and presentation package.

**Also see:**

- **Fitness for Life, Sixth Edition** .................................................. page 14
- **Fitness for Life, Elementary** .................................................. page 15
- **Fitness for Life, Middle School** .............................................. page 15

**See SHAPE America section for more Physical Education Titles** .......... pages 4-12

Not final cover

**Available 2018**
**PE Metrics, Third Edition**

**Coming Soon!**

**Available March 2018**
**Lesson Planning for Skills-Based Health Education**
ISBN 978-1-4925-5804-0

Providing meaningful, high-quality physical education for students with moderate to severe disabilities

Physical Education for Children With Moderate to Severe Disabilities guides teachers in providing the physical education students with more severe disabilities need. This text:

- Offers comprehensive strategies for assessment, motivation, communication, peer tutoring, use of equipment and paraeducators, and more
- Includes sample lesson plans and assessments that teachers can use as is or use as models to create their own
- Is applicable for children in mainstream physical education classes and in self-contained PE environments

Physical Education for Children With Moderate to Severe Disabilities was written by a team of diverse practitioners and higher education faculty, resulting in a rich and comprehensive view of the issues involved. This book will help teachers comply with legislation that requires that children with disabilities be given the same opportunities for meaningful physical education as other children.

The text is split into three parts, offering the foundational information teachers need to know, the skills they need to acquire, and a blueprint for implementing successful activities at all levels.

Practical and easy-to-implement inclusion plans

Strategies for Inclusion, Third Edition, supplies the tools and resources teachers need for successful inclusion of children with disabilities in their physical education program. The text reflects the latest research and legislation, and it offers this completely new material:

- A new chapter on the referral, eligibility, and placement process, covering the nine steps required by law
- A new chapter on transition planning and how to help students integrate into their communities after leaving school
- A new section on Paralympic sport and how they can be infused into your curriculum
- New material on functional behavioral assessments, behavior intervention plans, leadership opportunities, training techniques for peer tutors and paraeducators, and more
- A new inclusion rating scale that will help teachers rate how inclusive their classes are and show areas for improvement
- A new web resource with numerous useful tools
- More than double the number of teaching units (38 units, up from 17), giving more options for inclusion

Strategies for Inclusion offers teachers the most up-to-date and useful strategies to include children with disabilities in their physical education activities. Its practical applications and easy-to-implement planning and assessment strategies make this a complete resource that teachers can use to empower all students with the knowledge that they can enjoy the full range of benefits that physical activity offers.
**Latest inclusion practices and applications**

*Adapted Physical Education and Sport, Sixth Edition,* helps readers to stay current with the many changes in the field and provides top-quality physical education and sport opportunities for students with disabilities.

This new edition offers extensive new material:
- Inclusion practices and applications with guidelines for modifying activities in both physical education and sport, helping to integrate students with disabilities into general class and sport settings
- Content in the chapter on adapted sport to communicate and reflect on progress in the field
- Information on the new Brockport Physical Fitness Test (including 26 videos on the web resource showing the test in action)
- Advances and applications pertaining to behavior management and wheelchair sport performance
- The use of new technology as related to teaching and administration in adapted physical education
- Increased attention to the problem of obesity, particularly relevant to students with disabilities

Greatly influenced by the Individuals with Disabilities Education Act, the sixth edition of *Adapted Physical Education and Sport* helps educators identify the unique needs of students and develop physical education programs—including individualized education programs (IEPs) for students with disabilities—that are consistent with current federal legislation.

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**Top Titles**

- **Physical Education for Students With Autism Spectrum Disorders**
  - ISBN 978-1-4504-1973-4 • $32.00
- **Brockport Physical Fitness Test Manual**
  - ISBN 978-1-4504-6869-5 • $44.00
- **Inclusive Physical Activity**
  - ISBN 978-1-4504-0186-9 • $62.00

**ANCILLARIES**

Ancillaries include reproducible charts and forms as well as video clips that demonstrate assessment protocol for most of the tests.

**Also see:**

*FitnessGram Administration Manual*  
Top Titles

Developmental and Adapted Physical Activity Assessment, Second Edition
ISBN 978-1-4925-4380-0
Available February 2018

Positive Behavior Management in Physical Activity Settings, Third Edition
ISBN 978-1-4925-4380-0

For a complete list of all of our adapted physical activity titles, visit www.HumanKinetics.com/AdaptedPhysicalActivity.
Interactive Dance Series

Human Kinetics’ Interactive Dance Series includes resources for ballet, modern, tap, jazz, and musical theatre dance that support introductory dance technique courses taught through dance, physical education, and fine arts departments. Each student-friendly text includes a web resource offering video clips of dance instruction, assignments, and activities. The Interactive Dance Series offers students a guide to learning, performing, and viewing dance.

What students new to musical theatre dance need to know—from the classroom to the stage

Beginning Musical Theatre Dance introduces students enrolled in their first musical theatre dance course to techniques, steps, and practices to prepare them for a future of on-stage performances. The text and web resource offer students what they need to know to audition, rehearse, perform, care for themselves, and have successful dance experiences.

ANCILLARIES
Ancillaries include a web resource with photos, video clips, assignments, glossary terms and more.

The perfect introduction to learning basic jazz dance techniques

Beginning Jazz Dance provides students with the context and the basic instruction they need in order to learn beginning jazz dance techniques and become more knowledgeable dancers. The web resource has 55 photos and video clips showing basic jazz dance technique.

ANCILLARIES
Ancillaries include a web resource with photos, video clips, assignments, glossary terms and more.
Interactive Dance Series

Over 80 photos and video clips to reinforce class instruction

Provides a multilayered learning experience for undergraduate and high school students. Students can practice beginning modern dance technique using the book’s 50 photos with descriptions and 38 video clips and photos in the web resource. E-journal assignments, performance critiques, quizzes, and a glossary are also included in the web resource.

ANCILLARIES
Ancillaries include a web resource with photos, video clips, assignments, glossary terms and more.

Introduction to the study of ballet as a performing art

*Beginning Ballet* introduces students to ballet through participation and appreciation as an academic study. This resource details etiquette, class expectations, health, and injury prevention and explores ballet’s history, major artists, styles, and aesthetics. Photos and descriptions in the text plus photos and video clips in an accompanying web resource help students learn and practice beginning ballet.

ANCILLARIES
Ancillaries include a web resource with photos, video clips, assignments, glossary terms and more.

Learn basic tap dance techniques with step-by-step cues that reinforce classroom instruction

*Beginning Tap Dance* introduces students to tap dance technique and assists students in cultivating an appreciation of tap dance as a performing art. This text details etiquette, class expectations, health, and injury prevention for dancers. It also covers history, major artists, styles, and aesthetics. An accompanying web resource supports learning with more than 70 video clips.

ANCILLARIES
Ancillaries include a web resource with photos, video clips, assignments, glossary terms and more.
The evolution of dance

*History of Dance, Second Edition*, offers readers a panoramic view of dance from prehistory to the present. Each chapter focuses on the dancers and choreographers, the dances, and significant dance works and literature from the time period. Students will learn how dance design has changed through the ages and how new dance genres, forms, and styles have emerged and continue to emerge.

The text’s investigative approach engages students in assignments and web projects that reinforce the learning from the text, and its ancillary materials for both teachers and students make it easy for students to perceive, create, and respond to the history of dance.

*History of Dance* retains its strong foundations from the first edition while adding these new and improved features:

- An instructor guide
- A test bank
- A presentation package
- A web resource with activities, extensions of chapter content, web links, and more
- Experiential learning activities that help students dig deeper
- A chapter entitled “Global Interactions: 2000–2016” that examines dance in the world since 2000

*History of Dance* is an influential text that offers students a foundation for understanding and a springboard for studying dance in the 21st century.

Complete instruction, from idea to stage presentation

*Choreography: A Basic Approach Using Improvisation* has long been recognized as a standard text in the field of dance education, and its fourth edition is replete with new and updated material and tools that will help students develop their skills in each step of the choreographic experience, from finding an idea to staging the performance.

*Choreography* is equally suited for use in high school and university classes. This latest edition has these additions:

- A new student web resource that includes 23 video clips that help students apply the choreographic elements to their own work
- Updated or new chapter content that supports and extends dance education standards as they apply to the creative process, improvisation, and choreographic development
- Expanded movement explorations to help students discover movement using more than one sense
- Developing Your Skills sections revised to align with the National Coalition for Core Arts Standards processes of creating, performing, responding, and connecting

*Choreography* provides students with a complete choreographic experience, inviting them to share the joys of artistic expression through dance. As such, it is the go-to resource for teachers who are looking to provide meaningful experiences in a well-rounded learning environment and for students who are intent on improving their choreographic abilities.
Complete introductory dance curriculum for secondary school

*Discovering Dance* opens up a world of opportunities for high school students who have little or no dance experience. The text, available in print and electronic forms, helps students understand the fundamentals of creating, performing, analyzing, understanding, responding to, connecting with, and evaluating dance in its various genres. It meets national and state dance education standards and addresses 21st-century learning goals. As such, it offers a complete introductory dance curriculum with the flexibility of being used for one or more years of instruction.

**ANCILLARIES**
Ancillaries include student and teacher web resource with worksheets, video clips, PowerPoint presentations and more.

Creating, performing, analyzing, and understanding dance

*Experiencing Dance: From Student to Dance Artist, Second Edition,* presents a complete dance education curriculum for high school students who have more than an introductory experience in dance. The text, with more than 45 lessons, will help students create, perform, respond to, analyze, connect, and understand dance in various styles and settings. The lessons focus on all aspects of dance, including understanding movement potential, dance science, dance forms, historical and cultural aspects of dance, and future career directions.

**ANCILLARIES**
Ancillaries include student and teacher web resource with worksheets, video clips, PowerPoint presentations and more.

A creative dance curriculum complete with lesson plans, videos, forms, and templates

*Creative Dance for All Ages* has a long history of providing a dance curriculum to new teachers and dance students preparing to teach creative dance. This classic text presents a creative dance curriculum complete with ready-to-use lesson plans, video segments demonstrating instructional strategies in the book, and time-saving forms and templates. Teachers will learn to modify lessons to meet students’ needs, manage their class, enrich their instruction with brain research, and meet national standards. Master teacher Anne Green Gilbert shortens the learning curve and provides the skills for confidently tackling the challenges ahead and making dance an enjoyable and rewarding experience for students of all ages and abilities.

**ANCILLARIES**
The web resource presents five video clips of master teacher Anne Green Gilbert demonstrating teaching strategies and 40 printable lesson plans and other editable and reproducible forms.
DANCE

Top Titles

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Ancillaries include chapter summaries, ideas for assignments, activities and class projects, transparency masters, as well as instructions on how to use the materials.

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