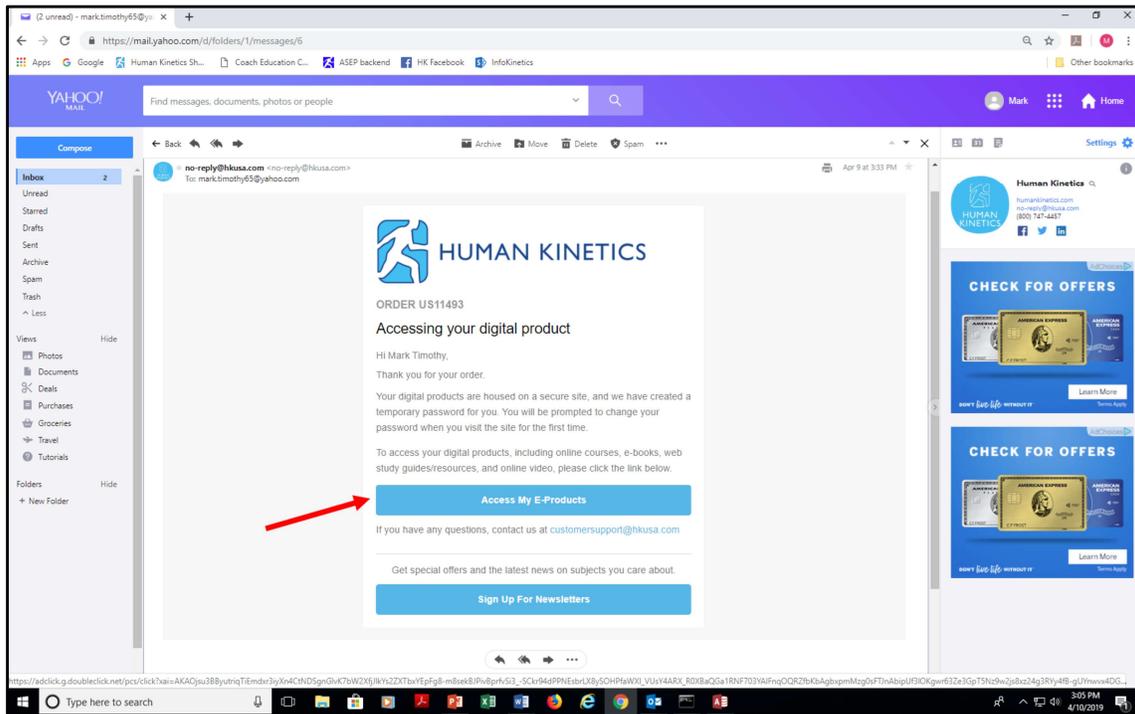
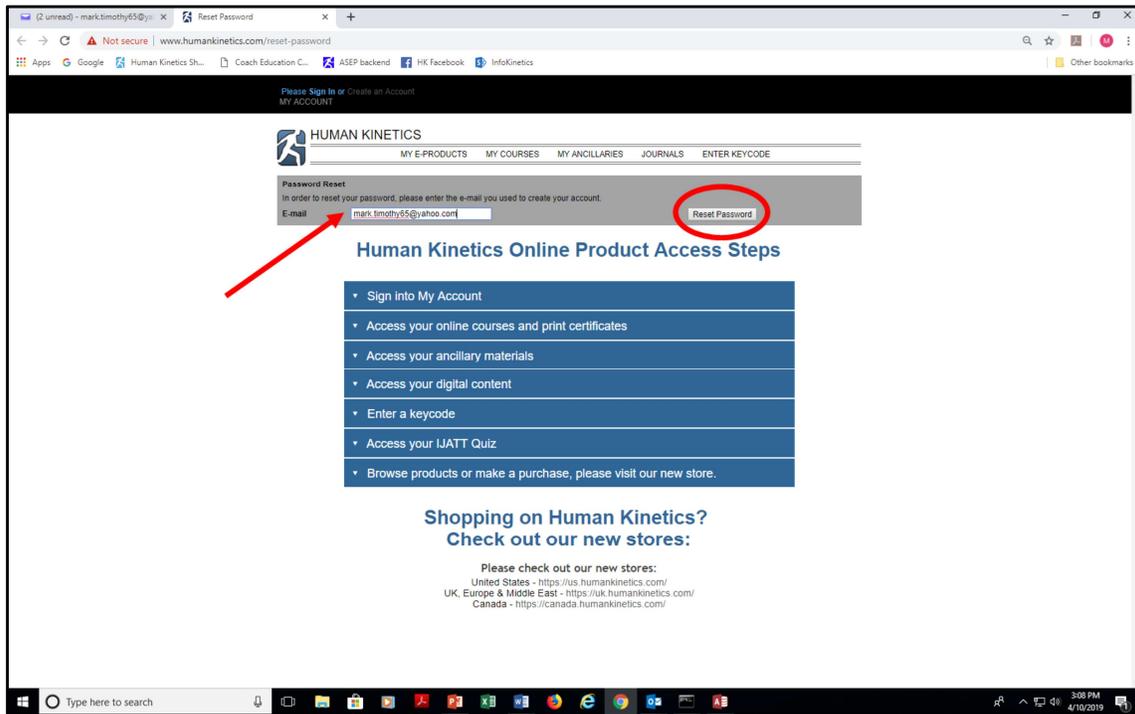


This tutorial will guide you through the process of accessing your online course.

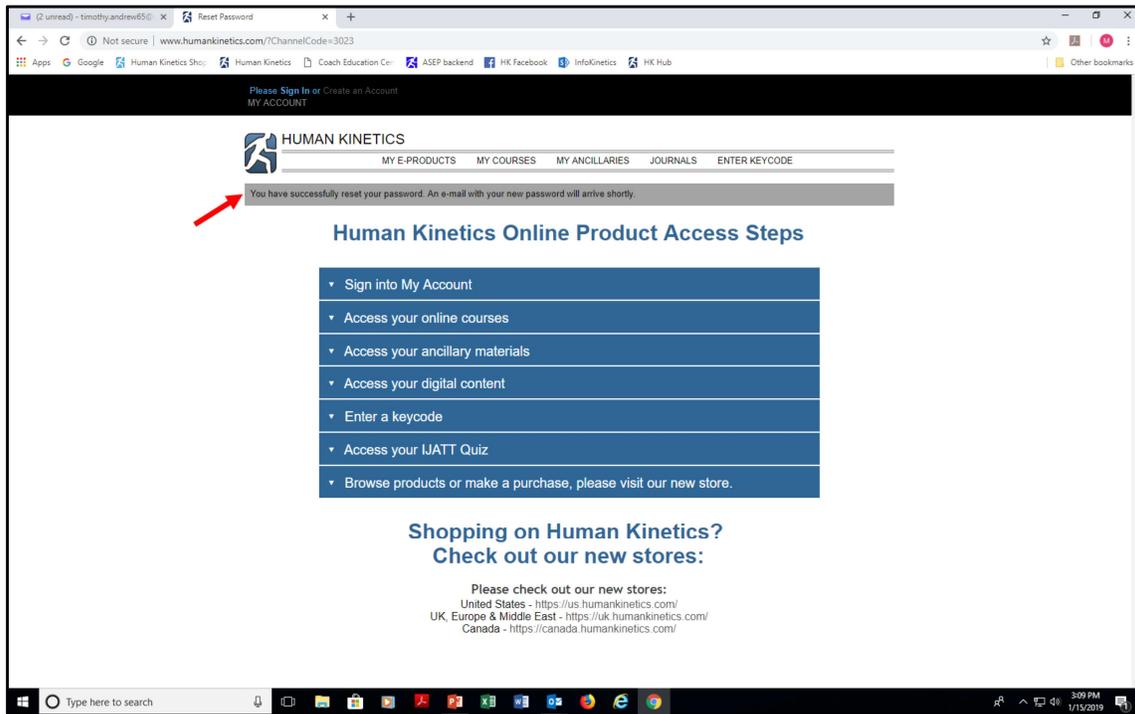
During the purchase process, you received three emails. The first email confirmed your registration on the Human Kinetics website. The second email confirmed your order. The third email contains the link for accessing your online course. Open this email.



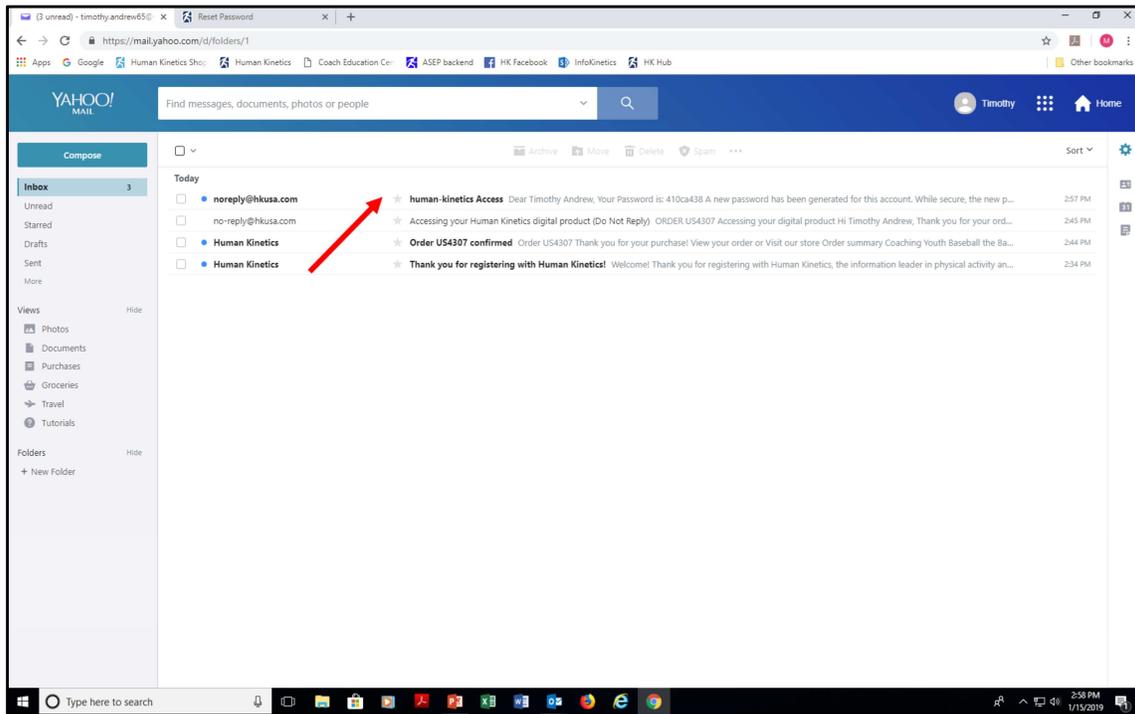
This screen shows the contents of the course-access email. From here, click the “Access My E-Products” button.



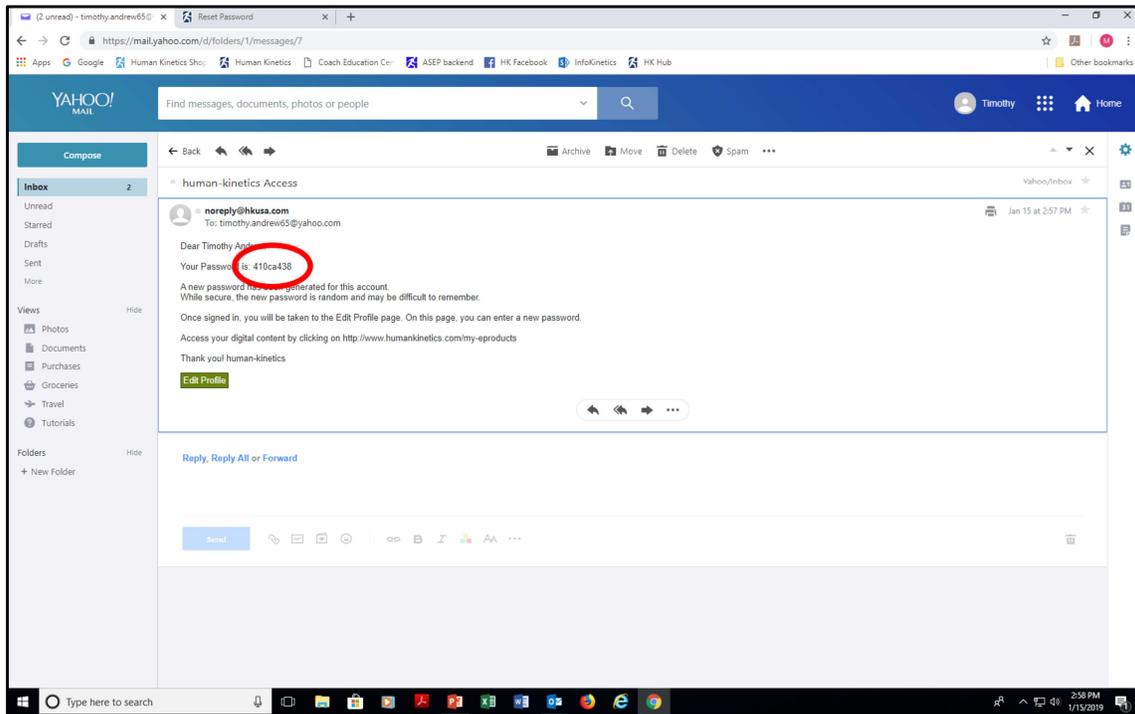
You'll need to have a temporary password assigned to you to access your course. From this screen, enter your email address in the field and click the "Reset Password" tab.



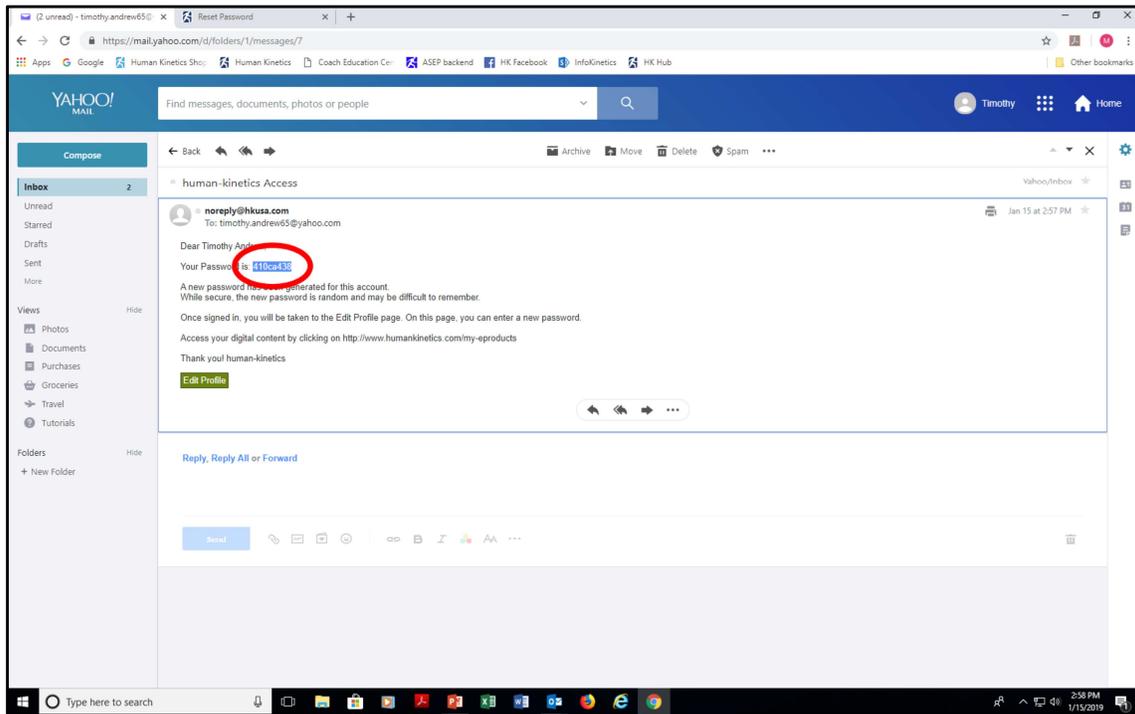
This screen confirms your password has been reset. You will receive an email containing your temporary password. Minimize this window and open your email inbox to retrieve your temporary password.



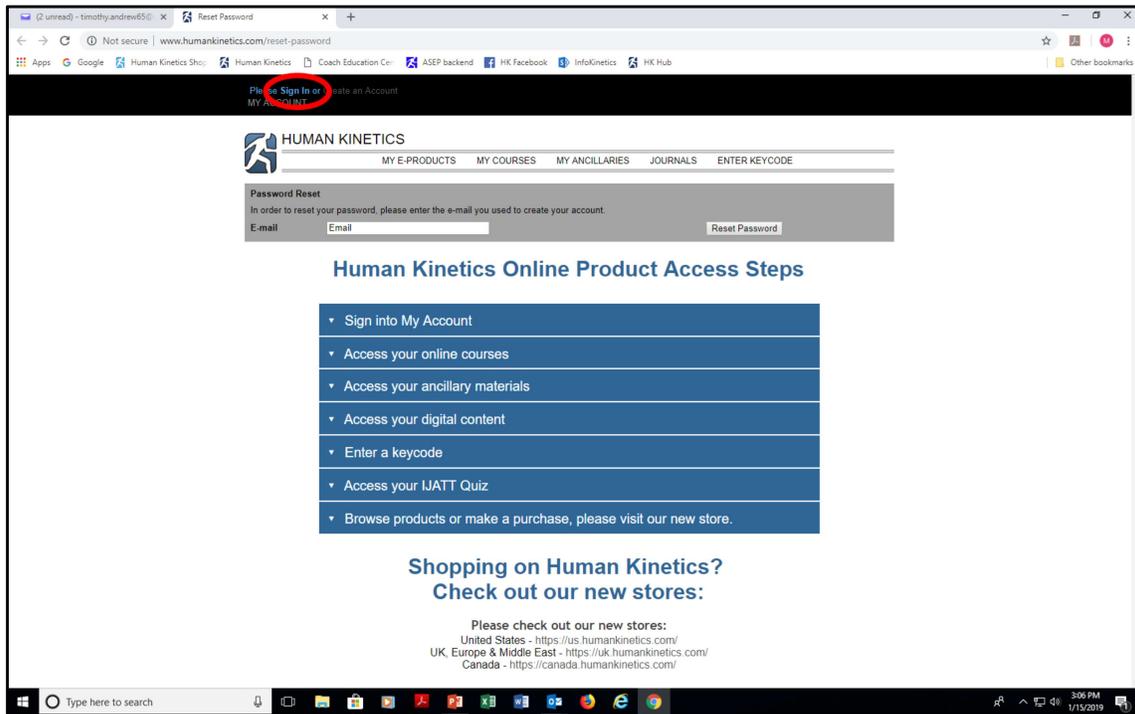
Here's how the temporary-password email will display in your inbox.



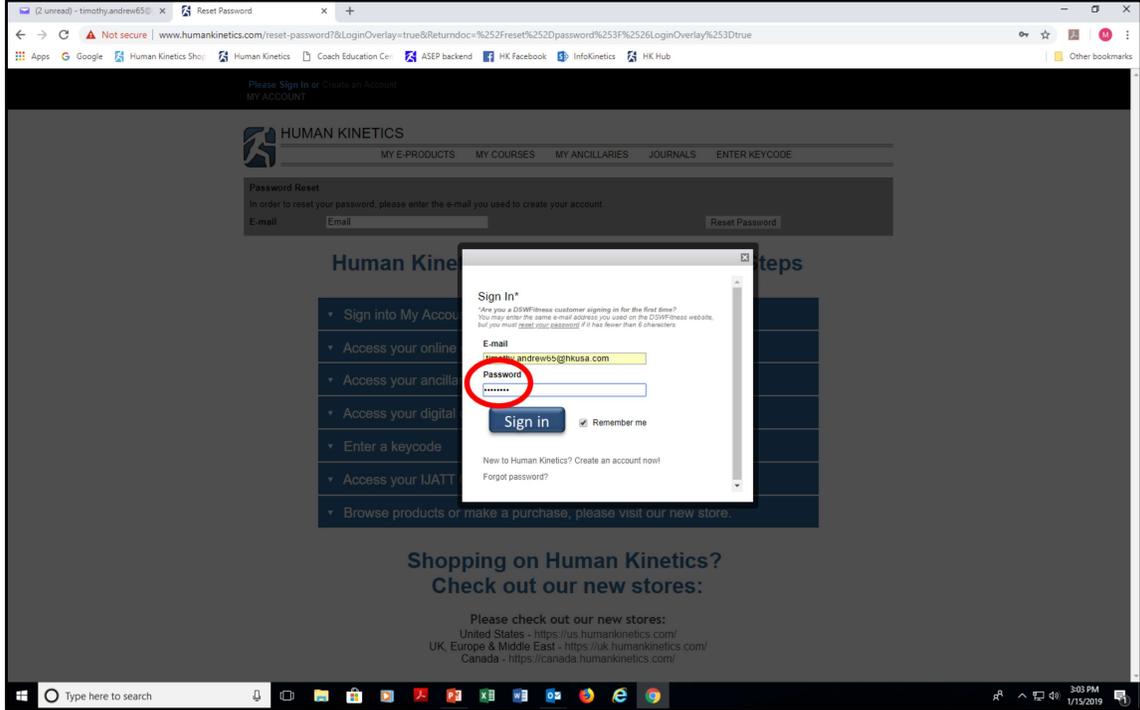
Your temporary password is displayed within the email.



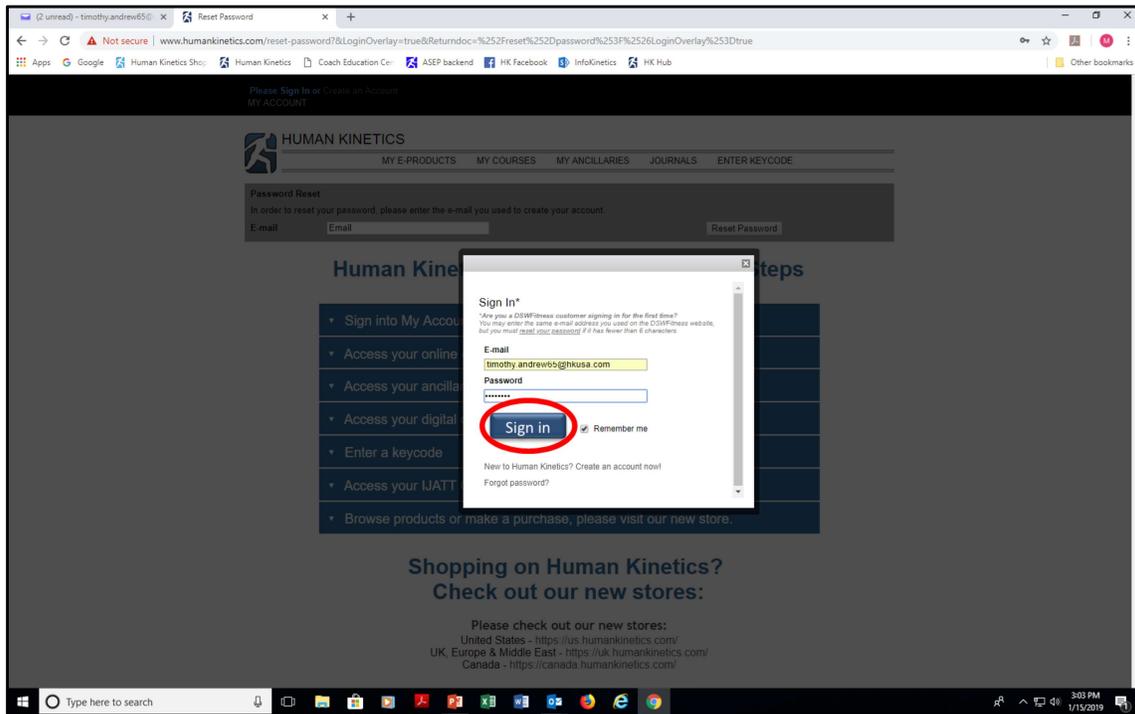
Your temporary password is displayed within the email. Copy the password and return to the course-access screen.



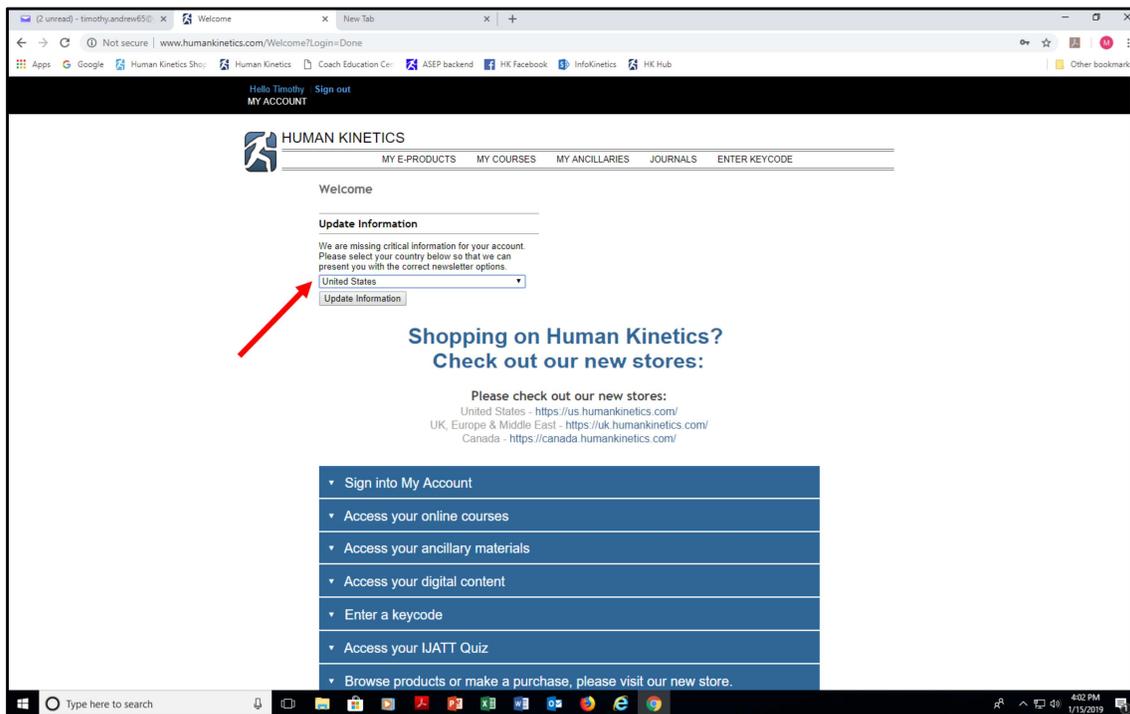
At the course-access screen, click the “Sign In” text link from the top banner.



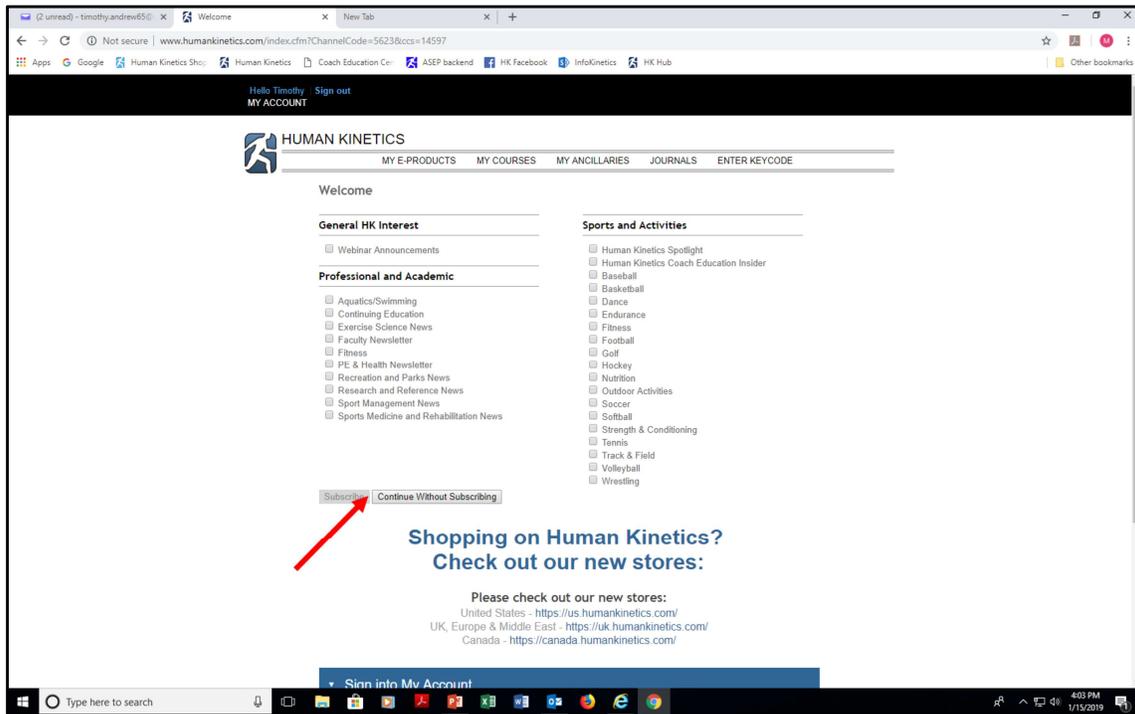
On this screen, type in your email address and paste in the temporary password you copied from the reset-password email.



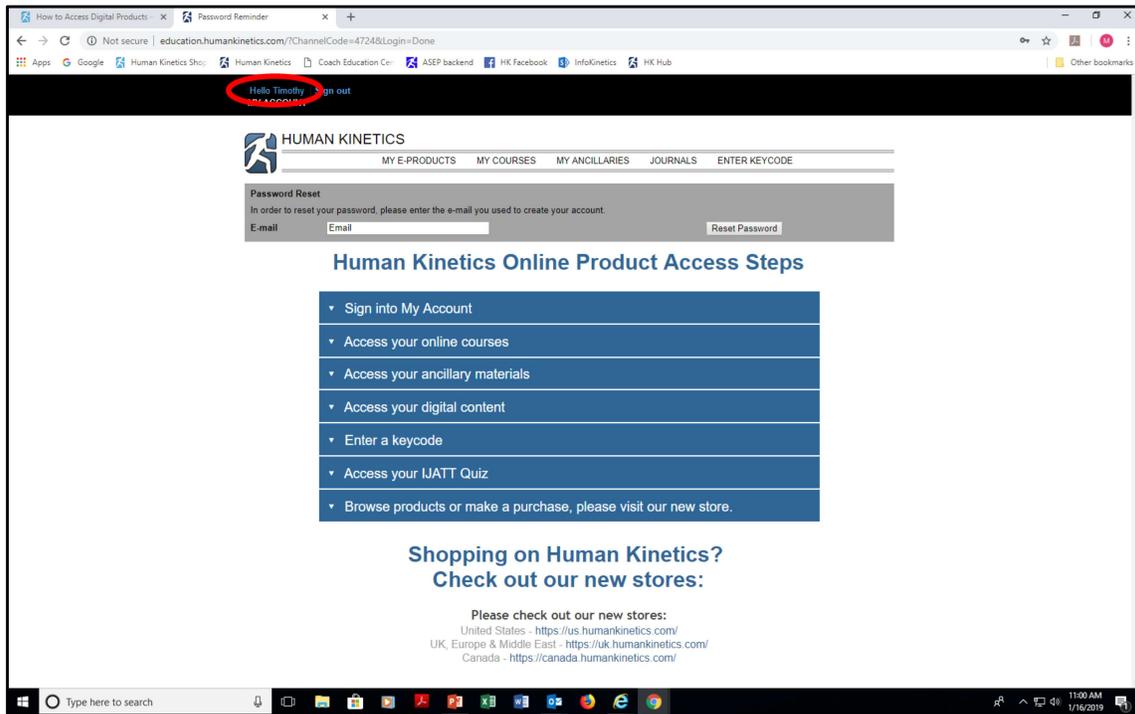
Click the “Sign in” button to proceed.



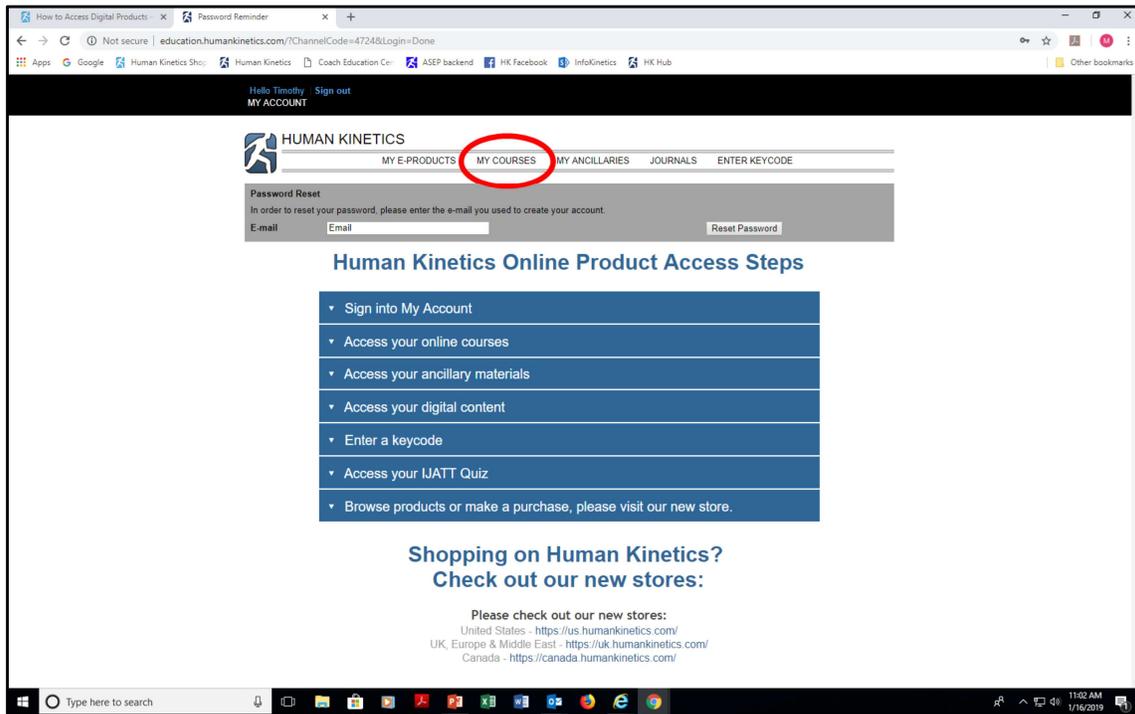
At this point, depending on the browser you're using, you may encounter this screen. If you do, select "United States" from the drop down menu and click the "Update Information" button.



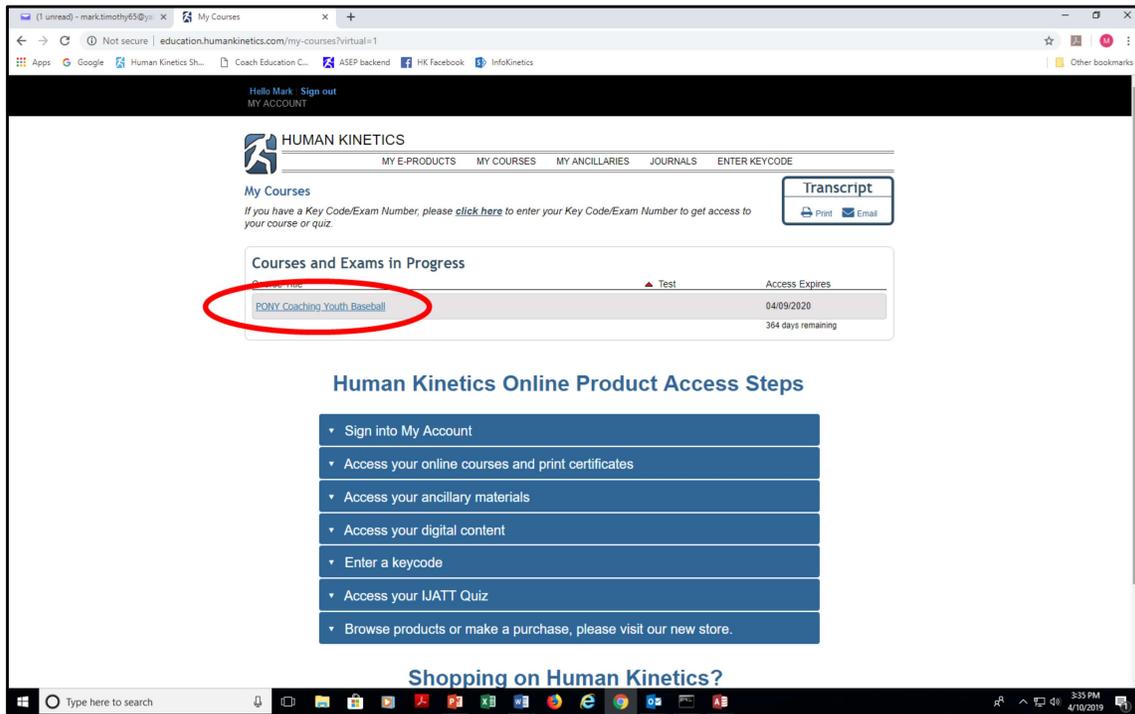
From this screen, click the “Continue Without Subscribing” button.



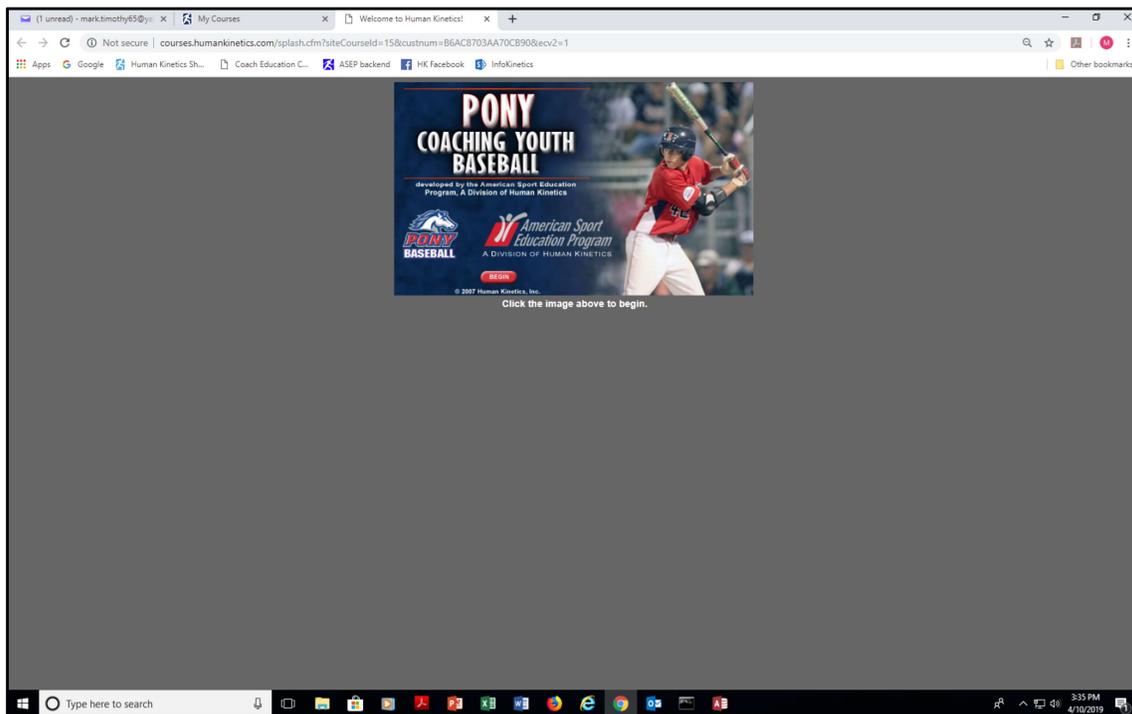
On the next screen, notice that your name appears in the top left corner of the page. This indicates successful sign on.



Next, click the “My Courses” tab from the top banner.



Your course is listed as a text link under “Courses and Exams in Progress.” Click the link to access your course. Notice that you have one year from the date you first accessed the course to complete it.



This is the opening page of the course. Click the image to access the course menu.