

# HUMAN KINETICS

2014

# REC RIF ATION RESOURCES



**HUMAN KINETICS**

*The Information Leader in Physical Activity & Health*

Welcome to the **2014 Recreation Catalog**. This year Human Kinetics is proud to release *Race, Ethnicity, and Leisure*. The author team of this book has done a terrific job of exploring the demographic, social, and economic factors that influence our ability to provide equal opportunity and access to resources, which is essential to establishing greater racial and ethnic equality in the world.

Other great new titles this year include two personal favorites of mine, *Discovering Orienteering* and *Dog Park Design, Development, and Operation*. I was introduced to orienteering while growing up in northern Wisconsin, and I found it to be a wonderful combination of skill, fitness, and the great outdoors. And, as an avid dog owner, I've been very pleased to see the explosion of dog parks across the country. Marilyn Glasser's book provides the perfect resource for anyone involved with a dog park.

We have many more exciting new recreation resources on the way, so to stay updated, simply sign up for one of our e-newsletters and you can enroll in our HK Rewards program (see below for information). Once enrolled, you'll receive significant discounts on almost all our books and resources, and you'll keep informed of the latest in the field and new releases.

Best wishes for a healthy and active 2014!



Scott Wikgren

Vice president and director of Health, Physical Education, Recreation, and Dance Division



### Sign up with HK Rewards and start saving today!

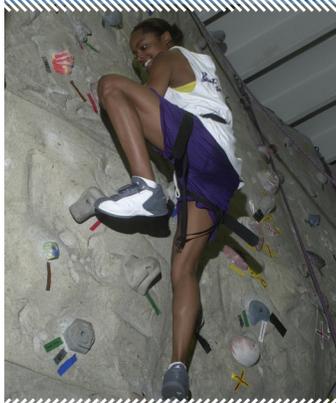
Sign up and receive rewards for staying connected to the information leader in physical activity and health and the premier publisher for sports and fitness. You'll immediately begin to enjoy discounts on most of our products as well as other special offers.

#### Three Easy Steps!

1. Register with our website at [www.HumanKinetics.com/Rewards](http://www.HumanKinetics.com/Rewards).

Already registered? Sign in and skip to step 2.

2. Choose any of our free newsletter(s).
3. Click the 'Subscribe & Join HK Rewards' button and enjoy your discounts and special offers!

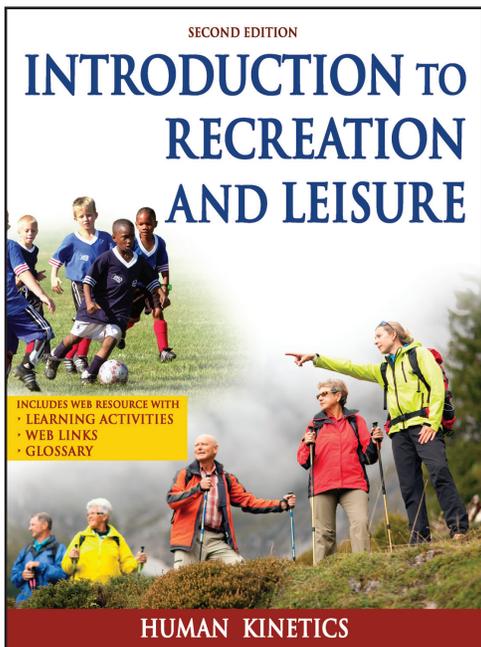


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Recreation and leisure is a thriving industry with phenomenal growth, tremendous potential, and diverse career paths and options. *Introduction to Recreation and Leisure, Second Edition*, is a textbook designed for the first undergraduate course in a recreation or leisure program. With its 21st-century views of recreation and leisure services, it indicates future directions in the field and offers diverse international perspectives.

The second edition of *Introduction to Recreation and Leisure*

- presents historical, philosophical, and social aspects of the industry;
- offers fresh insights on community parks and recreation departments, youth and nonprofit agencies, commercial recreation, and tourism enterprises;
- describes how recreation provides fun, enriching, and educational programs and services for people of all ages; and
- exposes students to a variety of career options and supports them as they explore their interests and prepare for challenging careers in one of the leading industries of the 21st century.

**Part I** presents the history and philosophy of the field and its benefits to individuals and society. **Part II** introduces the sectors of the field and their delivery systems: parks, public recreation, nonprofit organizations, commercial recreation and tourism, therapeutic recreation, and unique groups. **Part III** presents the types of programming found in recreation and leisure services: sports; fitness; health and wellness; outdoor and adventure recreation; and arts and culture. It includes a chapter on recreation and leisure as a profession and a chapter on international recreation.

In the second edition of *Introduction to Recreation and Leisure*, invited experts from around the world offer their perspectives on the industry. These authors are emerging and leading professionals and eminent scholars in leisure education. The new edition includes a web resource that supports students in the classroom as well as in the online setting with ways to explore the foundation of recreation and leisure and its opportunities for careers.

### Introduction to Recreation and Leisure, Second Edition

Human Kinetics  
2013 • Hardback with Web Resource • 456 pp  
ISBN 978-1-4504-2417-2  
\$70.00 (\$75.95 CDN; €65.00 EURO; £49.99 UK)



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### Part I. Foundations of Recreation and Leisure

- Chapter 1.** Power, Promise, Potential, and Possibilities of Parks, Recreation, and Leisure
- Chapter 2.** History of Recreation
- Chapter 3.** Philosophy and Leisure
- Chapter 4.** Leisure and Recreation for Individuals in Society

### Part II. Leisure and Recreation as a Multifaceted Delivery System

- Chapter 5.** Leisure Service Delivery Systems
- Chapter 6.** Parks and Protected Areas in Canada and the United States
- Chapter 7.** Public Recreation
- Chapter 8.** Nonprofit Sector
- Chapter 9.** For-Profit Sector: Recreation, Event, and Tourism Enterprises
- Chapter 10.** Therapeutic Recreation
- Chapter 11.** Unique Groups
- Chapter 12.** Leisure and Recreation Across the Life Span

### Part III. Delivering Recreation and Leisure Services

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- Chapter 16.** Outdoor and Adventure Recreation
- Chapter 17.** Arts and Culture
- Chapter 18.** The Nature of Recreation and Leisure as a Profession
- Chapter 19.** International Perspectives on Recreation and Leisure

## ANCILLARIES

Complete information available online at [www.HumanKinetics.com/IntroductionToRecreationandLeisure2E](http://www.HumanKinetics.com/IntroductionToRecreationandLeisure2E)

**Instructor guide.** Includes chapter overviews, learning outcomes, learning activities, glossary, and web links.

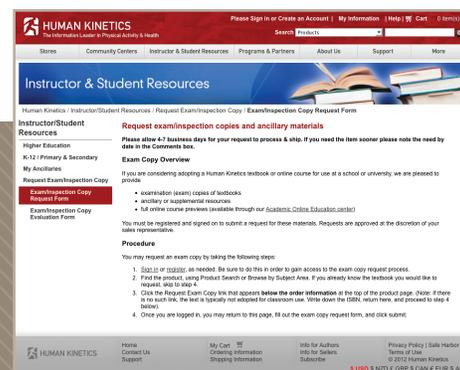
**Test package.** Includes multiple-choice, true-and-false, matching, and short-answer and essay questions.

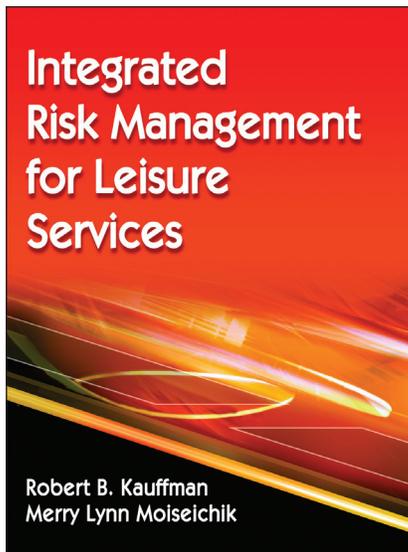
**Presentation package.** Includes a comprehensive series of PowerPoint slides for each chapter.

**Web resource.** Includes chapter overviews, a glossary, learning experiences, and web links for exploring the field of recreation and leisure.

Visit our web site to see a full description, instructor and student resources, a detailed table of contents, and more.

[www.HumanKinetics.com/IntroductionToRecreationandLeisure2E](http://www.HumanKinetics.com/IntroductionToRecreationandLeisure2E)





*Integrated Risk Management for Leisure Services* provides both students and professionals with a systematic approach to safety. By integrating risk management, accident prevention, and emergency response with information on legal liability, *Integrated Risk Management for Leisure Services* enables leisure service providers to implement strategies to reduce or eliminate bodily injury, property damage, and financial loss.

*Integrated Risk Management for Leisure Services* uses a four-phase integrated risk management model. The first three phases focus on negligence, the accident process, and risk management plans to reduce or eliminate injury, damage, or loss. The fourth phase focuses on what to do after an incident occurs to reduce the impact of injury, damage, or loss.

*Integrated Risk Management for Leisure Services* features several unique aspects for students and professionals in the recreation and park field. It covers safety prevention and accident processes in the recreation and parks field. Then it addresses how to manage the post-incident situation to reduce impacts. Last, the text integrates these two new areas with the traditional areas of legal liability and risk management planning in an effort to provide safer recreation and park programs.

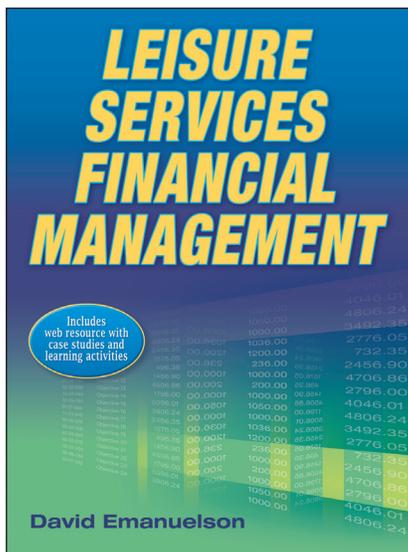
**Integrated Risk Management for Leisure Services**

Robert B. Kauffman, PhD, and Merry Lynn Moiseichik, ReD, JD  
 2013 • Hardback • 320 pp  
 ISBN 978-0-7360-9565-5  
 \$69.00 (\$74.95 CDN; €61.10 EURO; £46.99 UK)  
 Presentation package sold separately.



**ANCILLARIES**

Complete information available online at [www.HumanKinetics.com/IntegratedRiskManagementForLeisureServices](http://www.HumanKinetics.com/IntegratedRiskManagementForLeisureServices)



*Leisure Services Financial Management* equips students and professionals with the knowledge and skills to plan, implement, analyze, and report on the financial operations of leisure service agencies, businesses, and organizations. This unique text examines financial management systems, standards, and practices in recreation, leisure, tourism, and related fields, making it an essential reference for both future and current professionals.

*Leisure Services Financial Management* prepares students for the roles and responsibilities of entry-level to middle managers in public, private, and nonprofit sectors of the leisure service industry. Readers will learn

- foundational knowledge used in economics, accounting, finance, and marketing;
- the technical and technological skills involved in managing the financial aspects of a leisure service agency, organization, or business;
- how to develop a financial management philosophy and practice ethical financial management; and
- interpersonal skills useful for financial managers interacting with various stakeholders on fund-raising and development initiatives.

*Leisure Services Financial Management* presents current financial management approaches, giving students an understanding of the differences in accounting methodologies and financial report methods across the private, nonprofit, and public sectors. By examining and working with varied examples of financial reports and analyses, students gain experience in creating and interpreting a range of financial report models.

*Leisure Services Financial Management* offers students in-depth discussion of the knowledge and skills necessary for beginning a career in the varied and dynamic leisure service industry. This foundational guide to financial management will serve as an essential resource to both future and current professionals in the leisure industry.

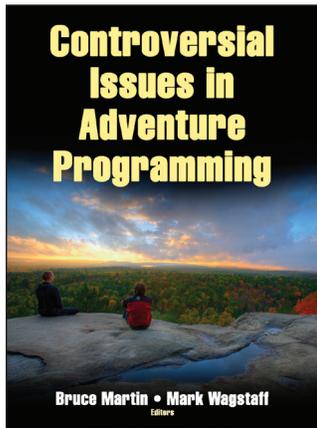
**Leisure Services Financial Management**

David N. Emanuelson, PhD  
 2012 • Hardback with Web Resource • 248 pp  
 ISBN 978-0-7360-9641-6  
 \$59.00 (\$63.95 CDN; €59.80 EURO; £45.99 UK)  
 Web resource and presentation package sold separately.



**ANCILLARIES**

Complete information available online at [www.HumanKinetics.com/LeisureServicesFinancialManagement](http://www.HumanKinetics.com/LeisureServicesFinancialManagement)



*Controversial Issues in Adventure Programming* offers an engaging approach to the consideration of enduring, current, and emerging issues in the field. As a primary or supplemental text for upper-level undergraduate and graduate-level classes, it presents 20 issues in a debate format, challenging students to participate in critical discourse concerning these issues as practitioners in the field of adventure programming.

Respected authors Bruce Martin and Mark Wagstaff have assembled a team of more than 50 contributors from around the globe to reassess some of the underlying assumptions on which adventure programming is based. They have critically examined implications of new developments for emerging practice and discussed how best to position the field of adventure programming in addressing broader societal concerns.

***Controversial Issues in Adventure Programming***

Bruce Martin, PhD, and Mark Wagstaff, EdD, Editors

2012 • Hardback • 328 pp

ISBN 978-1-4504-1091-5

\$49.00 (\$52.95 CDN; €44.20 EURO; £33.99 UK)



**Risk Management in Outdoor and Adventure Programs**

Scenarios of Accidents, Incidents, and Misadventures

54 scenarios with discussion questions



Aram Attarian

*Risk Management in Outdoor and Adventure Programs* is a primary text for undergraduate outdoor and adventure courses and presents a systematic model for determining why an incident happened and what could be done to prevent a repeat occurrence. More than 50 real-life scenarios represent various situations encountered in outdoor and adventure programming. These scenarios offer guidance in analyzing hazardous situations and applying appropriate strategies in safety and risk management.

Accidents and mishaps are a reality in outdoor and adventure programs. Applying risk management strategies to the scenarios in *Risk Management in Outdoor and Adventure Programs* gives outdoor adventure leaders increased knowledge of the inherent risks of their profession as well as their legal responsibilities in programming, leadership, and management.

***Risk Management in Outdoor and Adventure Programs: Scenarios of Accidents, Incidents, and Misadventures***

Aram Attarian, PhD

2012 • Paperback • 144 pp

ISBN 978-1-4504-0471-6

\$29.00 (\$30.95 CDN; €26.00 EURO; £19.99 UK)



**PRINCIPLES OF SUSTAINABLE LIVING**

A New Vision for Health, Happiness, and Prosperity



Richard R. Jurin

This transdisciplinary text is for university courses in recreation, leisure studies, and health and courses in the natural sciences, social sciences, and environmental sciences. It presents principles of sustainability, develops environmental literacy, and expands awareness of sustainable practices that will steer readers toward a lifestyle that they, as well as the entire planet, will benefit from.

Author Richard Jurin, an expert in sustainable living, has written numerous publications on sustainable development, business leadership for sustainability, and related issues. He takes students beyond sustainability's traditional "triple bottom line" of people, profit, and planet to a quadruple paradigm that includes economic, sociocultural, psychological, and ecological aspects of sustainability.

The book explores the mind-sets that have created the modern, consumer-based world we live in, exposing environmental and societal global problems as it does; lays out new ways of thinking, championing sustainable thinking as a prerequisite for living a healthy, happy, vibrant life that benefits the planet; and details positive options for living a sustainable lifestyle.

***Principles of Sustainable Living: A New Vision for Health, Happiness, and Prosperity***

Richard R. Jurin, PhD

2012 • Paperback With Web Resource • 328 pp

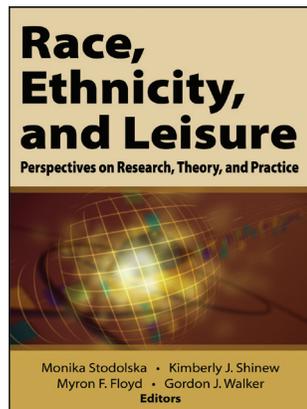
ISBN 978-0-7360-9075-9

\$59.00 (\$63.95 CDN; €55.90 EURO; £42.99 UK)



**ANCILLARIES**

Complete information available online at [www.HumanKinetics.com/PrinciplesOfSustainableLiving](http://www.HumanKinetics.com/PrinciplesOfSustainableLiving)



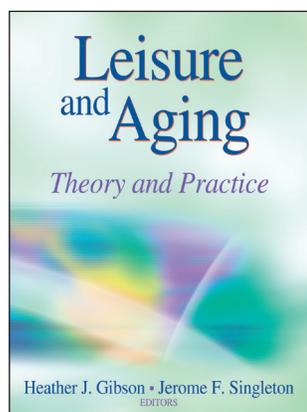
**NEW!**

*Race, Ethnicity, and Leisure: Perspectives on Research, Theory, and Practice* is a text for upper-level undergraduate and graduate recreation and leisure courses as well as a text and reference for recreation and leisure professors and professionals. It brings together 28 world-renowned researchers who provide a comprehensive review and unified perspective on leisure in relation to five minority populations in the United States and Canada: African Americans, Latino Americans, Asian North Americans, Indigenous peoples, and religious minority groups.

*Race, Ethnicity, and Leisure* examines the current theories and practices related to minority leisure and reviews numerous issues related to these diverse groups' leisure, including needs and motivations, constraints, and discrimination. With *Race, Ethnicity, and Leisure* you'll have an unprecedented text that offers an extensive look at the changing landscape of recreation, leisure pursuits, our world, and the populations that are driving these changes.

***Race, Ethnicity, and Leisure: Perspectives on Research, Theory, and Practice***

Monika Stodolska, PhD, Kimberly J. Shinew, PhD, Myron F. Floyd, PhD, and Gordon J. Walker, PhD, Editors  
 2014 • Hardback • 384 pp  
 ISBN 978-0-7360-9452-8  
 \$59.00 (\$63.95 CDN; €52.00 EURO; £39.99 UK)



*Leisure and Aging: Theory and Practice* provides students and professionals with a balanced perspective of current knowledge as it presents cutting-edge research from the fields of both gerontology and leisure studies. Each chapter features learning objectives, study questions, case studies, exercises, and relevant readings and is presented in five sections. *Leisure and Aging* will help students think critically about a phase of life that seems remote from their own, and provide insight and perspective to their understanding of aging and leisure.

Written for undergraduate students, professors, and professionals in recreation, leisure, gerontology, and aging, *Leisure and Aging* provides a wealth of knowledge on various aspects of life for older people and the role of leisure in their lives. The text helps students think critically about a phase of life that seems remote from their own and provides perspective to their understanding of aging and leisure.

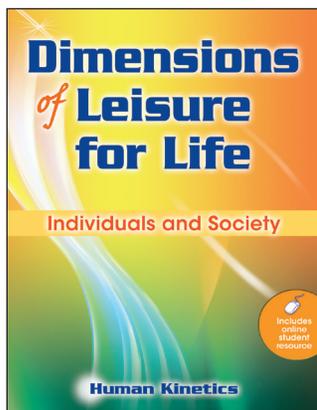
***Leisure and Aging: Theory and Practice***

Heather J. Gibson, PhD, and Jerome F. Singleton, PhD, CTRS  
 2012 • Hardback • 280 pp  
 ISBN 978-0-7360-9463-4  
 \$62.00 (\$66.95 CDN; €54.60 EURO; £41.99 UK)



## ANCILLARIES

Complete information available at [www.HumanKinetics/LeisureAndAging](http://www.HumanKinetics/LeisureAndAging)



With *Dimensions of Leisure for Life: Individuals and Society*, students will learn to understand and appreciate leisure and explore the ways that their leisure choices can help them lead happier, more balanced lives both now and in the future. This textbook is geared towards those in undergraduate courses in recreation and introductory courses for recreation majors. It provide students with sidebars, learning activities, and additional readings that will encourage them to evaluate their leisure experiences so they can modify their choices as their understanding of leisure and the opportunities available to them expand.

The text also includes access to an online student resource (OSR), which offers students additional opportunities to apply the information they've learned. The OSR features chapter overviews, glossary lists both with and without definitions, research and reaction assignments that will help them examine their views on leisure topics, and lists of websites that can facilitate further research and discussion.

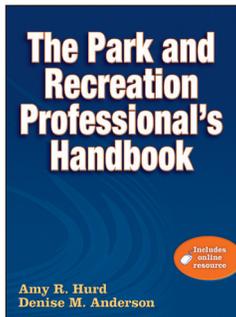
***Dimensions of Leisure for Life: Individuals and Society***

Human Kinetics  
 2010 • Paperback with online resource • 384 pp  
 ISBN 978-0-7360-8288-4  
 \$65.00 (\$69.95 CDN; €58.50 EURO; £44.99 UK)



## ANCILLARIES

Complete information available online at [www.HumanKinetics.com/DimensionsofLeisureforLife](http://www.HumanKinetics.com/DimensionsofLeisureforLife)



*The Park and Recreation Professional's Handbook* addresses all of the essential topics that professionals must know, including program planning and evaluation, decision making, facility management, human resources, marketing, budgeting and financial planning, and policy making. Each chapter seamlessly blends foundational concepts, the latest research, and real-world examples to offer complete and current coverage of the topics in an easy-to-read format.

***The Park and Recreation Professional's Handbook***

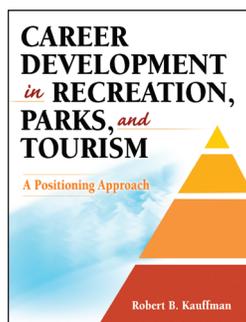
Amy R. Hurd, PhD, and Denise M. Anderson, PhD  
2011 • Hardback with online resource • 312 pp  
ISBN 978-0-7360-8259-4  
\$52.00 (\$55.95 CDN; €55.90 EURO; £42.99 UK)



## ANCILLARIES

Complete information available online at

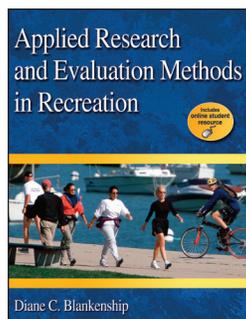
[www.HumanKinetics.com/TheParkAndRecreationProfessionalsHandbook](http://www.HumanKinetics.com/TheParkAndRecreationProfessionalsHandbook)



*Career Development in Recreation, Parks, and Tourism: A Positioning Approach* outlines a step-by-step plan for career development based on the technique of positioning. This text prepares students for the next step in their preprofessional and professional careers. *Career Development in Recreation, Parks, and Tourism* includes individual and group exercises to help students better understand each step in the positioning approach, as well as sample resumes, letters, and e-mails.

***Career Development in Recreation, Parks, and Tourism: A Positioning Approach***

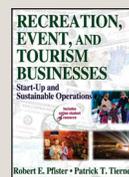
Robert B. Kauffman, PhD  
2010 • Paperback • 248 pp  
ISBN 978-0-7360-7633-3  
\$44.00 (\$47.95 CDN; €39.00 EURO; £29.99 UK)



*Applied Research and Evaluation Methods in Recreation* provides students with the foundational knowledge they need in order to move through the research process. Undergraduate and graduate students enrolled in a research or evaluation course will use this text to explore the various types of research commonly used in the field, learn about the steps involved in designing a project, and then move on to evaluation.

***Applied Research and Evaluation Methods in Recreation***

Diane C. Blankenship, EdD  
2010 • Hardback • 200 pp  
ISBN 978-0-7360-7719-4  
\$64.00 (\$68.95 CDN; €57.20 EURO; £43.99 UK)

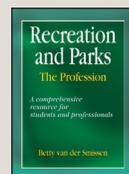


***Recreation, Event, and Tourism Businesses: Start-Up and Sustainable Operations***

Robert E. Pfister, PhD, and Patrick T. Tierney, PhD  
2009 • Paperback With Web Resource • 296 pp  
ISBN 978-0-7360-6353-1  
\$56.00 (\$59.95 CDN;  
€52.00 EURO; £39.99 UK)

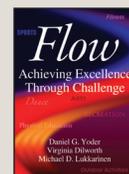


ANCILLARIES — Complete information available online at [www.HumanKinetics.com/RecreationEventandTourismBusinesses](http://www.HumanKinetics.com/RecreationEventandTourismBusinesses)



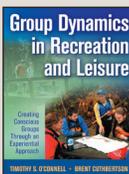
***Recreation and Parks: The Profession***

Betty van der Smissen, ReD, JD  
2005 • Paperback • 152 pp  
ISBN 978-0-7360-4562-9  
\$22.00 (\$23.95 CDN; €19.50 EURO; £14.99 UK)



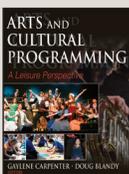
***Flow: Achieving Excellence Through Challenge***

Daniel G. Yoder, PhD, Virginia Dilworth, PhD,  
and Michael D. Lukkarinen, PhD  
2011 • 24-minute DVD-ROM  
ISBN 978-0-7360-8925-8  
\$27.00 (\$28.95 CDN; €28.60 EURO; £21.99 UK)



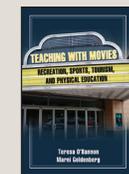
***Group Dynamics in Recreation and Leisure***

Timothy S. O'Connell, PhD, and Brent Cuthbertson, PhD  
2009 • Paperback • 208 pp  
ISBN 978-0-7360-6287-9  
\$46.00 (\$49.95 CDN; €41.60 EURO; £31.99 UK)



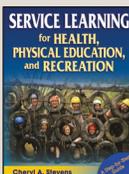
***Arts and Cultural Programming: A Leisure Perspective***

Gaylene Carpenter, EdD, and Doug Blandy, PhD  
2008 • Paperback • 264 pp  
ISBN 978-0-7360-6564-1  
\$42.00 (\$44.95 CDN; €37.70 EURO; £28.99 UK)



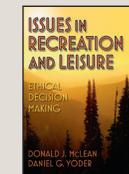
***Teaching With Movies: Recreation, Sports, Tourism, and Physical Education***

Teresa O'Bannon, PhD, and Marni Goldenberg, PhD  
2008 • Paperback • 176 pp  
ISBN 978-0-7360-6508-5  
\$26.00 (\$27.95 CDN; €23.40 EURO; £17.99 UK)



***Service Learning for Health, Physical Education, and Recreation: A Step-by-Step Guide***

Cheryl A. Stevens, PhD  
2008 • Paperback • 120 pp  
ISBN 978-0-7360-6022-6  
\$27.00 (\$28.95 CDN; €24.70 EURO; £18.99 UK)



***Issues in Recreation and Leisure: Ethical Decision Making***

Donald J. McLean, PhD, and Daniel G. Yoder, PhD  
2005 • Paperback • 288 pp  
ISBN 978-0-7360-4399-1  
\$46.00 (\$49.95 CDN; €41.60 EURO; £31.99 UK)



## Technical Skills for Adventure Programming

A Curriculum Guide



Mark Wagstaff / Aram Attarian  
Editors

*Technical Skills for Adventure Programming: A Curriculum Guide* is an all-in-one resource, based on current methods, that will guide outdoor recreation and adventure instructors as well as secondary school physical education teachers in becoming an effective adventure educator. You will learn to teach beginning-level outdoor adventure in the classroom and in the field.

Edited by nationally known outdoor adventure educators, this book allows you to tap into the knowledge and expertise of skilled instructors who present a lesson plan progression for mastering 12 outdoor adventure activities, including backpacking, rock climbing, canoeing, and snowshoeing.

This book includes a CD-ROM with printable lesson plans and supporting materials for each unit that make it easy to print only what you will need in the field.

### *Technical Skills for Adventure Programming: A Curriculum Guide*

Mark Wagstaff, EdD, and Aram Attarian, PhD, Editors

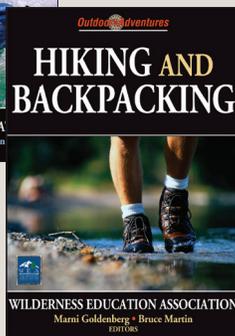
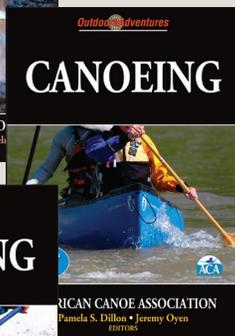
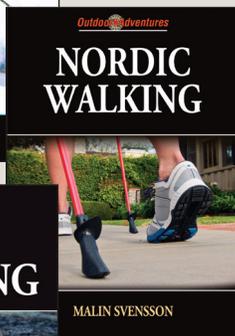
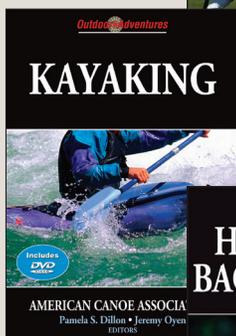
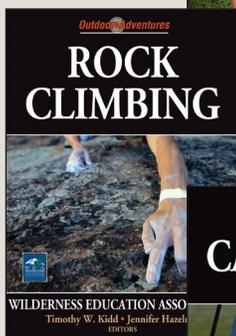
2009 • Paperback with CD-ROM • 896 pp

ISBN 978-0-7360-6699-0

\$67.00 (\$71.95 CDN; €71.50 EURO; £54.99 UK)



# Outdoor Adventures



The Outdoor Adventures series will prepare you with instruction in the basic techniques and skills of some of today's most popular outdoor activities. In each book, expert instructors from respected outdoor organizations provide you with

- step-by-step instruction, with full-color photos, of the fundamental skills and techniques of each activity;
- indispensable advice on gear and equipment selection, food and nutrition, fitness, and etiquette;
- informative consumer, technique, and safety tips;
- web-based resources to help you plan trips in the United States and around the world, find qualified instructors and guides, and locate related organizations and clubs; and
- success check questions at the end of the book that help students test their comprehension of the information in each chapter.

Each book also provides information on planning successful trips, including choosing a trip that fits your skill level. You'll also find a number of checklists, including sample gear lists, safety checklists, and skill checks that help ensure that beginners are thinking through the essentials before heading out.

### *Alpine Skiing*

Ronald W. Kipp

2012 • Paperback • 224 pp

ISBN 978-0-7360-8355-3

\$19.95 (\$21.95 CDN; €20.80 EURO; £15.99 UK)



### *Nordic Walking*

Malin Svensson

2009 • Paperback • 216 pp

ISBN 978-0-7360-7739-2

\$19.95 (\$21.95 CDN; €18.20 EURO; £13.99 UK)



### *Rock Climbing*

Wilderness Education Association

Timothy W. Kidd and Jennifer Hazelriggs, Editors

2009 • Paperback • 328 pp

ISBN 978-0-7360-6802-4

\$19.95 (\$21.95 CDN; €18.20 EURO; £13.99 UK)



### *Canoeing*

American Canoe Association

Pamela S. Dillon and Jeremy Oyen, Editors

2008 • Paperback with DVD • 264 pp

ISBN 978-0-7360-6715-7

\$29.95 (\$31.95 CDN; €27.30 EURO; £20.99 UK)



### *Kayaking*

American Canoe Association

Pamela S. Dillon and Jeremy Oyen, Editors

2009 • Paperback with DVD • 248 pp

ISBN 978-0-7360-6716-4

\$29.95 (\$31.95 CDN; €27.30 EURO; £20.99 UK)



### *Kayaking, iPad Version With Video*

American Canoe Association

Pamela Dillion and Jeremy Oyen, Editors

2011 • iPad version with Video

ISBN 978-1-4504-1634-4

\$23.99 (\$23.99 CDN; €18.99 EURO; £14.49 UK)



### *Hiking and Backpacking*

Wilderness Education Association

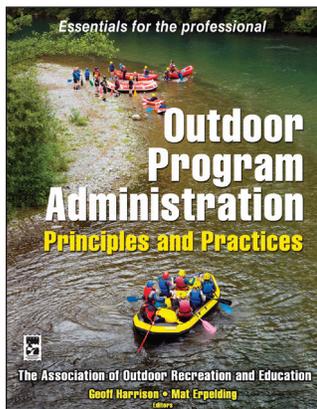
Marni Goldenberg, PhD, and Bruce Martin, PhD, Editors

2008 • Paperback • 272 pp

ISBN 978-0-7360-6801-7

\$20.95 (\$22.95 CDN; €19.50 EURO; £14.99 UK)

iPad version coming soon!

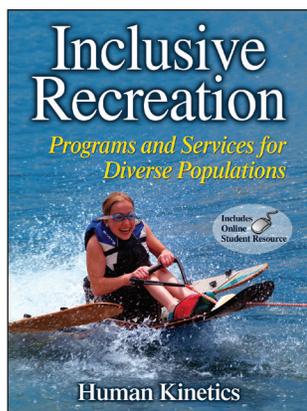


*Outdoor Program Administration: Principles and Practices* will help both seasoned and new administrators—as well as students and emerging professionals—flourish in various settings, including university, military, government, commercial, and nonprofit organizations. This text will guide college and university students in developing and sustaining programs in outdoor recreation settings across public, private, and nonprofit sectors. You will reap the benefits of the experience shared by the AORE authors, who also provide questions and critical thinking exercises that will enhance the materials and deepen your understanding.

As a reference for outdoor program professionals, this book explores all the issues pertinent to being a successful outdoor program administrator and presents material that will help you improve your administrative skills and enhance the programs you oversee. As such, it's an essential book for your professional library.

***Outdoor Program Administration: Principles and Practices***

Association of Outdoor Recreation and Education (AORE),  
Geoff Harrison, MS, and Mat Erpelding, MA, Editors  
2012 • Hardback • 416 pp  
ISBN 978-0-7360-7537-4 • \$65.00 (\$69.95 CDN; €57.20 EURO; £43.99 UK)



*Inclusive Recreation: Programs and Services for Diverse Populations* provides the knowledge and skills that undergraduate students will need in their entry-level careers to ensure that all people will be able to participate in the recreation programs they provide. The book features the latest acknowledged theories in inclusion, strategies for becoming more conscious of diversity and disability, a thorough discussion of universal design in facilities and services, and chapters on access and accommodation of specific service areas, including sports, arts and culture, and tourism.

The book also includes an online student resource (OSR), which features learning activities that assist students in applying the concepts being covered, assignments for each chapter that help them develop their critical-thinking skills and make personal connections to the content, and lists of web sites to facilitate further discussion and research.

***Inclusive Recreation: Programs and Services for Diverse Populations***

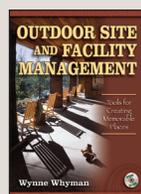
Human Kinetics  
2010 • Hardback With Web Resource • 408 pp  
ISBN 978-0-7360-8177-1  
\$67.00 (\$71.95 CDN; €65.00 EURO; £49.99 UK)

## ANCILLARIES

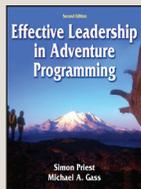
Complete information available at [www.HumanKinetics.com/InclusiveRecreation](http://www.HumanKinetics.com/InclusiveRecreation)



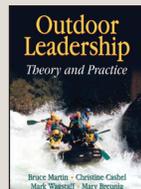
***Adventure Education: Theory and Applications***  
Dick Prouty, AB, Jane Panicucci, MAEd,  
and Rufus (Ruthanne) Collinson Editors  
2007 • Paperback • 264 pp  
ISBN 978-0-7360-6179-7  
\$35.00 (\$37.95 CDN; €31.20 EURO; £23.99 UK)



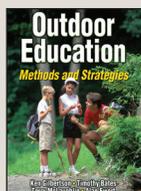
***Outdoor Site and Facility Management: Tools for Creating Memorable Places***  
Wynne Whyman  
2008 • Paperback with CD-ROM • 232 pp  
ISBN 978-0-7360-6845-1  
\$49.00 (\$52.95 CDN; €52.00 EURO; £39.99 UK)



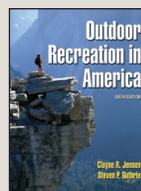
***Effective Leadership in Adventure Programming, Second Edition***  
Simon Priest, PhD, and Michael A. Gass, PhD  
2005 • Hardback • 344 pp  
ISBN 978-0-7360-5250-4  
\$59.00 (\$63.95 CDN; €52.00 EURO; £39.99 UK)



***Outdoor Leadership: Theory and Practice***  
Bruce Martin, PhD, Christine Cashel, EdD, Mark Wagstaff, EdD,  
and Mary Breunig  
2006 • Hardback • 328 pp  
ISBN 978-0-7360-5731-8  
\$53.00 (\$56.95 CDN; €46.80 EURO; £35.99 UK)

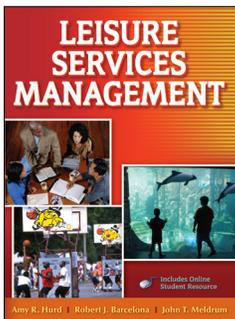


***Outdoor Education: Methods and Strategies***  
Ken Gilbertson, PhD, Timothy Bates, Terry McLaughlin,  
and Alan Ewert, PhD  
2006 • Hardback • 224 pp  
ISBN 978-0-7360-4709-8  
\$48.00 (\$51.95 CDN; €42.90 EURO; £32.99 UK)



***Outdoor Recreation in America, Sixth Edition***  
Clayne R. Jensen, EdD, and Steven P. Guthrie, PhD  
2006 • Hardback • 384 pp  
ISBN 978-0-7360-4213-0  
\$67.00 (\$71.95 CDN; €59.80 EURO; £45.99 UK)





*Leisure Services Management* outlines the essential knowledge and skills that successful managers need to have and helps students in upper undergraduate-level recreation and leisure management courses build those competencies by encouraging them to think as managers. The text's activities, projects, and examples help students connect the competencies to real-world situations. Students will learn what management is, what the manager's role is, and how their

work affects their agency and their customers. They will also explore specific management areas such as marketing, financial management, human resources, employee development, communication, and evaluation. Experiential learning activities throughout the book simulate real on-the-job situations.

The competency-driven approach of *Leisure Services Management* assists readers in gaining the knowledge and practicing the skills they need in order to begin their career in leisure management.

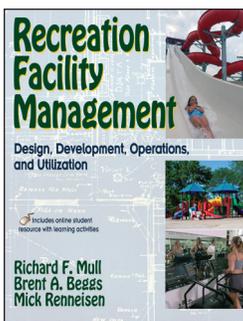
### **Leisure Services Management**

Amy R. Hurd, PhD, Robert J. Barcelona, PhD, and John T. Meldrum, PhD  
2008 • Hardback With Web Resource • 400 pp  
ISBN 978-0-7360-6922-9  
\$67.00 (\$71.95 CDN; €59.80 EURO; £45.99 UK)



## ANCILLARIES

Complete information available online at  
[www.HumanKinetics.com/LeisureServicesManagement](http://www.HumanKinetics.com/LeisureServicesManagement)



*Recreation Facility Management: Design, Development, Operations, and Utilization* presents a comprehensive introduction to the field of facility design, management, and maintenance for practicing or future recreation professionals. As a textbook for undergraduate courses in facility management, design, or operation, it begins with a detailed look at the defining characteristics of facility management, the duties of a manager and the areas within the facilities. It also details the

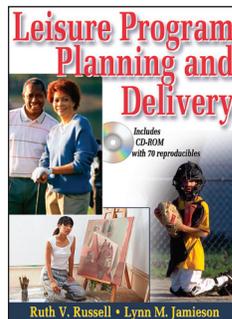
knowledge and skills required for managing recreation facilities, including facility design, equipment management, financial management, human resources, facility usage, and ancillary spaces. The book also includes an online student resource, which contains learning activities, worksheets, and web links to help students explore key concepts.

### **Recreation Facility Management: Design, Development, Operations, and Utilization**

Richard F. Mull, Brent A. Beggs, PhD, and Mick Renneisen  
2009 • Paperback With Web Resource • 312 pp  
ISBN 978-0-7360-7002-7  
\$67.00 (\$71.95 CDN; €65.00 EURO; £49.99 UK)

## ANCILLARIES

Complete information available online at  
[www.HumanKinetics.com/RecreationFacilityManagement](http://www.HumanKinetics.com/RecreationFacilityManagement)



*Leisure Program Planning and Delivery* provides a three-step plan for successful programming of services, program leadership, and understanding operational management of program systems in recreation and leisure service organizations. Grounded in professional practice and real-world applications, the book provides a systematic plan for undergraduate students to learn the essentials of successful recreation programming, with examples of a variety of sectors. A bound-in CD-ROM contains learning activities and assignments, web links, and sample forms.

### **Leisure Program Planning and Delivery**

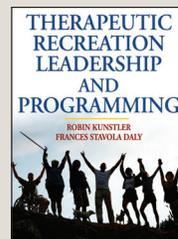
Ruth V. Russell, ReD, and Lynn M. Jamieson, ReD  
2008 • Hardback with CD-ROM • 264 pp  
ISBN 978-0-7360-5733-2  
\$65.00 (\$69.95 CDN; €68.90 EURO; £52.99 UK)



## ANCILLARIES

Complete information available online at  
[www.HumanKinetics.com/LeisureProgramPlanningandDelivery](http://www.HumanKinetics.com/LeisureProgramPlanningandDelivery)

# THERAPEUTIC RECREATION



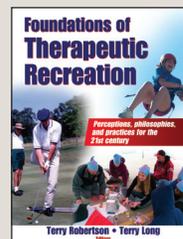
*Therapeutic Recreation Leadership and Programming* will help students learn the essential aspects of professional practice while developing a leadership mind-set. The book focuses on the day-to-day responsibilities of the TRS while integrating ethical considerations into each aspect of the job. Readers will learn how to perform the daily work of a therapeutic recreation specialist while maintaining the highest ethical standards of the profession.

### **Therapeutic Recreation Leadership and Programming**

Robin Kunstler, ReD, and Frances Stavola Daly, EdD  
2010 • Hardback • 416 pp  
ISBN 978-0-7360-6855-0  
\$64.00 (\$68.95 CDN; €57.20 EURO; £43.99 UK)



ANCILLARIES — Complete information available online at  
[www.HumanKinetics.com/TherapeuticRecreationLeadershipandProgramming](http://www.HumanKinetics.com/TherapeuticRecreationLeadershipandProgramming)



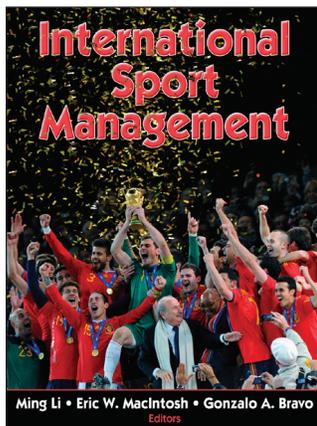
*Foundations of Therapeutic Recreation* provides readers with a comprehensive introduction to the profession. The book draws on the combined wisdom, experience, and technical expertise of 23 professors and leaders in the field. From these contributors, readers gain access to diverse perceptions, philosophies, and practices for therapeutic recreation in the 21st century. The book also contains chapter discussion questions to expand students' learning.

### **Foundations of Therapeutic Recreation**

Terry Robertson, PhD, and Terry Long, PhD, Editors  
2008 • Hardback • 336 pp  
ISBN 978-0-7360-6209-1  
\$68.00 (\$72.95 CDN; €59.80 EURO; £45.99 UK)



ANCILLARIES — Complete information available online at  
[www.HumanKinetics.com/FoundationsOfTherapeuticRecreation](http://www.HumanKinetics.com/FoundationsOfTherapeuticRecreation)



*International Sport Management* offers a guide for students in upper-undergraduate and graduate courses in this burgeoning subfield in sport management. With attention to diversity and multiple viewpoints, each chapter is authored by distinguished academics and practitioners in the field.

All chapters in the text use a global perspective to better showcase how international sport operates in various geopolitical environments and cultures. The book contains an array of learning aids to assist with comprehension of the material. It includes case studies and sidebars that apply the concepts to real-world situations and demonstrate the varied issues, challenges, and opportunities affecting sport management worldwide. Chapter objectives, key terms, learning activities, summaries, and discussion questions guide learning in this wide-ranging subject area. In addition, extensive reference sections support the work of practitioners in the field.

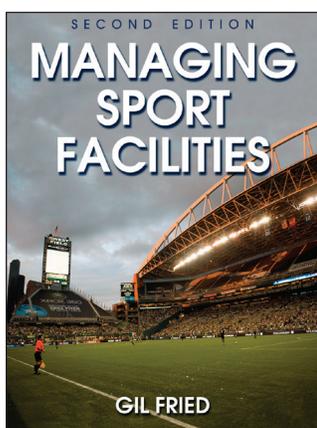
*International Sport Management* offers readers a multifaceted view of the issues, challenges, and opportunities in international sport management as well as the major functional areas that govern international sport.

#### **International Sport Management**

Ming Li, EdD, Eric W. MacIntosh, PhD, and Gonzalo A. Bravo, PhD

2012 • Hardback • 528 pp

ISBN 978-0-7360-8273-0 • \$89.00 (\$95.95 CDN; €79.30 EURO; £60.99 UK)



The second edition of *Managing Sport Facilities* continues to engage students with a clear writing style, extensive real-world examples, and information on managing a wide range of facilities, from professional sport stadiums to smaller and more common health clubs, colleges, and recreational environments.

Geared toward students in sport facility management or sport facility and event management courses, this text offers updated content in the Facility Focus and Behind the Scenes sections, which bring the theories and concepts to life by citing specific examples of strategies used to make a facility—and the facility manager—more successful. Through the newly added facility manager profiles included in each chapter, students receive a close-up look at the challenges and rewards that practicing facility managers experience in their daily work. Readers also learn about the managers' educational and experiential backgrounds that helped them land their current jobs.

This text provides students with a complete look at what it takes to develop and run a sport facility with an approach that combines various topics and disciplines.

#### **Managing Sport Facilities, Second Edition**

Gil Fried, JD

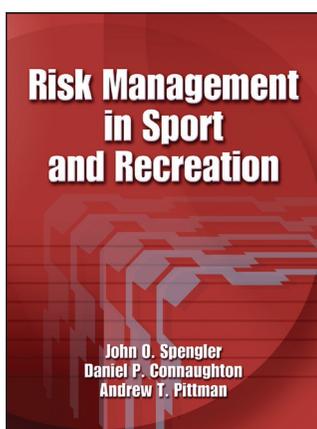
2010 • Hardback • 368 pp

ISBN 978-0-7360-8290-7 • \$79.00 (\$84.95 CDN; €70.20 EURO; £53.99 UK)



## ANCILLARIES

Complete information available online at [www.HumanKinetics.com/ManagingSportFacilities](http://www.HumanKinetics.com/ManagingSportFacilities)



*Risk Management in Sport and Recreation* covers a range of safety issues, including lightning, heat illness, aquatics, playground safety, drug testing, and medical emergency action plans. Students in sport law, risk management, and recreation courses will receive clear and detailed explanations of issues to consider before making decisions on risk management.

Unique features in *Risk Management in Sport and Recreation* include a safety guidelines finder that gives students and practitioners a single location from which they can easily access important safety information. Throughout the book, chapter objectives and pullout boxes of key points and statistics stress the importance of the topic under discussion along with threshold issues highlighting important factors to consider when making decisions on risk management.

You'll also find real-world applications at the end of each chapter to present scenarios involving the potential for harm and examples of public service announcements, posters, and other publicly viewed safety information.

#### **Risk Management in Sport and Recreation**

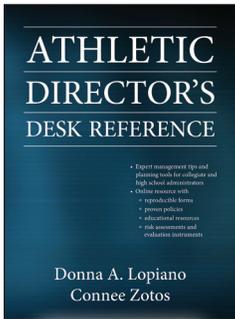
John O. Spengler, JD, PhD, Daniel P. Connaughton, EdD, and Andrew T. Pittman, PhD

2006 • Paperback • 184 pp

ISBN 978-0-7360-5619-9 • \$47.00 (\$50.95 CDN; €41.60 EURO; £31.99 UK)

## ANCILLARIES

Complete information available online at [www.HumanKinetics.com/RiskManagementInSportAndRecreation](http://www.HumanKinetics.com/RiskManagementInSportAndRecreation)



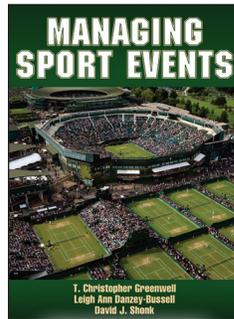
*Athletic Director's Desk Reference* is the most authoritative and comprehensive resource available for collegiate athletic administrators. This book and web resource guide program administrators in navigating their increasingly complex roles in athletic programs of any size.

**Athletic Director's Desk Reference**

Donna Lopiano, PhD, and Connee Zotos, PhD  
2014 • Hardback with Web Resource • Approx. 456 pp  
ISBN 978-0-7360-8281-5  
\$99.00 (\$106.95 CDN; €87.10 EURO; £66.99 UK)



**NEW!**



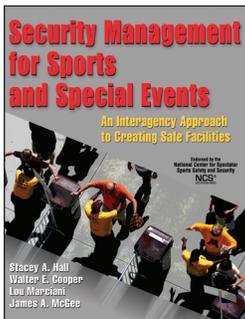
*Managing Sport Events* presents the principles and practices of effective event management, taking readers through the entire process from event conception through postevent evaluation.

**Managing Sport Events**

T. Christopher Greenwell, PhD, Leigh Ann Danzey-Bussell, PhD, and David J. Shonk, PhD  
2014 • Hardback • 240 pp  
ISBN 978-0-7360-9611-9  
\$74.00 (\$79.95 CDN; €65.00 EURO; £49.99 UK)



**NEW!**

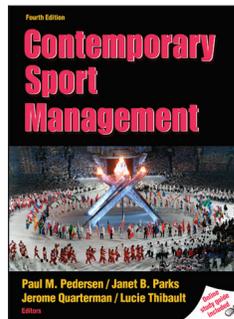


*Security Management for Sports and Special Events* presents a systematic approach to stadium and venue security. Unlike traditional risk management books that present guidelines to promote safety and discourage litigation in sport and recreation settings, this text deals specifically with natural disasters, terrorism, crowd control problems, and other large-scale threats. As sport and facility managers seek to broaden their building management capabilities, this text offers detailed guidance

in improving the quality, coordination, and responsiveness of security protocols within their facilities.

**Security Management for Sports and Special Events: An Interagency Approach to Creating Safe Facilities**

Stacey A. Hall, PhD, Walter E. Cooper, EdD, Lou Marciani, EdD, and James A. McGee, MS  
2012 • Hardback • 280 pp  
ISBN 978-0-7360-7132-1  
\$52.00 (\$55.95 CDN; €46.80 EURO; £35.99 UK)



*Contemporary Sport Management, Fourth Edition*, provides students with an overview of sport management by presenting an extensive discussion of the foundational aspects of the profession and current topics from the field.

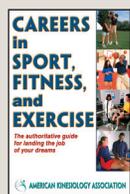
**Contemporary Sport Management, Fourth Edition**

Paul M. Pedersen, PhD, Janet B. Parks, DA, Jerome Quarterman, PhD, and Lucie Thibault, PhD, Editors  
2011 • Hardback with Web Study Guide • 480 pp  
ISBN 978-0-7360-8167-2  
\$95.00 (\$102.95 CDN; €84.50 EURO; £64.99 UK)



**ANCILLARIES**

Complete information available online at [www.HumanKinetics.com/ContemporarySportManagement](http://www.HumanKinetics.com/ContemporarySportManagement)



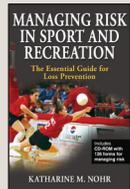
**Careers in Sport, Fitness, and Exercise**

American Kinesiology Association  
2011 • Paperback • 184 pp  
ISBN 978-0-7360-9566-2  
\$24.95 (\$26.95 CDN; €22.10 EURO; £16.99 UK)



**Day Camp Programming and Administration: Core Skills and Practices**

Jill Moffitt  
2011 • Paperback with CD-ROM • 184 pp  
ISBN 978-0-7360-7517-6  
\$34.00 (\$36.95 CDN; €36.40 EURO; £27.99 UK)



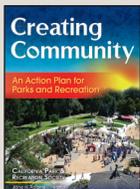
**Managing Risk in Sport and Recreation: The Essential Guide for Loss Prevention**

Katharine M. Nohr, JD  
2009 • Hardback with CD-ROM • 408 pp  
ISBN 978-0-7360-6933-5  
\$54.00 (\$57.95 CDN; €55.90 EURO; £42.99 UK)



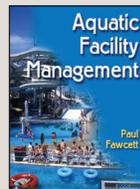
**Human Resource Management in Sport and Recreation, Second Edition**

Packianathan Chelladurai, PhD  
2006 • Hardback • 368 pp  
ISBN 978-0-7360-5588-8  
\$72.00 (\$77.95 CDN; €63.70 EURO; £48.99 UK)



**Creating Community: An Action Plan for Parks and Recreation**

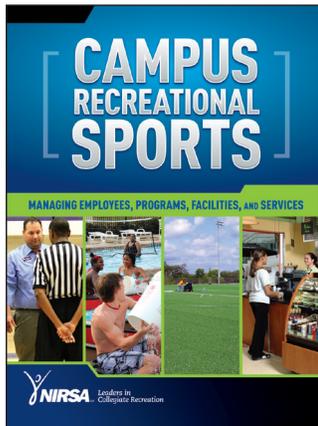
California Park & Recreation Society  
Jane H. Adams, Editor  
2008 • Paperback • 192 pp  
ISBN 978-0-7360-6714-0  
\$32.00 (\$34.95 CDN; €28.60 EURO; £21.99 UK)



**Aquatic Facility Management**

Paul Fawcett  
2005 • Hardback • 296 pp  
ISBN 978-0-7360-4500-1  
\$56.00 (\$59.95 CDN; €49.40 EURO; £37.99 UK)

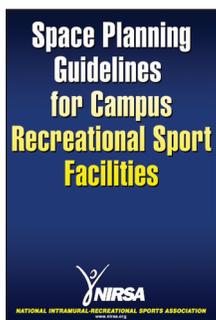




Today's state-of-the-art recreation and sport facilities offer high-end amenities for students, faculty, staff, and the surrounding community. Managing these diverse and complicated programs and facilities requires knowledge of operations, client services, and industry standards. *Campus Recreational Sports: Managing Employees, Programs, Facilities, and Services* offers current and aspiring professionals a comprehensive and practical discussion of campus recreation management. Chapters covering foundational topics of budgeting, marketing, assessment, risk management, and management of personnel, facilities, and services are complemented by current topics in technology, programming, and community building. Both current and future professionals can rely on *Campus Recreational Sports* for guidance in the management of indoor and outdoor recreation and sport facilities.

**Campus Recreational Sports: Managing Employees, Programs, Facilities, and Services**

NIRSA, Mary Callender, Managing Editor  
2013 • Hardback • 264 pp  
ISBN 978-0-7360-6382-1  
\$49.00 (\$52.95 CDN; €48.10 EURO; £36.99 UK)



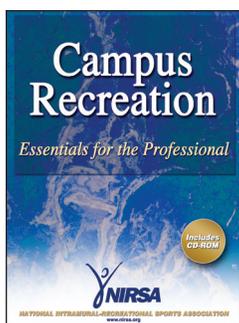
*Space Planning Guidelines for Campus Recreational Sport Facilities* offers the latest research. These guidelines are cross-referenced by facility type and total enrollment or school size and presented in a simple chart format so you can quickly and easily find the information that applies to your campus. Guidelines are given for five facility types and the book provides a wealth of information that will help you make the most of them.

**Space Planning Guidelines for Campus Recreational Sport Facilities**

NIRSA • 2009 • Paperback • 136 pp  
ISBN 978-0-7360-7487-2  
\$27.00 (\$28.95 CDN; €24.70 EURO; £18.99 UK)

**ANCILLARIES**

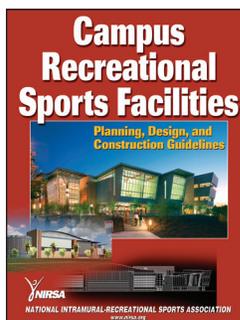
Complete information available online at [www.HumanKinetics.com/SpacePlanningGuidelines](http://www.HumanKinetics.com/SpacePlanningGuidelines)



With its expansive coverage, *Campus Recreation: Essentials for the Professional* will help entry-level and preprofessionals prepare for a successful career in campus recreation. This all-in-one resource provides insight into all facets of campus recreation, including foundational theories, programming, facilities, management issues, and professional aspects. An accompanying CD-ROM features worksheets, forms, and checklists and a glossary of terms helps readers to retain the important points of each chapter.

**Campus Recreation: Essentials for the Professional**

NIRSA • 2008 • Hardback with CD-ROM • 344 pp  
ISBN 978-0-7360-5975-6  
\$67.00 (\$71.95 CDN; €68.90 EURO; £52.99 UK)



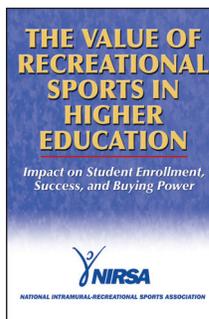
*Campus Recreational Sports Facilities: Planning, Design, and Construction Guidelines* covers the entire process of building a facility, from the initial planning through design, construction, and move-in. Campus recreational sport directors and administrators, architects, construction managers, and other consultants share the latest industry standards, guidelines and procedures, checklists, and other information to help you navigate the complex process of planning, designing, building, and opening a recreational or sport-specific facility.

**Campus Recreational Sports Facilities: Planning, Design, and Construction Guidelines**

NIRSA • 2009 • Hardback • 296 pp  
ISBN 978-0-7360-6383-8  
\$54.00 (\$57.95 CDN; €48.10 EURO; £36.99 UK)

**ANCILLARIES**

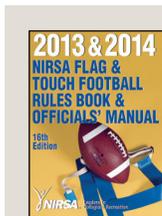
Complete information available online at [www.HumanKinetics.com/CampusRecreationalSportsFacilities](http://www.HumanKinetics.com/CampusRecreationalSportsFacilities)



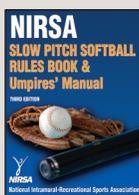
*The Value of Recreational Sports in Higher Education* makes a strong case for campus recreational sports programs and facilities that will support the mission of your college into the future.

**The Value of Recreational Sports in Higher Education**

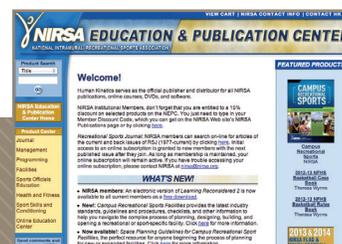
NIRSA • 2004 • Paperback • 224 pp  
ISBN 978-0-7360-5503-1  
\$28.00 (\$29.95 CDN; €24.70 EURO; £18.99 UK)



**Flag & Touch Football Rules Book (2013-2014 edition)**  
NIRSA  
2013 • Paperback • 104 pp  
ISBN 978-1-4504-4711-9 • \$10.00  
(\$10.95 CDN; €9.10 EURO; £6.99 UK)



**Slow Pitch Softball Rules Book**  
NIRSA  
2010 • Paperback • 72 pp  
ISBN 978-0-7360-9553-2 • \$9.00  
(\$9.95 CDN; €9.10 EURO; £6.99 UK)

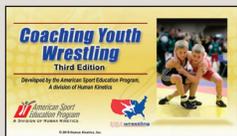
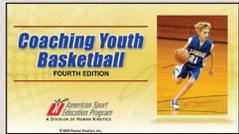


Visit the NIRSA Education & Publication Center at <http://nirsa.humankinetics.com/> for complete NIRSA resources.





# American Sport Education Program



## Online courses train confident coaches who put kids first

Rooted in the philosophy of “Athletes first, winning second,” our coaching education program for youth sport coaches is the ideal training ground for coaches of athletes ages 14 and under. **American Sport Education Program (ASEP)** courses provide coaches with baseline knowledge in the areas of communication, team management, sport first aid, sport-specific techniques and tactics, and rules.

Compare ASEP with any other program—we’re confident that the benefits will convince you that ASEP is your coaching education solution. You can

- enhance the quality of your coaches,
- improve your athletes’ performance,
- increase retention of coaches and athletes, and
- create a safe playing environment.

### Coaching Youth Baseball online course

ISBN 978-0-7360-6453-8 • \$19.95  
(\$21.95 CDN; €22.10 EURO; £16.99 UK)

### Coaching Youth Basketball online course

ISBN 978-0-7360-8145-0 • \$19.95  
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### Coaching Youth Cheerleading online course

ISBN 978-0-7360-7450-6 • \$19.95  
(\$21.95 CDN; €22.10 EURO; £16.99 UK)

### Coaching Youth Football online course

ISBN 978-0-7360-6459-0 • \$19.95  
(\$21.95 CDN; €19.20 EURO; £15.98 UK)

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ISBN 978-0-7360-6461-3 • \$19.95  
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ISBN 978-0-7360-8174-0 • \$19.95  
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### Coaching Essentials online course

ISBN 978-0-7360-4534-6 • \$19.95  
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### Coaching Orientation online course

ISBN 978-0-7360-7459-9 • \$22.95  
(\$24.95 CDN; €24.70 EURO; £18.99 UK)

## RELATED RESOURCES



### Go Coach App Series

Practice and game-day planning are a whole lot easier for youth coaches with ASEP’s Go Coach apps. Compatible with iPhone, iPad, iPod Touch, and Kindle Fire and drawing content from ASEP’s Coaching Youth Sport books, Go Coach apps are convenient coaching resources for time-pressed coaches of athletes aged 6 to 14. Go Coach apps are just \$1.99 through the Apple App Store and Amazon Appstore. Go Coach apps include:

- Slow-motion video allowing coaches to see every detail of the skills and drills being performed
- A Favorites feature allowing coaches to save skills, drills, and video clips in one central folder—a great tool for planning and organizing activities for the next practice
- An Advice feature addressing off-court tasks coaches perform to make practices and games run smoothly

Visit [www.HumanKinetics.com/Apps](http://www.HumanKinetics.com/Apps) to learn more.



## Training options that fit your needs

ASEP offers you flexible, affordable training options. Classroom courses start at \$16.95 per coach, and online courses are \$19.95. Volume discounts are available, reducing the price to as low as \$10.17 per coach depending on the number of coaches you train.

Courses are supplemented by books (e-books or hard copy), study guides, forms, checklists, and plans that coaches can refer to well after they take the courses.

We welcome the opportunity to talk to you about your agency's coaching education needs. For more information, contact **Jennifer Mulcahey**, ASEP Youth Sports Sales Consultant, at 800-747-5698, ext. 2304 or JenniferM@hkusa.com. (Those outside the United States should call the appropriate number listed throughout the catalog.)

### Coaching Youth Baseball

ISBN 978-0-7360-6526-9 • \$16.95  
(\$17.95 CDN; €15.60 EURO; £11.99 UK)

### Coaching Youth Basketball

ISBN 978-1-4504-1972-7 • \$16.95  
(\$17.95 CDN; €15.60 EURO; £11.99 UK)

### Coaching Youth Cheerleading

ISBN 978-0-7360-7444-5 • \$16.95  
(\$17.95 CDN; €15.60 EURO; £11.99 UK)

### Coaching Youth Football

ISBN 978-0-7360-8566-3 • \$16.95  
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### Coaching Youth Gymnastics

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(\$21.95 CDN; €18.20 EURO; £13.99 UK)

### Coaching Youth Lacrosse

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(\$21.95 CDN; €18.20 EURO; £13.99 UK)

### Coaching Youth Soccer

ISBN 978-0-7360-9217-3 • \$16.95  
(\$17.95 CDN; €18.20 EURO; £13.99 UK)

### Coaching Youth Softball

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(\$17.95 CDN; €18.20 EURO; £13.99 UK)

### Coaching Youth Tennis

ISBN 978-0-7360-6419-4 • \$16.95  
(\$17.95 CDN; €18.20 EURO; £13.99 UK)

### Coaching Youth Track and Field

ISBN 978-0-7360-6914-4 • \$18.95  
(\$19.95 CDN; €18.20 EURO; £13.99 UK)

### Coaching Youth Volleyball

ISBN 978-0-7360-6820-8 • \$17.95  
(\$19.95 CDN; €18.20 EURO; £13.99 UK)

### Coaching Youth Wrestling

ISBN 978-0-7360-6711-9 • \$18.95  
(\$19.95 CDN; €18.20 EURO; £13.99 UK)

## ALSO AVAILABLE



### Coaching Youth Cricket

Ian Pont  
2010 • Paperback • 208 pp  
ISBN 978-0-7360-8370-6  
\$19.95 (\$21.95 CDN;  
€18.20 EURO; £13.99 UK)



### ASEP Youth Sport Training Kit DVD

American Sport Education Program  
2008 • DVD • 101 minutes  
ISBN 978-0-7360-7395-0  
\$49.95 (\$53.95 CDN;  
€54.60 EURO; £41.99 UK)

## National Council of Youth Sports endorses ASEP coaching education courses

NCYS has partnered with leading coaching education provider Human Kinetics, Inc., (HK) to endorse HK's American Sport Education Program (ASEP) and its coach education courses Coaching Essentials and sport-specific Coaching Youth [Sport] online courses.

NCYS is the largest organization in North America representing the youth sports industry. NCYS membership includes more than 200 organizations and corporations serving 60 million registered participants.

"The NCYS has long sought a respectable, comprehensive, user-friendly, and affordable coaching education program for the youth sport industry," says Sally Johnson, NCYS Executive Director. "Our members can confidently deliver Human Kinetics' ASEP customized online courses to their constituents knowing the courses are age appropriate and of the highest quality."

Sport organizations often work with ASEP to create and deliver customized online courses featuring organization-specific content and branding. NCYS member organizations Pop Warner Little Scholars and PONY Baseball and Softball are examples of organizations that have tailored their coaching education courses with ASEP's help.

NCYS and Human Kinetics are also collaborating to define and agree on recommended minimum guidelines for educating youth coaches. Look for announcements regarding these guidelines later this year.

## About the National Council of Youth Sports (NCYS)

NCYS (www.NCYS.org), founded in 1979, is well known for advocacy in promoting healthy lifestyles and safe environments for stronger neighborhoods and communities. NCYS members make up the Who's Who in the youth sports industry. NCYS is a united voice for amateur youth sports, leading the industry in promoting and enhancing the value of participation through advocacy and education.



For information on ASEP online youth coaching education courses and customizing them for specific needs, youth sport administrators should contact **Jennifer Mulcahey**, ASEP youth sports consultant, at 800-747-5698, ext. 2304, or JenniferM@hkusa.com.



# AQUATECH<sup>®</sup>

## Pool Operator Certification Program



### Choose a user-friendly pool operator certification option

AquaTech, the newest program from Human Kinetics and Starfish Aquatics Institute, is designed to prepare you to operate a pool or aquatic facility according to U.S. and international training requirements. AquaTech offers the following benefits:

- **User-friendly, non-intimidating training.** AquaTech helps you master the fundamentals of aquatic facility care through clear, simple explanations of the key concepts. You'll learn the hows and whys behind the essential procedures, resulting in a more thorough understanding of the job.
- **Developed by industry leaders.** AquaTech was designed with the help of experts who understand the changing needs of today's aquatic facilities, including Robert Burrows, Tom Carrico, Robert Clayton, Juliene Hefter, Mick Nelson, Jill White, and Kent Williams.
- **Meaningful interactive online instruction.** The course is more than just book content presented online. It takes students step by step through a typical work day to help them connect important concepts to real-world practice.
- **Outstanding study and reference materials.** The AquaTech text features full-color photographs and reader-friendly elements such as margin notes, best practices tables, and step-by-step instructions for common pool issues. The AquaTech Pool Tool, a laminated reference card included with each text, features formulas, conversions, charts, and calculation tips.

Our AquaTech certification course offers a flexible alternative to classroom-only certification methods. It consists of an online self-study component and instructor led classroom component. The online course will teach you how pool systems work and how to maintain them, as well as how to diagnose, prevent, and solve common pool care troubles. You'll also find information on reducing risk and increasing safety at your facility. After completing the course, you'll have all the requisite competencies to successfully operate a pool or other aquatic facility. Successful completion of the instructor-led session leads to certification.\*

\*Certification requirements may vary. Some cities, counties, or states only require the online component for certification. Please consult your local code or contact us for details regarding requirements in your area.

## RELATED RESOURCES

**AquaTech online course**  
Human Kinetics  
2008 • Online course   
ISBN 978-0-7360-6813-0 • \$169.00  
(\$182.95 CDN; €159.00 EURO; £132.50 UK)

**INCLUDES TEXT!**

**AquaTech Pool Tool**  
Human Kinetics  
2008 • Laminated card  
ISBN 978-0-7360-7591-6 • \$6.95  
(\$7.95 CDN; €5.90 EURO; £4.95 UK)

**AquaTech: Best Practices for Pool and Aquatic Facility Operators**  
Human Kinetics  
2008 • Hardback • 224 pp  
ISBN 978-0-7360-6560-3 • \$46.00  
(\$49.95 CDN; €49.40 EURO; £37.99 UK)

**INCLUDES AQUATECH POOL TOOL!**

### Contact us today!

We welcome the chance to talk to you about your agency's needs. For more information, contact our AquaTech specialist:

**Sara Poe**  
877-465-4545  
admin@sai-intl.org



## Lifeguard training that emphasizes responsibility and professionalism

Being a lifeguard is a serious and important job. The StarGuard program focuses on professionalism and accountability, teaching behaviors that help your lifeguards be at their best. StarGuard provides all the essential knowledge students need to become skilled lifeguards, including prevention, surveillance, professionalism, and personal safety. They'll also gain an appreciation of the importance of doing the whole job well, not just parts of it.

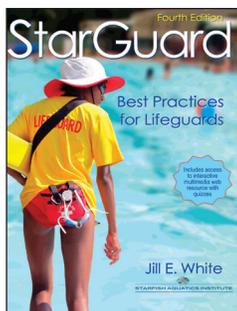
StarGuard's blended learning approach is made up of an online course followed by an instructor-led session. Both the course and the in-person training cover all of the key lifeguarding competencies and the four key components of emergency care training. Throughout the online course, students will role-play situations that they will likely face on the job, resulting in a deeper, more thorough understanding of key concepts.

Our blended approach to lifeguard training will help your facility in a number of ways.

- **Individualized, experiential approach to learning.** Students can work through the online course at their own pace, reviewing material as necessary. They'll practice skills through realistic, interactive scenarios similar to those they might one day face on the job.
- **Savings of both time and money.** The total amount of pool-time and instructor-time necessary for certification can be reduced because students learn the cognitive aspects of lifeguarding via the online course before arriving on site. Therefore, it costs less in facility operating expenses or rental and less in fees for instructors.
- **Convenient delivery of high quality instruction.** Students no longer need to be in the same place at the same time to receive a consistent level of high quality instruction, making it an especially attractive option for training seasonal employees.
- **Dedicated customer support staff.** Our team is here to make implementing the StarGuard program as easy as possible for you.



## RELATED RESOURCES



### *StarGuard, Fourth Edition*

Jill E. White  
2012 • Paperback with Web Resource • 264 pp  
ISBN 978-0-7360-9835-9  
\$39.00 (\$41.95 CDN; €39.00 EURO; £29.99 UK)

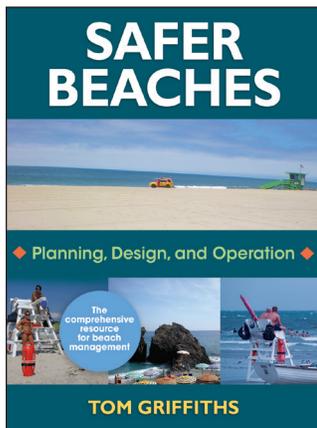
eBook  
format  
also available

To access the web resource, visit <http://education.HumanKinetics.com>. You must purchase the book, which includes a key code, to access these materials.

## Contact us today!

We welcome the chance to talk to you about your agency's needs. For more information, contact our AquaTech specialist:

**Sara Poe**  
877-465-4545  
[admin@sai-intl.org](mailto:admin@sai-intl.org)



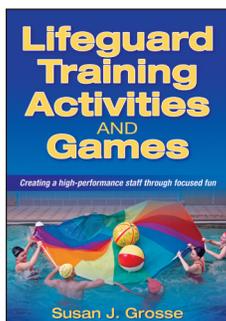
*Safer Beaches* provides something rarely found in other aquatic books: practices in beach management and protection. It uses a needs-analysis approach to help you identify programming and activities that will maximize people's experience at the beach. This practical resource will help you

- understand the planning, design, building, and operational concepts and put them to use right away;
- take the guesswork out of beach management by guiding you step by step through the decisions and considerations necessary for successful operations; and
- avoid dangerous and costly mistakes during the planning and design stages of both swimming and nonswimming beaches.

*Safer Beaches* is an essential resource for all who have anything to do with managing beaches. It will help you be more effective in your job, and it will help beachgoers enjoy their recreational experiences to the fullest.

***Safer Beaches: Planning, Design, and Operation***

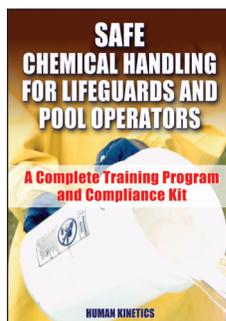
Tom Griffiths, EdD  
2011 • Hardback • 152 pp  
ISBN 978-0-7360-8646-2  
\$52.00 (\$55.95 CDN; €46.80 EURO; £35.99 UK)



*Lifeguard Training Activities and Games* is a complete resource for conducting site-specific on-the-job training for lifeguards. The compilation of games, skill drills, activities, and guidance enhances training and conditioning of lifeguards and creates a high-performing staff. The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill.

***Lifeguard Training Activities and Games***

Susan J. Grosse  
2009 • Paperback • 256 pp  
ISBN 978-0-7360-7929-7  
\$31.00 (\$32.95 CDN; €28.60 EURO; £21.99 UK)



*Safe Chemical Handling for Lifeguards and Pool Operators* gives your staff the information they require regarding the hazards of chemical exposure, detecting the presence of harmful chemicals, and protecting themselves from harm. It will assist you in coordinating and standardizing training and information within your own facility and across multisite pool workplaces. This complete compliance kit provides everything you need in order to perform annual OSHA training.

***Safe Chemical Handling for Lifeguards and Pool Operators: A Complete Training Program and Compliance Kit***

Human Kinetics  
2008 • DVD with booklet • 12 minute DVD/ 48 pp booklet  
ISBN 978-0-7360-7715-6  
\$64.95 (\$69.95 CDN; €71.50 EURO; £54.99 UK)

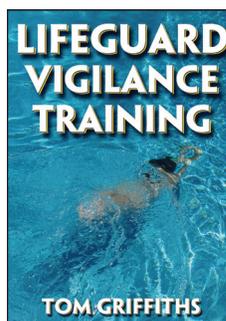


The American Heart Association *Family & Friends CPR Anytime* personal learning kit is an innovative way to provide anyone with a personal manikin for CPR practice. The manikin is easily portable, realistic, and can be used to practice almost anywhere. Family members or friends are often the only person that can respond if an emergency happens in

the home, and now they can learn how to save a life with CPR by watching the instructional video that is included and practicing on the manikin.

***Family & Friends CPR Anytime***

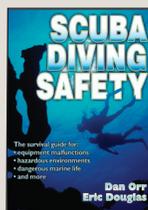
American Heart Association  
2007 • Package  
ISBN 978-0-87493-487-8  
\$31.00 (\$32.95 CDN, £ 24.95 UK; €29.90 EURO; £24.95 UK)



The *Lifeguard Vigilance Training* DVD helps ensure lifeguards meet the challenges of staying alert and prepared while on the job. For the first time ever, two videos, *Disappearing Dummies: Why Lifeguards Can't See* and the *Five Minute Scanning Strategy*, are combined conveniently on one DVD. World-renowned aquatic safety expert Dr. Tom Griffiths explains the challenges caused by visual body blindness and introduces new techniques to stay more alert and focused while lifeguarding.

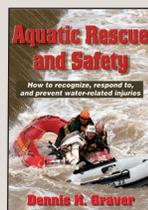
***Lifeguard Vigilance Training DVD***

Tom Griffiths, EdD  
2007 • 22 minute DVD  
ISBN 978-0-7360-6870-3  
\$81.95 (\$88.95 CDN; €91.00 EURO; £69.99 UK)



***Scuba Diving Safety***

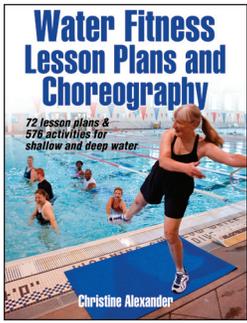
Dan Orr and Eric Douglas  
2007 • Paperback • 216 pages  
ISBN 978-0-7360-5251-1  
\$24.95 (\$26.95 CDN; €22.10 EURO; £16.99 UK)



***Aquatic Rescue and Safety***

Dennis K. Graver  
2004 • Paperback • 256 pp  
ISBN 978-0-7360-4122-5  
\$24.95 (\$26.95 CDN; €24.70 EURO; £18.99 UK)





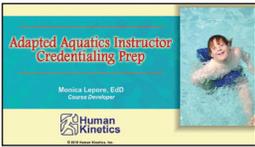
*Water Fitness Lesson Plans and Choreography* helps new instructors learn the basics of class organization and keeps veteran instructors out of the proverbial teaching rut. This reference contains 72 lesson plans for shallow and deep water, 576 exercises, 253 photos that depict the key features and the corresponding choreography. It also includes tips for cueing, choosing music, and preparing for each class; and information on modifying your class to attract and cater to different populations.

**Water Fitness Lesson Plans and Choreography**

Christine Alexander  
2011 • Paperback • 200 pp  
ISBN 978-0-7360-9112-1  
\$34.00 (\$36.95 CDN; €29.90 EURO; £22.99 UK)



*Introduction to Adapted Aquatics Instruction* meets the mandatory certification requirements for swimming instructors specializing in training persons with developmental disabilities. This course provides an overview of the field, gives a basic understanding of six major disabilities of childhood, as well as the definition, characteristics, and secondary conditions and the implications for participation, learning, safety, swim skill development, and contraindications.



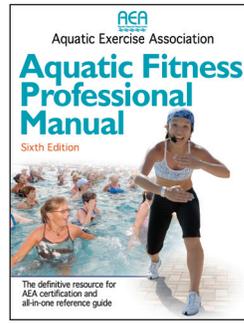
**Introduction to Adapted Aquatics Instruction**

AAPAR  
2009 • Online Course  
ISBN 978-0-7360-7629-6 • \$65.00 (\$69.95 CDN; €68.90 EURO; £52.99 UK)

**Adapted Aquatics Instructor Credentialing Prep**

AAPAR  
2010 • Online course  
ISBN 978-0-7360-8297-6 • \$170.00 (\$183.95, €179.40 EURO, £137.99 UK)

Visit [www.AquaticEducationCenter.com](http://www.AquaticEducationCenter.com) to order.

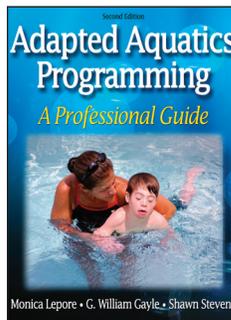


*Aquatic Fitness Professional Manual, Sixth Edition*, is the most comprehensive and relied-upon resource for fitness professionals, personal trainers, therapists, and facility or program managers who specialize in water exercise. This definitive resource is also used as a reference for those preparing for the AEA Aquatic Fitness Professional certification exam. Reorganized, the sixth edition contains essential foundational information such as

the components of physical fitness, group fitness teaching techniques, and AEA Standards and Guidelines.

**Aquatic Fitness Professional Manual, Sixth Edition**

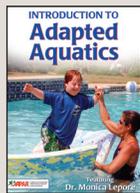
Aquatic Exercise Association  
2010 • Paperback • 408 pp  
ISBN 978-0-7360-6767-6  
\$64.00 (\$68.95 CDN; €57.20 EURO; £43.99 UK)



The second edition of *Adapted Aquatics Programming: A Professional Guide* is packed with new material, guidelines on architectural accessibility, instructional strategies, equipment, safety management, and competitive and recreational aquatics activities. Can be used as a text for adapted aquatics instructor courses or as a reference for instructors of adapted aquatics professionals.

**Adapted Aquatics Programming: A Professional Guide, Second Edition**

Monica Lepore, EdD, G. William Gayle, PhD, and Shawn F. Stevens, EdD  
2007 • Hardback • 368 pp  
ISBN 978-0-7360-5730-1  
\$59.00 (\$63.95 CDN; €52.00 EURO; £39.99 UK)



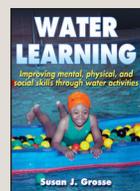
**Introduction to Adapted Aquatics**

Rothhammer International  
2009 • Approx. 45 – minute DVD  
ISBN 978-0-7360-8148-1  
\$35.95 (\$38.95 CDN; €39.00 EURO; £29.99 UK)



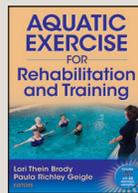
**Fantastic Water Workouts**

MaryBeth Pappas Baun  
2008 • Paperback • 264 pp  
ISBN 978-0-7360-6808-6  
\$21.95 (\$23.95 CDN; €19.50 EURO; £14.99 UK)



**Water Learning**

Susan J. Grosse  
2007 • Paperback • 192 pp  
ISBN 978-0-7360-6766-9  
\$23.00 (\$24.95 CDN; €20.80 EURO; £15.99 UK)



**Aquatic Exercise for Rehabilitation and Training**

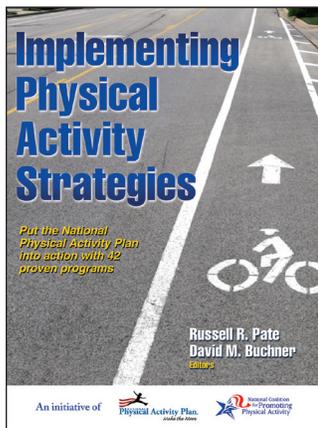
Lori Thein Brody, PT, PhD, SCS, ATC, and Paula Richley Geigle, PT, PhD, Editors  
2009 • Hardback with DVD • 368 pp  
ISBN 978-0-7360-7130-7  
\$83.00 (\$89.95 CDN; €84.50 EURO; £64.99 UK)



**Water Fun**

Terri Lees  
2007 • Paperback and DVD  
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*Implementing Physical Activity Strategies* profiles 42 physical activity programs that are helping people adopt more active and healthy lifestyles based on the U.S. National Physical Activity Plan (NPAP). This resource highlights innovative and proven physical activity programs. For each, readers will find an explanation of how the program was executed, how it aligns with the NPAP, the target population of the program, cross-sector collaborations and their benefits, and assessment of program effectiveness. Many of the program profiles include sample materials to help readers more readily translate the ideas and materials of these programs into new physical activity initiatives.

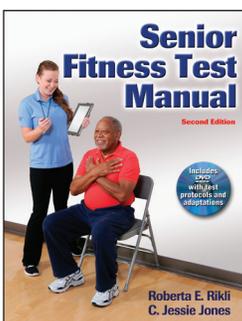
**Implementing Physical Activity Strategies**

Russell Pate, PhD, and David Buchner, MD, MPH, Editors  
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and the National Coalition for Promoting Physical Activity (NCPA)

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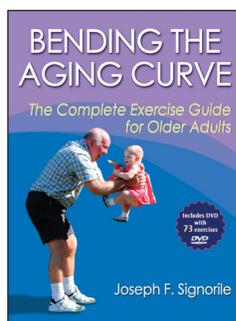


*Senior Fitness Test Manual, Second Edition*, and the accompanying DVD offer physical activity instructors as well as university course instructors a user-friendly means of evaluating physical capacity in the growing population of older adults through easy-to-follow test protocols.

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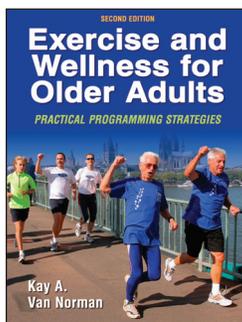
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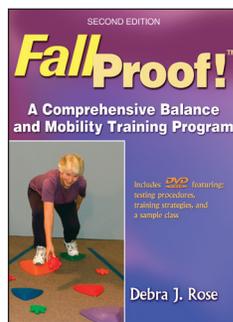
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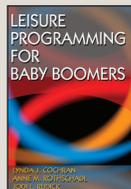
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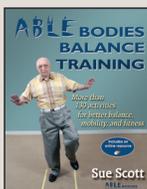
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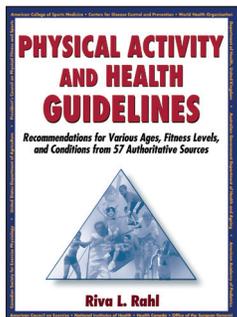
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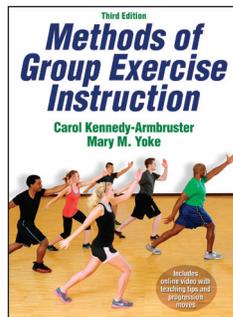


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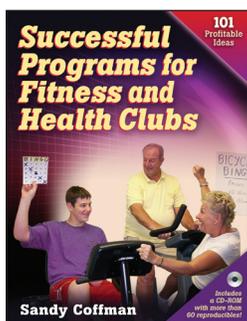


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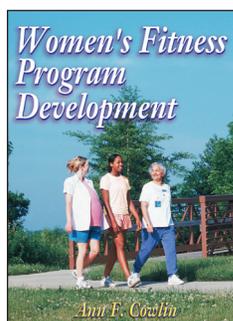
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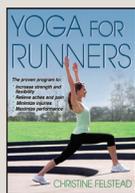
Sandy Coffman  
Foreword by John McCarthy, former executive director of IHRSA  
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This groundbreaking text introduces a new model for women's health and fitness for instructors, trainers, health care providers, and other professionals. *Women's Fitness Program Development* is divided into four sections: Adolescence, Pregnancy, Postpartum Period, and Menopause. Each section defines terminology; suggests how to set goals and priorities; and provides appropriate exercise components, prescriptions, modifications, and program evaluation strategies.

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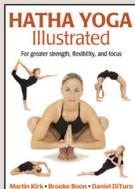
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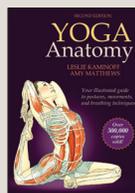
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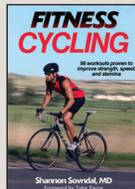
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MichelleM@hkusa.com

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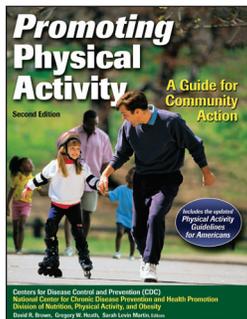
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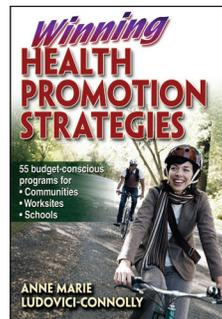


With *Promoting Physical Activity, Second Edition*, you don't have to be an expert in physical activity promotion in order to succeed in getting people moving. The book translates current research into accessible practice, laying out all the information you need to create an intervention that meets your community's needs. First you'll look at why physical activity is important and how much activity is needed for general health. Then you'll learn about three general approaches to promoting physical activity—informational, social and behavioral, and environmental and policy—as well as eight types

of interventions that research shows are effective in group and community settings. This will help you choose the strategy or combination of strategies that works best for the people you want to reach. Armed with this information, you'll be ready to move on to program implementation and evaluation. In addition to the nuts and bolts of planning, you'll explore topics such as creating effective partnerships, setting program objectives, and measuring program success.

### *Promoting Physical Activity: A Guide for Community Action, Second Edition*

Centers for Disease Control and Prevention  
David R. Brown, PhD, Gregory W. Heath DHS, MPH, and Sarah Levin Martin, PhD, Editors  
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ISBN 978-0-7360-6208-4  
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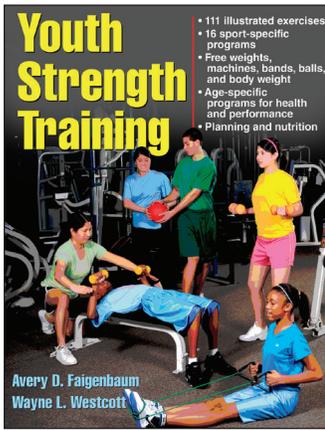
*Winning Health Promotion Strategies* offers guidance to anyone looking to encourage the members of their communities, schools, and workplaces to make positive lifestyle changes. It provides everything you need to design, implement, and evaluate health and wellness programs, including 55 ready-to-use programs that address physical activity, nutrition, and preventive health care. The author shares tips, techniques, and success stories

based on her experiences implementing the governor's award-winning Get Fit Rhode Island program, which was instrumental in Rhode Island's being named the first Well State in the nation by the Wellness Councils of America. She has also gathered examples from model initiatives and evidence-based programs and advice from experts in the wellness industry that will help you better understand all of the factors involved in starting your own initiatives.

### *Winning Health Promotion Strategies*

Anne Marie Ludovici-Connolly  
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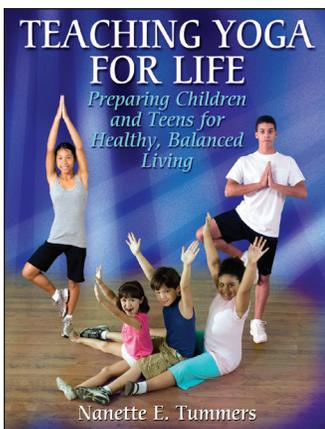


*Youth Strength Training: Programs for Health, Fitness, and Sport* guides you in designing efficient, enjoyable, and productive programs for kids of varying abilities in elementary school (ages 7 to 10), middle school (11 to 14), and high school (15 to 18). You will focus first on broad-based, balanced muscle development, and then move into comprehensive, sport-specific strength-training programs.

It will teach you productive protocols for warming up and cooling down and procedures for enhancing joint flexibility. You'll also learn innovative ways to incorporate resistance exercises into physical education classes, sport practice sessions, and exercise facilities. Proper exercise technique's for 111 resistance exercises using weight stack machines, free weights, medicine balls, elastic bands, and body-weight resistance are also shown. *Youth Strength Training* is the definitive source to guide you in designing and overseeing the programs of the kids you work with, whether you're in a school, fitness center, or home setting.

***Youth Strength Training: Programs for Health, Fitness, and Sport***

Avery D. Faigenbaum, EdD, and Wayne L. Westcott, PhD  
 2009 • Paperback • 248 pp  
 ISBN 978-0-7360-6792-8  
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The book supplies lessons and unit plans, and you'll learn all about the basic physical poses, breathing techniques, play, visualizations, and relaxation methods. You'll also discover how to teach yoga effectively and learn the science and movement principles behind yoga. Classroom teachers and afterschool program leaders will benefit from the book as well since yoga requires little or no equipment and can be adapted to anyone's needs. With the expert guidance and practical approach of this text, yoga can revitalize your classroom and your students.

***Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living***

Nanette E. Tummers, EdD  
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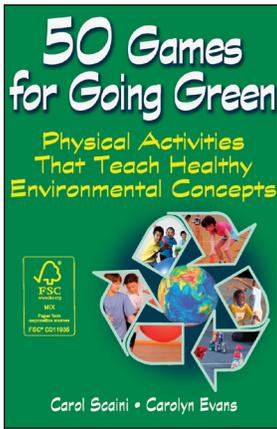
*Get Strong 101: 101 Strength and Conditioning Games and Activities* is a high-energy DVD that will help your participants ages 10 to 18 get strong, look good, and feel great. The moves on this DVD are the same techniques used by elite athletes, but they have been adapted by strength and conditioning expert Jon Bula for use in the classroom, in the gym, or at home. Each activity is presented with a clear demonstration and description of how to perform the moves correctly, safely, and efficiently. The activities can be followed in order by chapter, or they can be mixed to create complete workouts. The DVD contains 5-, 10-, and 15-minute workouts for small and large activity spaces, for a total of six sample workouts. Each sample workout is demonstrated on the DVD and provided in a printable format for you or your students to follow.

What makes *Get Strong 101* unique is the combination of expert instruction from Judy Notte Howard, innovative activities and games, and enthusiastic presentation. Whether you are a teacher, coach, fitness leader, or parent of an athlete, *Get Strong 101* is an ideal resource for helping young adults meet their fitness goals.

***Get Strong 101: 101 Strength and Conditioning Games and Activities***

Judy Howard, B.Ed, M.Ed, and Jon Bula, BHKin, MSc.  
 2006 • 90 minute DVD  
 ISBN 978-0-7360-6420-0  
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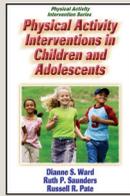




With *50 Games for Going Green: Physical Activities That Teach Healthy Environmental Concepts*, teachers and youth leaders will find easy-to-present games and activities to inspire and educate students about caring for the environment. Authors Carol Scaini and Carolyn Evans have created a range of innovative activities to help students learn the value of reducing, reusing, and recycling and explore concepts of carbon footprint reduction, climate change, and global warming. Easily adaptable for a range of ages, abilities, and skill levels, this collection of activities will help your students get moving, thinking, and working together while learning what they can do to help the environment.

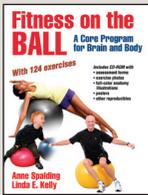
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Carol Scaini and Carolyn Evans  
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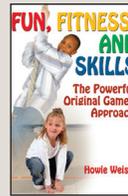
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Dianne S. Ward, EdD, Ruth P. Saunders, PhD,  
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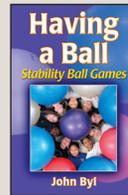
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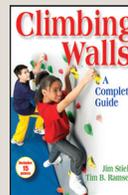
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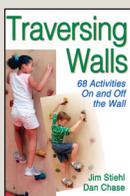
**Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment**

League of American Bicyclists  
Andy Clarke, Editor  
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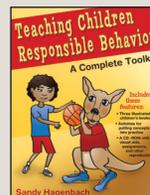
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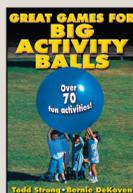
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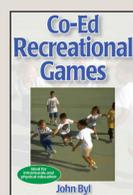
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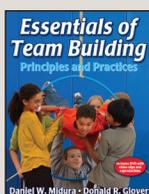
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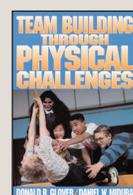
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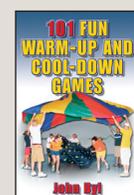
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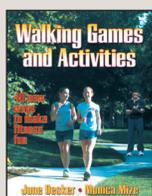
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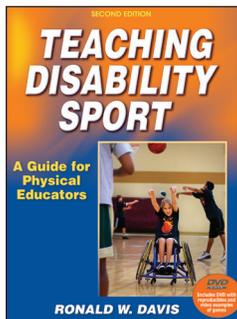
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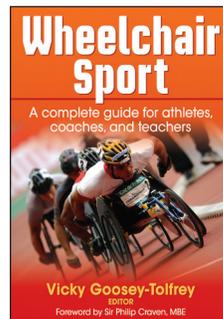


This second edition of *Teaching Disability Sport: A Guide for Physical Educators* is loaded with five new chapters, more than 200 games and skills, and everything that future and current teachers need to plan and implement sport skill-related lessons in an inclusive physical education program. Published in its first edition as *Inclusion Through Sports*, this rendition places greater emphasis on preparing future physical education teachers to use disability sport in their programs. The

sports featured in this book are wheelchair basketball, wheelchair indoor soccer, sitting volleyball, wheelchair tennis, goalball, slalom, and boccia. In addition, *Teaching Disability Sport* provides instruction on wheelchair selection and fitting, equipment concerns, and web addresses for adapted sports and activities.

**Teaching Disability Sport, Second Edition: A Guide for Physical Educators**

Ronald W. Davis, PhD  
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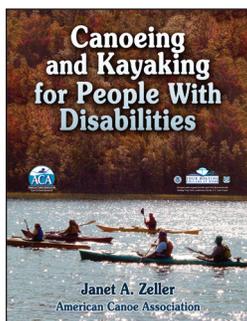


*Wheelchair Sport: A complete guide for athletes, coaches, and teachers* offers an explanation of the physiological differences between nondisabled and disabled athletes and the physiological adaptations that result from training as well as guidelines for training that are customized to wheelchair athletes' unique needs, including strength and conditioning, nutrition and hydration, and mental wellness. You'll also find tips on the practical aspects of competing in wheelchair sports, such as

optimizing chair set-up and preparing for travel and expert guidance in developing top-notch training programs for athletes at all skill levels. *Wheelchair Sport* equips coaches, teachers, and wheelchair athletes to develop their minds and bodies to their potential and enjoy their participation in sports.

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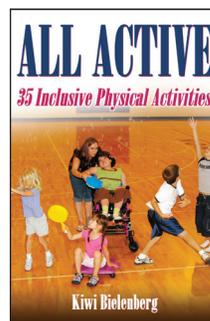


*Canoeing and Kayaking for People With Disabilities* presents strategies that give people of all abilities the opportunity to discover the challenge, freedom, and renewal found in exploring water trails. The book, written by adaptive paddling pioneer Janet A. Zeller, will help you build on your existing knowledge of paddling techniques so you can share the sport with a variety of people with disabilities. Zeller presents best practices based on her years of experience as a paddler

with a disability and the experiences of other instructors and recreation and health care professionals. The text includes tested instructional techniques and equipment adaptations as well as safety information and rescue protocols.

**Canoeing and Kayaking for People With Disabilities**

American Canoe Association and Janet A. Zeller, Author  
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ISBN 978-0-7360-8329-4  
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*All Active: 35 Inclusive Physical Activities* gives elementary and adapted physical education teachers and recreation leaders everything they need to help children practice motor skills with purpose, motivation, and efficiency. Packed with new, creative ideas, *All Active* offers a framework of activities for children ages 5 to 12 with and without disabilities. The activities are customizable and adaptable, allowing you to use different equipment and adjust the level of difficulty as you create the most meaningful

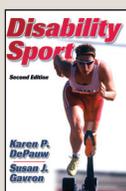
and purposeful setting for children. Games can be used effectively in small groups, in a large class, or as stations.

**All Active: 35 Inclusive Physical Activities**

Kiwi Bielenberg  
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ISBN 978-0-7360-7214-4  
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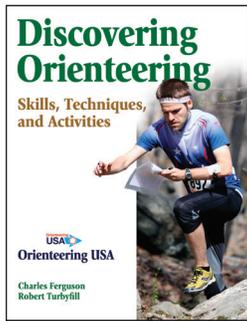
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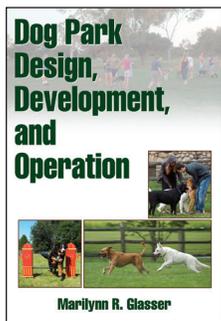


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*Discovering Orienteering: Skills, Techniques, and Activities* offers a systematic approach to learning, teaching, and coaching orienteering. It presents the basic skills and techniques of the sport for beginners and also functions as a review for advanced orienteers. An excellent resource for physical educators, recreation and youth leaders, and orienteering coaches, *Discovering Orienteering* distills the sport into teachable components relating to various academic disciplines, provides an array of learning activities, and includes an introduction to physical training and activities for coaching beginning to intermediate orienteers. More than 60 ready-to-use activities assist educators in applying the benefits of orienteering across the curriculum.

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Charles Ferguson, PhD, and LTC Robert Turbyfill  
 Orienteering USA, Editor  
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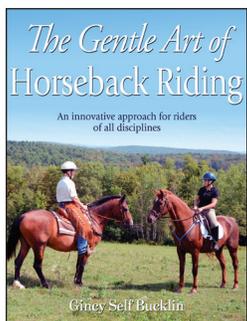


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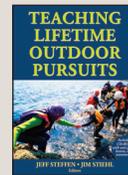


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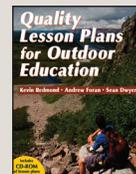
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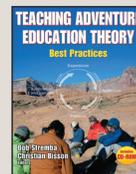
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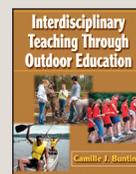
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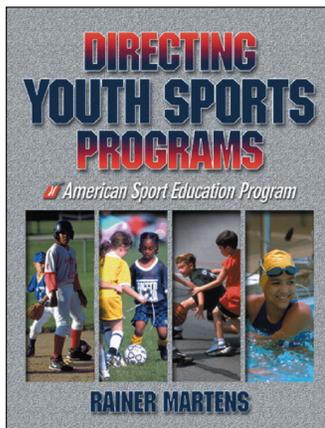
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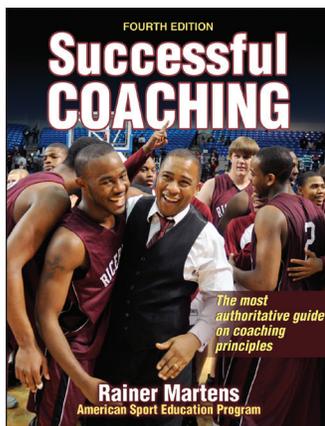
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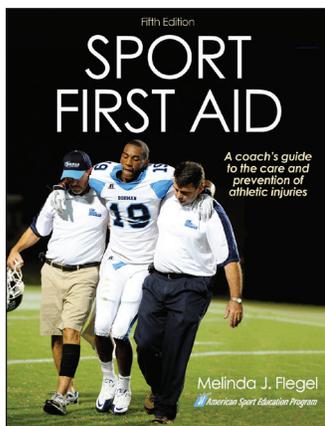
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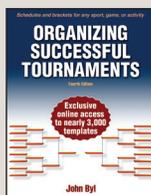
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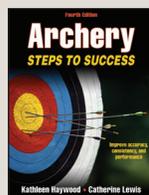
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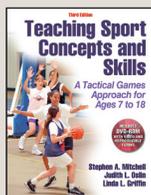
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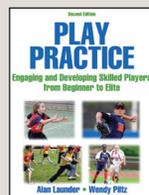
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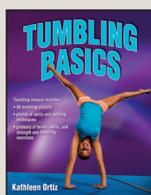
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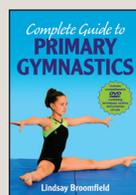
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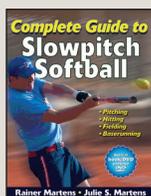
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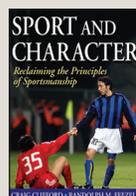
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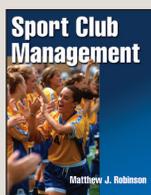
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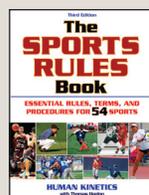
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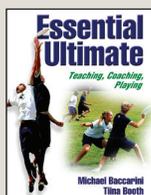
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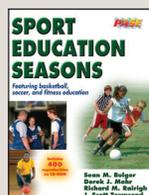
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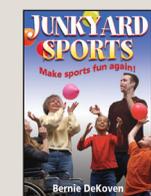
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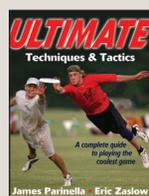
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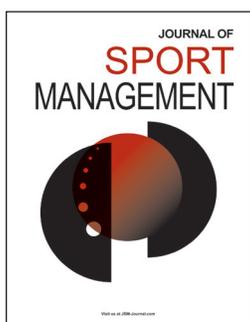
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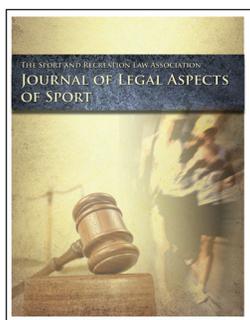
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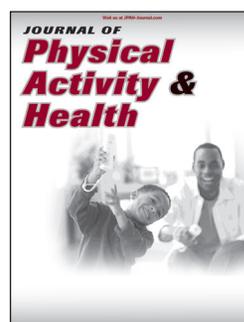
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