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Strength Training Anatomy 3



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ONE MILLION GLOBAL SALES

Strength Training Anatomy 3rd Edition

ISBN 978-0-7360-9226-5  
 £15.99 / €17.60

Frédéric Delavier

Over 1 million copies sold! With new exercises, additional stretches and more of Frédéric Delavier's signature illustrations, you'll gain a whole new understanding of how muscles perform during strength exercises. This one-of-a-kind best-seller combines the visual detail of top anatomy texts with the best of strength training advice. Many books explain what muscles are used during exercise, but no other resource brings the anatomy to life like *Strength Training Anatomy*.

Over 600 full-colour illustrations reveal the primary muscles worked along with all the relevant surrounding structures, including bones, ligaments, tendons and connective tissue.

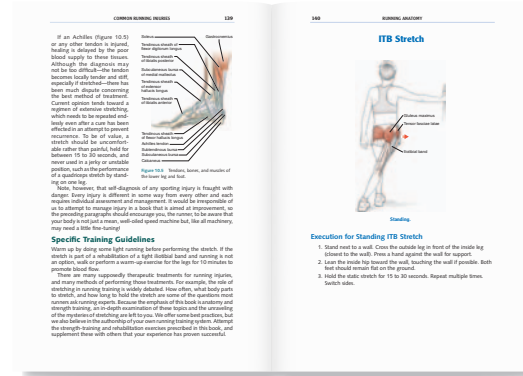
Like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasise underlying structures. New pages show common strength training injuries in a fascinating light and offer precautions to help you exercise safely.

Also available


Strength Training Anatomy Package 3rd Edition
 ISBN 978-0-7360-9606-5 £29.95 / €32.90



Now the top-selling book on strength training anatomy comes with the leading software in interactive anatomy.



Running Anatomy

ISBN 978-0-7360-8230-3 
 £14.99 / €16.50

Joe Puleo and Patrick Milroy

See what it takes to maximise running strength, speed and endurance! *Running Anatomy* will show you how to improve your performance by increasing muscular strength, optimizing the efficiency of your running motion, and minimising your risk for injury.

Running Anatomy features 50 of the most effective strength exercises for runners, each with clear, step-by-step descriptions and

full-colour anatomical illustrations highlighting the muscles in action. But you'll find much more than exercises – you'll also see their results.

Running Anatomy places you in the action, fundamentally linking each exercise to running performance. You'll see how to strengthen muscles, reduce injury and improve gait efficiency for faster times and more fluid runs.

Aided by wonderful illustrations, Dr Patrick Milroy and coach Joe Puleo provide fascinating insights into the evolution and physiology of running. They show how improving strength and balance can help you go faster and further in this deceptively simple sport.'

— **John Hancock**
 Runner's World



Anatomy Series

Each book in the *Anatomy Series* provides detailed, full-colour anatomical illustrations of the muscles in action and step-by-step instructions that detail perfect technique and form for each pose, exercise, movement, stretch and stroke.

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 ISBN 978-0-7360-6278-7 £14.99 / €16.50
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Cricket Steps to Success

ISBN 978-0-7360-7873-3
£14.99 / €16.50



Ralph Dellor

With over 1.5 million sold, this series now has a new stable mate: *Cricket Steps to Success*. Published in full-colour, with over 130 photos and illustrations, this is a must for novices, coaches and teachers.

With *Cricket Steps to Success*, you will learn the proper techniques of batting, bowling, fielding and wicket-keeping. Through clear, detailed instruction, full-colour photos and illustrations and 71 of the game's best drills, you will develop each skill. You will learn how to identify and correct common flaws in technique as you assess your abilities and gauge your progress.

When you have mastered the fundamentals, *Cricket Steps to Success* takes you onto the field and into the game. From the roles and responsibilities of each position to the essentials of team play, you'll be prepared for every situation on the pitch. *Cricket Steps to Success* features 'steps' guiding you through individual skills and techniques before bringing it all together. If you are ready to master the game of cricket, rely on the one resource proven to make a difference: *Cricket Steps to Success*.

... what club coaches and those working with schools have been waiting for.

— Tony Bowry
Cricket Development Manager
Yorkshire Cricket Board



Cutting Edge Cricket

ISBN 978-0-7360-7902-0
£14.99 / €16.50



Frank Pyke and Ken Davis

Cutting Edge Cricket has brought together unrivalled advice on playing and coaching cricket from 38 of Australia's most legendary players and coaches. Covering every aspect of cricket play you will learn and appreciate how the greatest players in Australia's cricket history reached the pinnacle of their game.

From reading *Cutting Edge Cricket* you will be able to provide ways and means of enhancing your team's daily training and match play. *Cutting Edge Cricket* not only contains the best drills for batting, bowling, fielding and wicket-keeping, inside you will also find best practice strategies for captains and coaches to follow in leading and managing a team to success.

The illustrious list of contributors include:

- Australian Captains - Greg Chappell, Mark Taylor, Belinda Clark and Bob Simpson.
- National Coaches – John Buchanan, Tim Nielsen and Tom Moody (Sri Lanka)
- Players - Justin Langer (batsman), Merv Hughes (fast bowler), Ashley Mallett (spin bowler) and Ian Healy (wicketkeeper)
- Sport Scientists – Professors Bruce Abernethy and Bruce Elliott

Soak up the stories and benefit from the wisdom of the great players and coaches from this most successful cricket nation.



Rugby Steps to Success

2nd Edition

ISBN 978-0-7360-8173-3
£14.99 / €16.50



Tony Biscombe and Peter Drewett

Master the skills, master the game. *Rugby Steps to Success* covers all of the skills, tactics and strategies you need to improve your play and dominate the pitch.

With 13 progressive instructional steps, you'll learn all aspects of the game. Detailed descriptions, illustrations and photo sequences demonstrate the essential skills, including footwork, ball handling, tackling and kicking. Then practice and improve with 90 drills, each featuring a personal scoring system to gauge and accelerate your progress. After mastering the individual skills, you'll learn to apply them in match play. From retaining possession to attacking the opposition's weaknesses, you'll learn the strategies to dominate the pitch.

Become a complete player and lead your team to victory. As part of the popular *Steps to Success Sports Series* – with more than 1.5 million copies sold worldwide – *Rugby Steps to Success* will elevate your performance to new heights in all facets of the game.

... a true reflection of everything a rugby player needs to master. Players and coaches following the Biscombe and Drewett approach will acquire an excellent grounding of the fundamental skills of rugby.

— Matthew Tait
Sale Sharks and England

... a must read book for any aspiring young rugby player and rugby coach. It's full of great ideas and advice based on years of experience and success in the game.

— Jason Leonard, MBE
114 England and five British & Irish Lions caps

Steps to Success Sports Series

The *Steps to Success Sports Series* is the most extensively researched and carefully developed set of books ever published for teaching and learning sports skills. Check out the full range online at:

humankinetics.com/stepstosuccess



Fundamental Weight Training

ISBN 978-0-7360-8280-8
£12.99 / €15.60

David Sandler

With over 100 exercises partnered with photo demonstrations, *Fundamental Weight Training* gives you the basic knowledge and programmes to start your weight training routine. Whether you're working out at the gym or at home, this guide will help you develop a sound strength training programme.



Mastering Mountain Bike Skills 2nd Edition

ISBN 978-0-7360-8371-3
£17.99 / €21.60



Brian Lopes and Lee McCormack

Mastering Mountain Bike Skills is your guide for riding better, faster and more confidently on all terrain. World champion racer Brian Lopes and renowned coach Lee McCormack provide you with all of the key techniques and skills you'll need to take your ride to the next level.

This new and improved edition of *Mastering Mountain Bike Skills* gives detailed, technical instruction on every mountain bike discipline:

- Trail
- Gravity
- Aggro
- Racing
- And more ...



45 THOUSAND GLOBAL SALES

The high-quality photo sequences and demonstrations combined with race stories from Brian Lopes will give you the tools you need, whether you're a recreational rider looking to rock the trails with friends or a rider looking to beat the competition. Let *Mastering Mountain Bike Skills* help you ride with more confidence and have more fun.

With over 15 years as a professional mountain biker, the name Brian Lopes is synonymous with Mountain Bike racing. Since his professional debut back in 1993, Brian has been a constant presence on race podiums worldwide. With over 25 World Cup wins, four World Championship titles, and nine US Champion titles in both DH and Dual Slalom, Brian holds the most World Cup wins of any male racer to date and is recognised as the most successful American pro mountain biker.

Mastering Mountain Bike Skills by Brian Lopes is an essential read for any mountain biker. The expertise, advice, and insight he shares in this book are guaranteed to take your riding to the next level!

— Steve Peat

(Professional Downhill Mountain Biker)

Mountaineering Training and Preparation

ISBN 978-0-7360-8469-7
£22.99 / €27.60



Carlton Cooke, Dave Bunting and John O'Hara

Whether the reader is an experienced mountaineer, hardened climber or just about to embark on their first expedition, this will be an invaluable resource. This book enables readers

to devise, plan and prepare for a climb, before covering all aspects of the expedition itself.

The British Army Everest West Ridge Expedition Team provide valuable insights into their training and preparation, including strategies for improving endurance and strength, nutrition, extreme environments, being more resilient, choosing the right team and lastly, anecdotes from Everest.

This book is an absolute must for all those planning an expedition of any size.

Nordic Walking for Total Fitness

ISBN 978-0-7360-8178-8
£14.99 / €16.50



Suzanne Nottingham and Alexandra Jurasin

Nordic walking experts show how to make the most of every walk. Learn how to choose the perfect pole, master proper form and technique and implement a routine for the ultimate total-body workout.

This new book includes six essential workouts from short, quick walks to longer, more challenging workout excursions. Each can be tailored to achieve the reader's fitness goal, or select from a menu of sample programmes developed specifically for cardio health, strength, power, flexibility, sport cross-training and full-body fitness.

Sports Massage

ISBN 978-0-7360-8260-0
£14.99 / €16.50



Susan Findlay

On the field, post-event, or in the clinic, *Sports Massage* is the essential resource for developing and perfecting sports massage technique.

Thorough instructions and over 130 full-colour photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs and feet. You'll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group.

Organized for quick reference, *Sports Massage* explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process.

With its emphasis on correct body mechanics and effective client positioning, *Sports Massage* will help you improve your technique, reduce strain as you work and provide a better quality of touch.

Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and experience. *Sport Massage* provides a solid base from which to develop professional skills.



Essentials of Electromyography

ISBN 978-0-7360-6712-6
£41.95 / €46.10

Gary Kamen and David Gabriel

Essentials of Electromyography explains and explores the use of electrical recordings of muscle movements for students taking courses in EMG or any professional dealing with human movement.

Six detailed chapters discuss the anatomy and physiology of muscle, bioelectricity, EMG tools, signal processing, force-fatigue relations and gait.

With its clear presentation of the various concepts and applications of EMG, *Essentials of Electromyography* will prove to be a valuable text for practitioners and students alike. The book is heavily referenced and illustrated with diagrams showing electrical circuits and the progression of electrical impulses.

Anger Management in Sport

ISBN 978-0-7360-6168-1
£36.95 / €44.60

Mitch Abrams

Anger Management in Sport provides strategies and interventions for overcoming excessive anger and aggression in athletes. The text challenges long-held assumptions and points the way to further research and discussion on this important topic.

With its accessible format and proactive approach, *Anger Management in Sport* is an ideal resource for practitioners at all levels of

Also available

Also available in the *Hands-on Guides for Therapists Series*:

Soft Tissue Release ★
ISBN 978-0-7360-7712-5
£14.99 / €16.50



Fundamentals of Sport and Exercise Nutrition

ISBN 978-0-7360-7631-9
£19.95 / €21.90

Marie Dunford

This book provides readers with a preparatory look at the exciting field of sport and exercise nutrition, including its foundational concepts and the diverse career options available. With this one-stop resource, students thinking of entering the field, athletes and those working with athletes will gain a basic understanding of how nutrition affects sport performance and exercise training. They will also see how this knowledge is put to work in today's sporting environment.

The text provides an overview of the subject without concerning itself with the more complex, scientific details. It blends current and evidence-based information and the application of that information to athletes in various sports. The goal of the book is not only to cover the basics of sport and fitness nutrition but to inspire readers to continue their exploration of the topic.

Each chapter of the text summarises the latest scientific literature and then translates



Fundamentals Series

This value series is perfect for students as it helps them to understand the basic topics, goals and applications of the many sub-disciplines of sport and exercise science.

that information into practices that can be used by athletes, coaches, trainers, physicians and other professionals. Throughout the book there are many features that enhance the learning experience and shows readers how sport nutrition is used in today's world.

Also available

Fundamentals of Sport and Exercise Psychology
ISBN 978-0-7360-7447-6
£17.99 / €19.80

Sport Nutrition 2nd Edition

ISBN 978-0-7360-7962-4
£49.95 / €54.90



Asker Jeukendrup and Michael Gleeson

The new edition of *Sport Nutrition* presents the principles, background and rationale for current nutrition guidelines specifically for athletes. Using a physiological basis, this text provides an in-depth look at the science behind sport nutrition. Students will come away with a comprehensive understanding of nutrition as it relates to sport and the influence of nutrition on exercise performance, training and recovery.

The chapters and the material within each chapter are sequenced in a logical order that will help instructors deliver a better course and spend less time in preparing lectures and tutorials. Instructors will also enjoy the completely new ancillaries with this edition, including an online instructor guide, test package, PowerPoint presentation package, and image bank. This text contains updated and expanded information to keep students up-to-date on the latest findings in sport nutrition:

- A new chapter on training adaptations, including effects of nutrition on overtraining.



- New information on weight management and body composition for athletes
- New research on carbohydrate and new recommendations for carbohydrate intake during training
- An expanded discussion on the role of protein in strength and endurance exercise training
- The latest information on exercise, nutrition and immune function
- Instructor guide, Test package and Image Bank available for course adopters.

Fundamentals of Motor Behavior

ISBN 978-0-7360-7714-9
£19.95 / €21.60

Jeffrey Fairbrother

Motor behaviour is a fascinating field of study with real-world applications in a variety of careers. *Fundamentals of Motor Behavior* provides students with an excellent introductory-level look at the goals and opportunities in this exciting area. Engaging and reader-friendly, the text will enable those with little or no background in motor behaviour to see the objectives that researchers and practitioners in the field pursue, the career options available, and the education required for pursuing a career in the field.

One of the many strengths of *Fundamentals of Motor Behavior* is its focus on the real-world application of the information presented. The text takes concepts taught in advanced motor behaviour courses and shows how they are relevant to everyday living. With this approach, even students who know nothing about motor behaviour will feel comfortable learning new terms and material.

The author takes advantage of a full array of reader-friendly elements to engage students in the ideas and help them understand how they apply in the real world:

- Chapter objectives outline the reader's goals for each chapter and chapter summaries tie together the important points.
- Opening scenarios set the stage for the content to come.
- Technology highlight boxes feature applications that today's researchers and professionals are using to analyse movement and advance the field.
- Skill Insights draw readers into the material by posing 'did you know?' types of questions and revealing some surprising information.
- Success Stories highlight how researchers and professionals apply their knowledge of motor behaviour to their jobs and explore possible career paths.
- An appendix includes checklists for using the material in various professional settings, which reinforces the real-world application of the concepts.

Advanced Environmental Exercise Physiology

ISBN 978-0-7360-7468-1
£48.95 / €53.80

Stephen Cheung

This new book offers the first complete look at the scope and major ideas of environmental exercise physiology, providing students with a solid grounding in prominent research topics and a thorough understanding of the key concepts and current debates in the field.

Using an integrative approach, the first book in Human Kinetics' *Advanced Exercise Physiology Series*, considers the human capacity to exercise and tolerate in various environments. Readers will examine the major impact of each environment explored and discover areas of current debate to stimulate further research.

The text also helps students directly link the research to athletic and occupational situations in various environments.

Sport Mechanics for Coaches 3rd Edition

ISBN 978-0-7360-8359-1
£27.95 / €28.50

Brendan Burkett

Author Brendan Burkett, a Paralympic gold medallist and world-record holder, pours his love of sport and his expertise as an award-winning engineer and biomechanics professor into this enhanced, revised and reformatted text. Divided into three parts covering the

fundamentals of sport mechanics, mechanical principles and application of the knowledge to sport contexts, this text highlights real-life sporting achievements and the mechanics behind them.

The new edition of *Sport Mechanics for Coaches* includes all-new content to help readers understand and incorporate technology and state-of-the-art sport equipment to enhance training, identify errors in technique, and improve performance.

Early Steps Physical Education Curriculum

ISBN 978-0-7360-7539-8
£26.50 / €29.20

Evridiki Zachopoulou, Jarmo Liukkonen,

Ian Pickup and Niki Tsangaridou

An outstanding team of educators representing Scandinavia, Greece, Cyprus and the UK have combined to create a resource that offers both theory and practice for anyone who realises the potential value of movement in

Transforming Play

ISBN 978-0-7360-7518-3
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Dennis Slade

Transforming Play Teaching Tactics and Game Sense provides all you need to help your students learn tactics and game sense. You'll learn the theory behind using generic games and play that will help your students begin to understand the key tactical principles and develop gross motor skills such as: running, dodging, catching, throwing and kicking.

Healthy Breaks

ISBN 978-0-7360-8289-1
£12.95 / €14.20

Jenine De Marzo

Healthy Breaks promotes healthy lifestyles, starting with daily wellness activities in the classroom. These activities supplement the physical education and health education programmes by promoting natural activity throughout the school day. *Healthy Breaks* is filled with teacher-tested 5 to 10 minute activities that take little preparation time and can

young children's lives and wishes to know and do more.

The main philosophy is the use of movement and games for facilitating preschool children's social interaction and helping them to acquire the basic knowledge for healthy and active lifestyles.

Each lesson plan has specific goals and objectives to be achieved, offers specific points of emphasis to consider as you implement the lesson and comes with ideas for modifying it according to the children's needs.



be used in the classroom, not just in the gym or outdoors.

Healthy Breaks presents the following features:

- Activities for before and after school to increase physical activity and health
- Clear and concise instructions that make it easy for any teacher to engage students in physical activity and academic learning

Wheelchair Sport

ISBN 978-0-7360-8676-9
£22.50 / €24.80 TBC

Vicky Goosey-Tolfrey

The British Paralympic Association's lead physiologist gives unique guidance on wheelchair sport.

Wheelchair Sport is the complete resource for all athletes, teachers or coaches involved in wheelchair sport. The book contains key information, essential for novice, intermediate and advanced athletes including:

- Choosing your sport
- Optimizing chair set-up
- Training programmes for every level of experience and skill
- Physiology and nutrition considerations for wheelchair athletes
- Insights from top coaches and athletes including Baroness Tanni Grey-Thompson and Peter Norfork.

Also covers drills and tactics for the five most popular wheelchair sports: Basketball, Rugby, Tennis, Racing and Hand Cycling.

Inclusive Recreation

ISBN 978-0-7360-8177-1
£45.95 / €50.50



Human Kinetics

Everyone should have the opportunity to enjoy the benefits of recreation. As the demographics of communities continue to change and expand, it will be more important than ever for recreation professionals to be prepared to provide access to anyone and everyone who wants to participate. In *Inclusive Recreation: Programs and Services for Diverse Populations*, students will learn to provide programmes and services not only to individuals with disabilities but also to people of both sexes and all ages, cultures, ethnicities, races and religions.

Written by 26 leading professors and professionals in the field, *Inclusive Recreation* provides the knowledge and skills that students will need in their careers to ensure that all people will be able to participate in the recreation programmes they provide. The book features the following:

- The latest acknowledged theories in inclusion, as well as information on history, legislation and cultural competence, to serve as the basis for students' understanding of the field

Foreword by
Sir Phillip Craven
President of the
International
Paralympic Committee

Top tips boxes for athletes, coaches and teachers are included throughout the book. The boxes contain concise tips to better performance as well as advice on working with wheelchair athletes and delivering optimal support for athletes.

Wheelchair Sport helps coaches, teachers, and athletes at all levels maximize training and performance. It also provides valuable insights into the psychology of working with wheelchair athletes.

- Strategies for becoming more conscious of diversity and disability and using appropriate language and communication skills so that students will be better prepared to consider and work with everyone in their community
- A thorough discussion of universal design in both facilities and services to help students plan inclusive experiences that appeal to the broadest possible audience
- Chapters on specific service areas, including sports, fitness & wellness, outdoor & adventure, arts & culture, aquatics & tourism, so students gain a better feel for how inclusion strategies work in various programmes.

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Sport Club Management

ISBN 978-0-7360-7596-1
£31.95 / €35.10

Matthew Robinson

Sport Club Management provides readers with the knowledge and tools necessary for running a sport club like a business.

Sport clubs are firmly established and play an important role in the development of athletes. However, few resources are available for those responsible for organising, developing and managing club sports. *Sport Club Management* provides administrators,

Physical Activity and Obesity 2nd Edition

ISBN 978-0-7360-7635-7
£59.50 / €65.50

Claude Bouchard and Peter Katzmarzyk

This new second edition addresses an array of topics that explore and divulge the links between physical activity (or inactivity) and obesity. Leading scientists from various backgrounds team up to provide an unrivalled resource examining the latest research and developments in the field.

FallProof!™ 2nd Edition

ISBN 978-0-7360-6747-8
£45.95 / €50.50



Debra Rose

The second edition of *FallProof!* now packaged with a DVD, is a practical guide to implementing a multi-dimensional balance and mobility training programme to address the increasing incidence of falls among older adults.

Reproducible forms and checklists help instructors with programme implementation and can be easily accessed as PDFs on the DVD.

Exercise and Wellness for Older Adults 2nd Edition

ISBN 978-0-7360-5768-4
£27.95 / €30.70

Kay Van Norman

Exercise and Wellness for Older Adults, second edition, provides an age-neutral focus on maximising functional ability for older adults with 120 exercises and a further 72 aquatic options. It also helps readers shift from a focus on fitness to an approach to wellness.

managers and coaches with the background and examples necessary for running a sports club by considering its unique demands. With this outstanding guide, leaders have the tools to develop and sustain organisations that are viable and financially successful and that satisfy the needs of athletes and those who support them.

Each chapter provides researchers and practitioners with a clear explanation of the concepts, research techniques and results of studies critical to understanding physical activity and the obesity epidemic.



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