

HUMAN KINETICS

2025-2026

Product
Guide



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Key to Instructor Ancillaries**CQ = Chapter quizzes**

The ready-made chapter quizzes allow instructors to check students' understanding of the most important chapter concepts. Each chapter quiz contains 10 true-or-false or multiple-choice questions covering the chapter learning objectives.

IB = Image bank

Usually includes all or most of the figures, content photos, tables, and diagrams contained in the text, sorted by chapter.

IG = Instructor guide

The instructor guide offers tools to help instructors successfully deliver the course. It may include sample course syllabuses, suggested course outlines, reading schedules, and class assignments, as well as key points, key references, case studies, and/or links to online sources.

IV = Instructor videos

Some texts have accompanying content-specific video clips organized by chapter for easy access.

PP = Presentation package

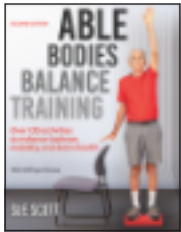
These ready-made presentations for every chapter of the book feature slides highlighting the key concepts, including images and video clips.

TP = Test package

The test package provides a wide range of questions designed to assess student understanding of the key concepts in the book. The questions are broken up by chapter, and come in a variety of types, including multiple choice, true-or-false, fill-in-the-blank, and essay.

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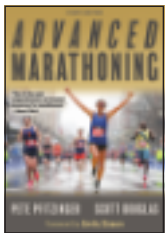
NEW RELEASES



Improve balance and mobility for fit and frail older adults with 137 activities and exercises to improve flexibility, posture, core stability, strength, cardiorespiratory endurance, and brain health.

ABLE Bodies Balance Training, Second Edition With HKPropel Access

Sue Scott
2026 • Paperback • 432 pp • 8.5x11
ISBN 9781718220317 • £54.00 • \$70.00

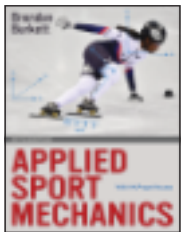


Written for serious runners, by the duo behind the hugely successful first three editions, explore the marathon training principles and training programs that thousands

of marathon runners have used to set personal bests.

Advanced Marathon Training, Fourth Edition

Pete Pfitzinger; Scott Douglas
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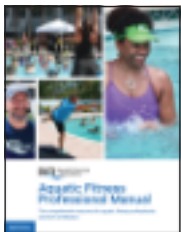


Foundational principles of kinetics, kinematics, and sport technique are clearly presented and then explored through a variety of applied scenarios.

Applied Sport Mechanics, Fifth Edition With HKPropel Access

Brendan Burkett, PhD
September 2025 • Paperback • 288 pp • 8.5x11
ISBN 9781718234840 • £69.00 • \$90.00

Ancillaries: IG • TP • CQ • PP • IB



The most comprehensive resource available to help you design and lead effective exercise sessions in the pool.

Aquatic Fitness Professional Manual, Eighth Edition

Aquatic Exercise Association (AEA)
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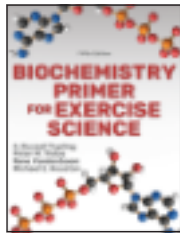


Introduce students to the most common taping, bracing, and casting procedures in clinical practice. Over 600 photographs and medical illustrations and 57 videos depicting the techniques needed for each major joint and body region are included.

Athletic Taping, Bracing, and Casting, Fifth Edition With HKPropel Access

David H. Perrin, PhD; Ian A. McLeod, PA-C, ATC
September 2025 • Paperback • 192 pp • 8.5x11
ISBN 9781718237292 • £73.00 • \$95.00

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This text provides a foundational understanding on the working of cellular and integrative whole-body metabolism and the human body's response to physical activity.

Biochemistry Primer for Exercise Science, Fifth Edition

A. Russell Tupling, PhD; Peter Tiidus, PhD;
Rene Vandenberg, PhD; Michael E. Houston, PhD
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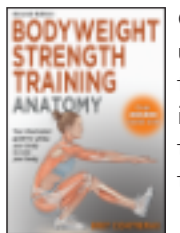
Ancillaries: IB



Build, sculpt, and refine muscle with detailed, full-color anatomical illustrations of 68 targeted exercises for the chest, shoulders, back, arms, abdominals, and legs.

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Michael Israetel, PhD; Jared Feather;
Christie Guevarra, DO
2026 • Paperback • 224 pp • 7x10
ISBN 9781718225985 • £22.99 • \$29.95



Going far beyond pull-ups, push-ups, and squats, this book includes 177 innovative exercises that target every muscle in the body.

Bodyweight Strength Training Anatomy, Second Edition

Bret Contreras, PhD, CSCS
August 2025 • Paperback • 256 pp • 7x10
ISBN 9781718234529 • £19.99 • \$26.95



Personal trainer Chad Landers guides you through the physical, hormonal, and mental hurdles that trainees over age 50 encounter with 73 exercises and nine programs.

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Chad Landers
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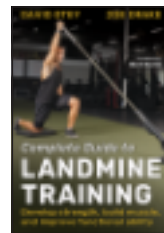


A comprehensive resource combining the latest scientific research with step-by-step instructions for the most effective foam rolling techniques for muscle preparation and

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Complete Guide to Foam Rolling, Second Edition

Kyle Stull
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ISBN 9781718238350 • £22.99 • \$29.95

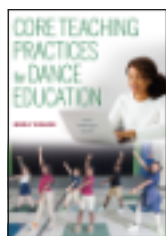


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Complete Guide to Landmine Training

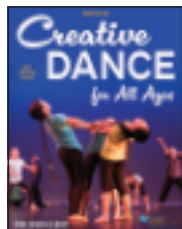
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2026 • Paperback • 272 pp • 7x10
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A guide for dance educators that covers the basics of running a successful dance program and addressing challenges that are not always solvable by great lesson plans alone.

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Discover the theory, methods, and lesson ideas to ensure a successful creative dance experience for students of all ages and abilities.

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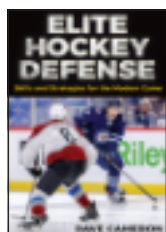
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Kim Mueller; Lonnie Lowery, PhD
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Dave Cameron
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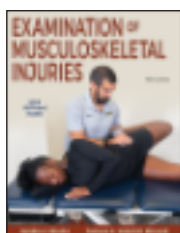
Written by esports executives and experts and endorsed by the Esports Research Network, this foundational text covers a wide range of topics essential for a

comprehensive education in esports management.

Esports Business Management, Second Edition With HKPropel Access

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A guide for current and future athletic trainers and health care professionals on the examination of musculoskeletal injuries, both on and off the field, with full-color photos and more than 240 video clips.

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A research-backed exercise program that professionals can use to train clients in becoming functionally fit and reducing the risk of falls.

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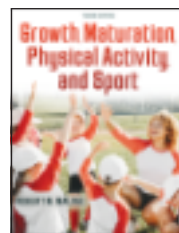
Examines governance within sport organizations at all levels of sport and across industry sectors. Drawing from both analytical and applied perspectives, students

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Explore the biological growth and maturation process of children and adolescents as it relates to physical activity and performance.

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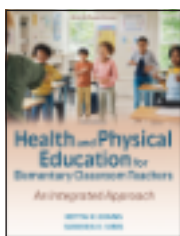
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A guide to using the Rubber Band Method®—a structured, accessible system that removes the guesswork and teaches yoga instructors how to offer assists with skill, safety, and consistency.

Hands-On Yoga Assists: A Teacher's Guide to The Rubber Band Method®

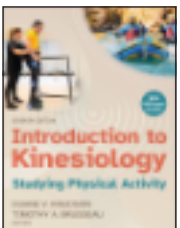
Kiara Armstrong
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ISBN 9781718238299 • £20.99 • \$27.95



Written by respected educators and health and physical education advocates, this text helps teachers who may not have specialized training deliver innovative health education and physical education lessons.

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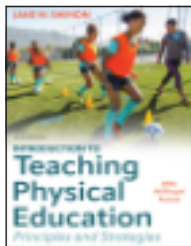
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This text provides students with a complete overview of the field of kinesiology and explores the common career paths, questions, and ideas that are part of this dynamic and expanding discipline.

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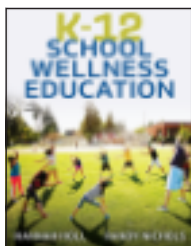
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The ideal starting point for undergraduates to learn about the PE field—and get excited about teaching. Designed to cultivate a basic understanding of teaching and the critical pedagogical skills all PE teachers need.

Introduction to Teaching Physical Education: Principles and Strategies, Third Edition With HKPropel Access
Jane M. Shimon, EdD
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The School Wellness Education (SWE) model is a unique approach that teaches students why physical activity benefits their well-being to holistically influence students toward healthy lifestyles.

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Hannah Holl, EdD; Randy Nichols, EdD
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The text offers a framework for understanding movement as it influences our perceptions of ourselves and others. Readers will tie theory to practice as they learn to integrate movement analysis into their life.

Laban/Bartenieff Movement Studies: Contemporary Applications, Second Edition
Colleen Wahll
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ISBN 9781718235724 • £52.00 • \$68.00

Ancillaries: IG • TP • PP • IB



Written by internationally recognized low back specialist Stuart McGill, the text covers the assessment and treatment of low back pain, providing evidence-based research on the best methods of rehabilitation and prevention of future injury.

Low Back Disorders, Fourth Edition With HKPropel Access
Stuart McGill, PhD
October 2025 • Paperback • 464 pp • 8.5x11
ISBN 9781718236257 • £76.00 • \$99.00

Ancillaries: IB



Merging historical and theoretical foundations with real-world challenges, the text features insights from a diverse group of professionals who offer perspectives on a variety of topics, spanning systems and operations, maintenance, and environmentally friendly practices.

Managing Sport Facilities, Fifth Edition With HKPropel Access
Gil Fried, JD; Matthew Kastel
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ISBN 9781718223806 • £106.00 • \$139.00

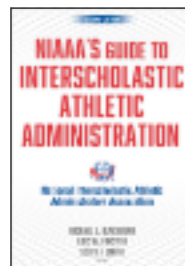
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This text constructs a conceptual model of factors that influence motor performance, outlines how motor skills are acquired and retained with practice, and shows students how to apply the concepts to a variety of real-world settings.

Motor Learning and Performance: From Principles to Application, Seventh Edition With HKPropel Access
Timothy D. Lee, PhD; Richard A. Schmidt, PhD
2026 • Paperback • 352 pp • 8.5x11
ISBN 9781718221093 • £114.00 • \$149.00

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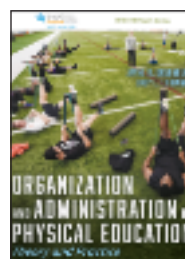
Provide quality sport participation experiences for student-athletes with information, advice, examples, and tools from experienced athletic administrators.

NIAAA's Guide to Interscholastic Athletic Administration, Second Edition
National Interscholastic Athletic Administrators Association (NIAAA); Michael L. Blackburn, PhD, CMAA; Eric W. Forsyth, PhD, CMAA; Scott J. Smith, PhD, CMAA
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Obesity and Weight Management: The Exercise Professional's Guide to Fitness Programming
Alexios Batrakoulis, PhD, Editor
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Organization and Administration of Physical Education: Theory and Practice, Second Edition With HKPropel Access
Jayne D. Greenberg, EdD; Judy L. LoBianco
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ISBN 9781718217652 • £83.00 • \$109.00
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Advocate, engage, and communicate with patients from varying social backgrounds. The content includes self-assessment tools, practical forms, and cultural background

information.

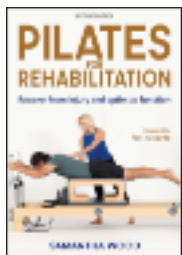
Patient-Centered Care in Sports Medicine

René Revis Shingles, PhD, ATC;

Lorin A. Cartwright, MS, ATC

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ISBN 9781718200357 • £68.00 • \$89.00



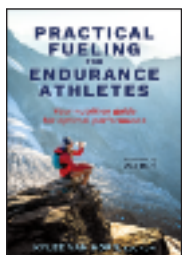
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Samantha Wood, MPT

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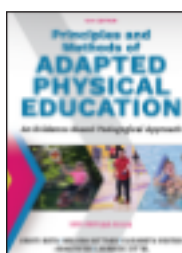
Explore practical, science-based nutritional information and strategies for long-term health and superior performance in running, cycling, swimming, rowing, obstacle course racing, multiday events, and Nordic skiing.

Practical Fueling for Endurance Athletes

Kylee Van Horn, RDN

2026 • Paperback • 224 pp • 7x10

ISBN 9781718216785 • £20.99 • \$27.95



An evidence-based, pedagogically focused resource with practical information and resources to prepare educators to deliver effective, legally sound, and evidence-based adapted physical education services.

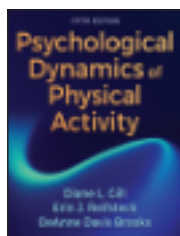
Principles and Methods of Adapted Physical Education: An Evidence-Based Pedagogical Approach, 13th Edition With HKPropel Access

Kristi Roth, PhD, CAPE; Melissa Bittner, PhD, CAPE; Elizabeth Foster, PhD, CAPE; Jean Pyfer, PNP, CAPE; Lauriee Zittel, PhD, CAPE

September 2025 • Paperback • 408 pp • 8.5x11

ISBN 9781718221291 • £104.00 • \$136.00

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With a streamlined presentation of content and greater coverage devoted to current references and research, the fifth edition simplifies complex psychology topics and

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Ancillaries: IG • TP • CQ • PP • IB



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Rock Solid Resilience: An Evidence-Based Guide to Preventing Injury, Optimizing Strength, and Enhancing Performance

Dean Somerset; Dan Pope, DPT

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ISBN 9781718224155 • £26.99 • \$34.95



With over 2,500 references across 12 chapters, this text is the ultimate guide for anyone looking to understand, build, and optimize muscular strength for

peak performance.

Science and Development of Muscular Strength

Timothy J. Suchomel, PhD

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ISBN 9781718223660 • £55.00 • \$72.00



Introduces the study of sport as a social phenomenon, offering a blend of historical and cultural perspectives.

Encourages students to think critically about how to better serve

sport participants, spectators, and society at large.

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Ronald B. Woods, PhD; B. Nalani Butler, PhD

November 2025 • Paperback • 504 pp • 8.5x11

ISBN 9781718235021 • £106.00 • \$139.00

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Causes, symptoms, and action steps for more than 100 injuries and illnesses, preparing sport coaches to respond appropriately in emergency situations, meet their legal

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Sport First Aid, Sixth Edition

Robb S. Rehberg, PhD, ATC, NREMT

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ISBN 9781718216754 • £42.00 • \$54.95



The updated sixth edition has all the tools students need to step into the ever-changing arena of sport marketing. Industry examples and practical projects, along with

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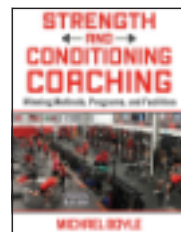
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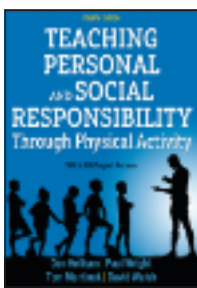
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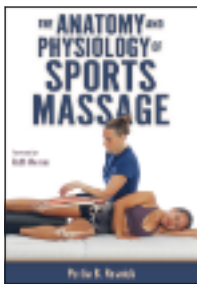
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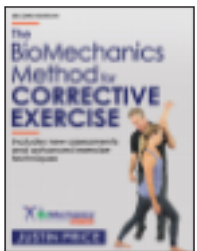
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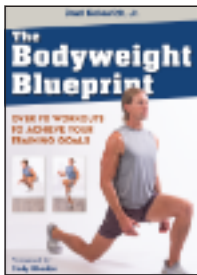
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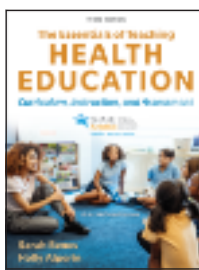
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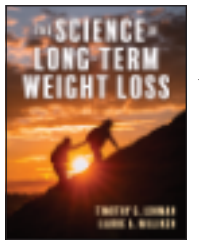


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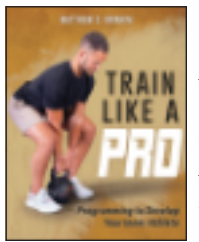
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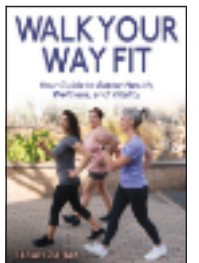
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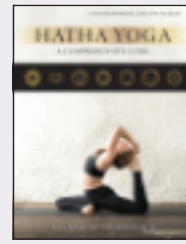


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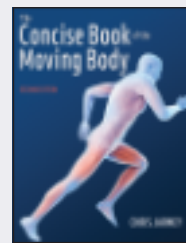
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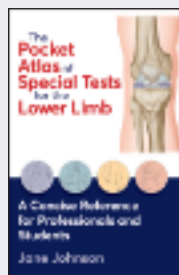
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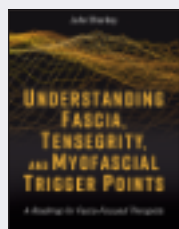
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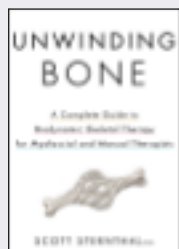
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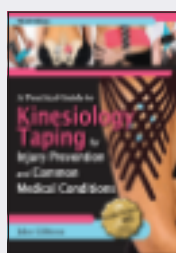
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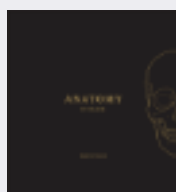
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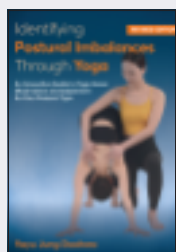
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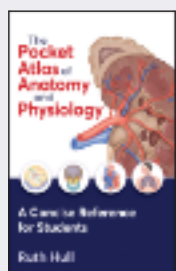
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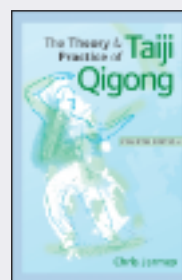
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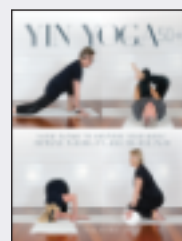
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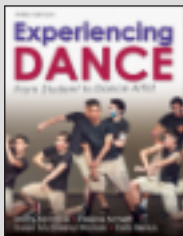
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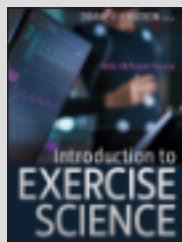
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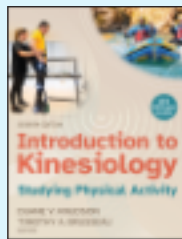
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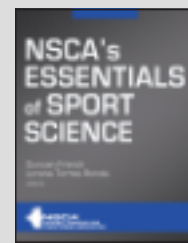
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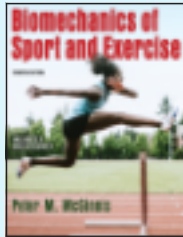
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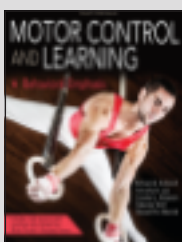
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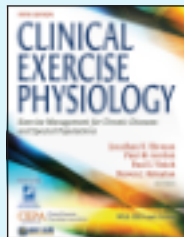
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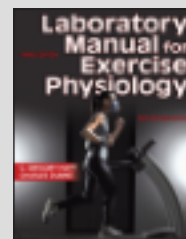
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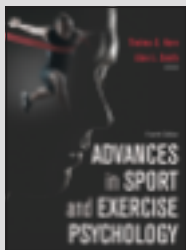
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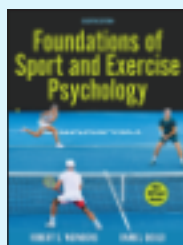
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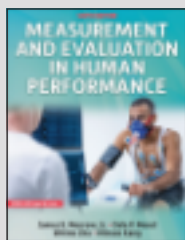
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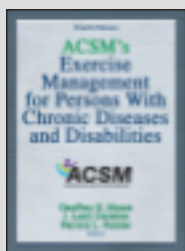
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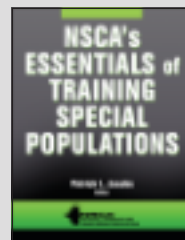
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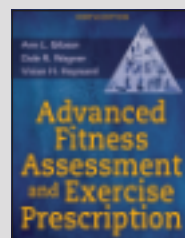
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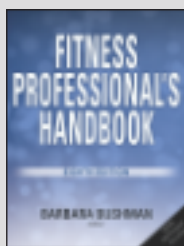
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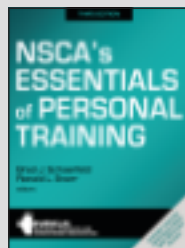
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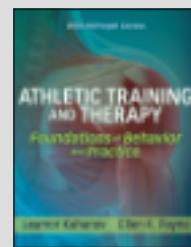
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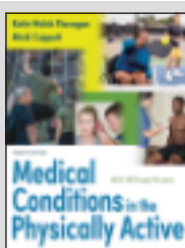
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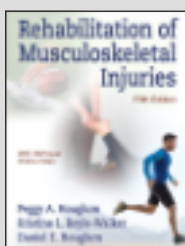
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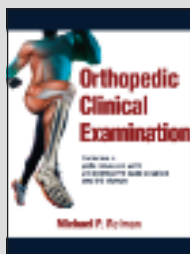
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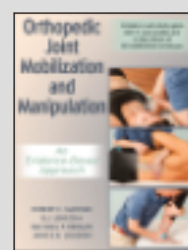
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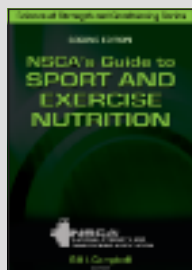
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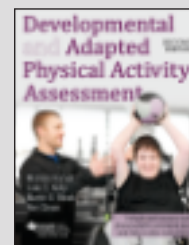
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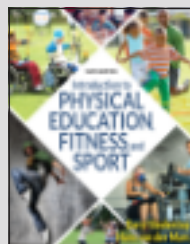
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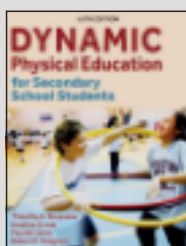
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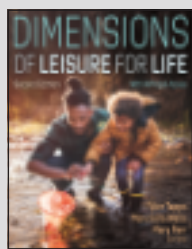
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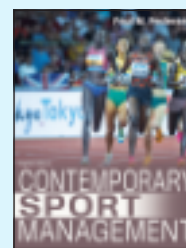
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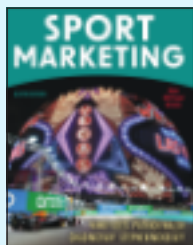
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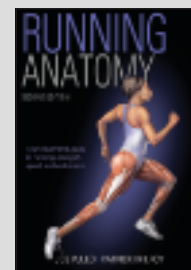
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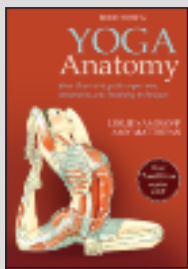
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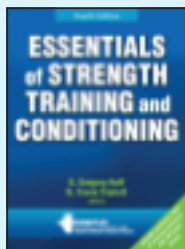
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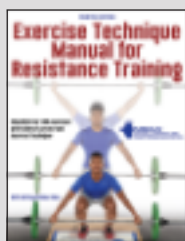
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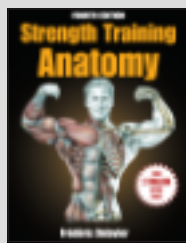
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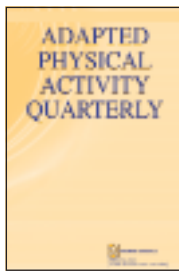
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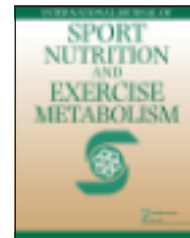
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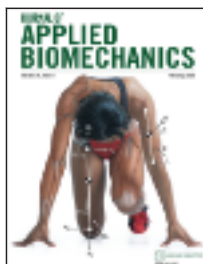
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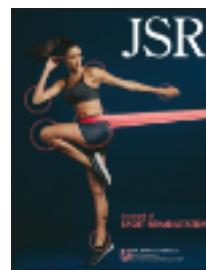
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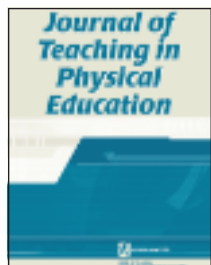
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