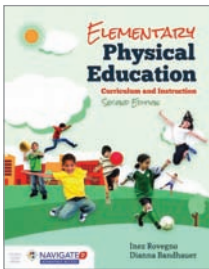


PHYSICAL EDUCATION

2018 CATALOGUE



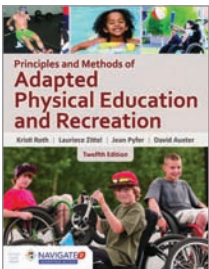
Elementary Physical Education, 2/e

Curriculum and Instruction
Inez Rovegno & Dianna Bandhauer

The *Second Edition* of *Elementary Physical Education* translates the most current research on learning, motivation, higher-order thinking skills, and social responsibility into easy to understand concepts and instructional strategies for elementary school physical education. The authors have revised, updated, and re-conceptualized the movement approach (skill theme approach) based on findings that have been shown to increase children's learning and teacher effectiveness.

Contents: Curriculum, Instruction, and Theoretical Support • Health-Related Physical Activity • Educational Games • Educational Gymnastics Content • Educational Dance Content • Working in Schools

ISBN: 9781284077988 • HB • 932pp • 2017 • \$80.00

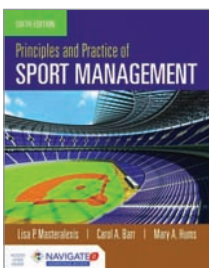


Principles and Methods of Adapted Physical Education and Recreation, 12/e

Kristi Roth, Lauriece Zittel, Jean Pyfer & David Auxter

Contents: Part I: The Scope • Adapted Physical Activity for Individuals with Disabilities • Part II: Key Techniques • Adapted Physical Education in the Public Schools • Determining Educational Needs Through Assessment • Developing the Individual Education Program • Individualized Instruction • Delivering Services in the Least Restrictive Environment • Enhancing Student Behavior • Teaching with Technology • Transition Programming/Community Recreation and Sport • Part III: Needs of Specific Populations • Infants, Toddlers, and Preschoolers • Intellectual and Developmental Disabilities • Autism Spectrum Disorders • Specific Learning Disabilities • Emotional and Behavioral Disorders • Physical Disabilities • Communicative Disorders • Visual Impairments • Other Health Impairments

ISBN: 9781284077810 • HB • 708pp • 2017 • \$72.00

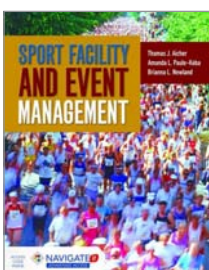


Principles and Practice of Sport Management, 6/e

Lisa P. Masteralexis, Carol A. Barr & Mary A. Hums

Updated and revised with the latest data in the field, *Principles and Practice of Sport Management, Sixth Edition* provides students with the foundation they need to prepare for a variety of sport management careers. Intended for use in introductory sport management courses at the undergraduate level, the focus of the *Sixth Edition* is to provide an overview of the sport industry and cover basic fundamental knowledge and skill sets of the sport manager, as well as to provide information on sport industry segments for potential employment and career opportunities.

ISBN: 9781284142136 • PB • 676pp • 2020 • Forthcoming



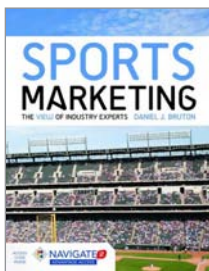
Sport Facility and Event Management

Thomas J. Aicher, Amanda L. Paule-Koba & Brianna L. Newland

The book focuses on the major components of both facility and event management planning, financing, marketing, implementation, and evaluation.

Contents: Introduction and History • Management Theory • Facility Design and Construction • Finance and Budgeting • Bidding and Planning for Different Events • Designing the Event Experience • Project Management and Event Implementation • Marketing the Facility and Events • Consumer Behavior • Sponsorship • Traditional Revenue Generation in Sport and Recreation • Customer Service • Risk Management • Measurement and Evaluation • Sustainability and Legacy

ISBN: 9781284034790 • PB • 344pp • 2016 • \$65.00



Sports Marketing

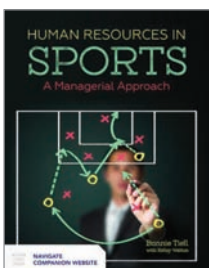
The View of Industry Experts

Daniel J. Bruton

In this book readers get a behind the scenes look at industry leaders as they discuss how they achieved their position, what their daily schedules look like, and what interesting projects and challenges are currently upon them.

Contents: Introduction • Licensing • Properties and Players Unions • Athlete Marketing • Agent • Team Marketing • Sports Advertising • Media Training and Public Relations • Cause Marketing • Social Media • Events and Sponsorship • Product Development • College Athletics • Controversial Issues in Sports Marketing • Emerging Markets in Sports Marketing • Review Sports Marketing Through the 2012 Olympic Games

ISBN: 9781284034097 • PB • 312pp • 2016 • \$62.00



Human Resources in Sports

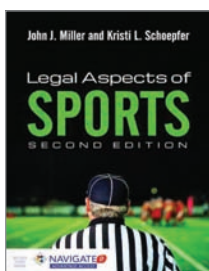
A Managerial Approach

Bonnie Tiell & Kelley Walton

Human Resources in Sports: A Managerial Approach uses a practitioner approach to address human resource practices and trends in a fast-paced industry composed of full-time, part-time, seasonal, and volunteer labor.

Contents: Section I: Pre-Season Planning • Section II: Pre-Game Staffing: Lineups and Match-ups • Section III: Game Time: Executing a Winning Performance • Section IV: Post-Game Extras: Preparation Never Ceases

ISBN: 9781284102659 • PB • 538pp • 2018 • \$70.00



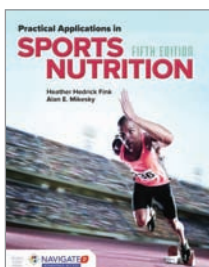
Legal Aspects of Sports, 2/e

John J. Miller & Kristi L. Schoepfer

Legal Aspects of Sports, Second Edition provides an accessible introduction to the legal aspects of sports relevant to future sport managers and coaches, streamlined in such a way that emphasizes content most relevant to sport management.

Contents: Sports in Society • Unintentional Torts • Intentional Torts • Tort Defenses • Risk Management • Discrimination Issues • Drug Testing in Sports • Contracts • Antitrust Law • Labor Relations in Sports • Agents • Intercollegiate and Interscholastic Athletic Issues • International Sports

ISBN: 9781284072471 • PB • 294pp • 2018 • \$75.00



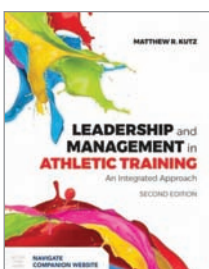
Practical Applications in Sports Nutrition, 5/e

Heather Hedrick Fink & Alan E. Mikesky

Revised and updated with a full-color design and art program, the *Fifth Edition of Practical Applications in Sports Nutrition* provides students and practitioners with the most up-to-date information relating to diet and athletic performance so they can assist athletes and fitness enthusiasts in achieving their personal performance goals. With data and statistics reflecting the latest research and guidelines, the *Fifth Edition* demonstrates effective ways of communicating nutritional messages to athletes and motivating individuals to make permanent behavior change.

Contents: Section 1: The Basics of Sports Nutrition • Introduction to Sports Nutrition • Nutrients: Ingestion to Energy Metabolism • Carbohydrates • Fats • Proteins • Vitamins • Minerals • Water • Nutritional Ergogenics • Section 2: The Practical Application of Sports Nutrition • Nutrition Consultation with Athletes • Weight Management • Endurance and Ultra-Endurance Athletes • Strength/Power Athletes • Team Sport Athletes • Special Populations • Jobs in Sports Nutrition • Appendix A: You Are the Nutrition Coach—Answers • Appendix B: The Gastrointestinal Tract • Appendix C: Major Metabolic Pathways • Appendix D: Calculations and Conversions • Appendix E: Growth and Body Mass Index Charts • Appendix F: Dietary Reference Intakes

ISBN: 9781284101393 • PB • 520pp • 2018 • \$80.00



Leadership and Management in Athletic Training, 2/e

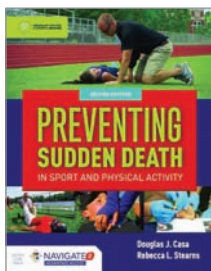
An Integrated Approach

Matthew R. Kutz

Leadership and Management in Athletic Training: An Integrated Approach, Second Edition is designed to help athletic trainers effectively integrate the art of leadership with the science of management.

Beginning with an exploration of the profession's history and the role of the sports medicine team today, *Leadership and Management in Athletic Training* considers the key concepts and theories of professional preparation, leadership, and management. Later chapters introduce management techniques such as record keeping, financial management, revenue and reimbursement strategies, as well as risk management.

ISBN: 9781284124880 • PB • 336pp • 2019 • \$60.00



Preventing Sudden Death in Sport and Physical Activity, 2/e

Douglas J. Casa & Rebecca L. Stearns

Contents: Developing Safety Policies for Organized Sports • Fatal and Catastrophic Injuries in Athletics: Epidemiological Data and Challenging Circumstances • Prevention of Sudden Cardiac Death in Young Athletes • Prevention of Sudden Cardiac Death in Older Athletes • Prevention of Sudden Cardiac Death - Commotio Cordis • Exertional Heat Stroke • Brain Injuries • Cervical Spine Injury • Exertional Sickling • Traumatic Injuries • Lightning • Asthma • Exertional Hyponatremia • Environmental and Autoimmune Conditions • Emergency Action Plans • Strategies to Reduce the Risk of Sudden Death in Mass Participation Sporting Events • Educational Considerations for the Prevention of Sudden Death in Sport and Physical Activity • Sport Law and Sudden Death

ISBN: 9781284077360 • PB • 438pp • 2017 • \$68.00

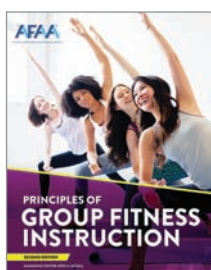


NASM Essentials of Sports Performance Training, 2/e

National Academy of Sports Medicine (NASM)

The NASM Performance Enhancement Specialization (NASM-PES) is the definitive choice for trainers and coaches working with athletes at all levels who want to maximize performance while reducing the risk of injury. This course will teach you how to create highly individualized, integrated training programs that enhance overall athletic performance. As an NASM-PES, you will also learn to: Sharpen the flexibility, speed, agility and performance of everyone from professional athletes to weekend warriors • Provide evidence-based exercise techniques that help produce high performance athletes • Improve your personal marketability with this prestigious NASM credential

ISBN: 9781284147988 • HB • 714pp • 2019 • \$88.95



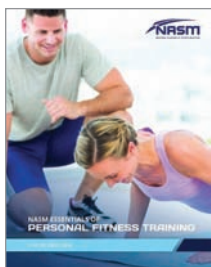
AFAA Principles of Group Fitness Instruction, 2/e

National Academy of Sports Medicine (NASM)

Taking the theory from the exercise library to bring it where it is needed most—the fitness center, the home gym, the street—this new text takes the group fitness industry's successes of the past and realigns them with modern scientific research to effectively help a new instructor navigate a career in fitness.

New features: Caution—Distinct things instructors should be aware of as they relate to scope of practice and potential pitfalls • Check it Out—Quick tips and/or facts that have an apparent application and real-world usability. This feature enables the reader a quick insight and application to the concepts read • Instructor Tips—Inside-the-industry application tips from experts with years of experience • Memory Tips—Tips and tricks for instructors to easily remember complex terms without the extended effort of rote memorization • Practice This—On-the-spot activities to help instructors practice and apply the content

ISBN: 9781284402803 • HB • 356pp • 2019 • \$88.95



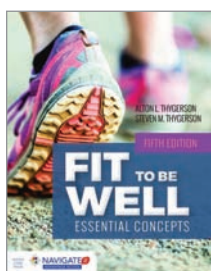
NASM Essentials of Personal Fitness Training, 6/e

National Academy of Sports Medicine (NASM)

Gain the information, insight, and inspiration you need to change the world as a fitness professional. You'll also learn the foundations of exercise science, fitness assessments, nutrition, and how to grow a personal training business. This book provides the most comprehensive resource for aspiring personal trainers, health and fitness professionals and enthusiasts. Through NASM's proprietary Optimum Performance Training (OPT™) model, this text will teach you a systematic approach for designing exercise programs that can help anyone reach their fitness goals.

This text is a recommended resource for the NASM Certified Personal Trainer (CPT) certification. The NASM-CPT certification is accredited by the National Commission for Certifying Agencies (NCCA).

ISBN: 9781284160086 • HB • 720pp • 2018 • \$88.95



Fit to Be Well, 5/e

Essential Concepts

Alton L. Thygeson & Steven M. Thygeson

Fit to Be Well: Essential Concepts, Fifth Edition provides students with the tools they need to achieve their health and fitness goals by delving into exercise, proper nutrition, and stress management. Serving as a road map in a journey focused on sustaining your health and improving your quality of life, *Fit to Be Well* begins with your current level of fitness before exploring ways of achieving increased cardiorespiratory endurance, strength, and flexibility; maintaining a healthy weight; and learning how to relax. Its content is organized in a succinct, easy-to-navigate manner that incorporates evidence-based medical sources alongside a range of rich pedagogical features that emphasize important concepts and applications. An integrated Lab Manual, found at the end of the text, helps students build and implement a fitness program that will work with their individual needs and schedules.

Contents: Introduction • Health Benefits of Physical Activity and Exercise • Changing to a Healthy Lifestyle • Preparing for Physical Activity and Exercise • Cardiorespiratory Endurance • Flexibility • Muscular Strength and Endurance • Nutrition • Body Composition and Body Weight • Stress Management • Making Informed Decisions

ISBN: 9781284146684 • PB • 442pp • 2019 • \$56.00

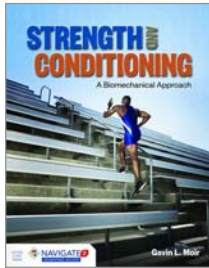


Biomechanics, 2/e

A Case-Based Approach
Sean P. Flanagan

The *Second Edition of Biomechanics: A Case-Based Approach* emphasizes the comprehension, retention, and application of the core concepts of biomechanics through the use of problem-based learning strategies. This book is organized into 18 lessons that cover the three levels of biomechanical analysis: whole body, joint, and tissue. Rather than moving from one level to the next, the author deploys a “whole-part-whole” organization in which mechanical principles are described at the whole-body level, followed by relevant discussion of the basic material mechanics of biological tissues and unique properties of the muscle-tendon complex.

ISBN: 9781284102338 • HB • 458pp • 2019 • \$75.00

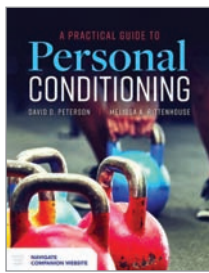


Strength and Conditioning

A Biomechanical Approach
Gavin L. Moir

Contents: Basic Mechanics: Kinematic Variables • Basic Mechanics: Kinetic Variables • Structure and Mechanical Function of Skeletal Muscle and Tendon • Bioenergetics of Exercise • Muscular Strength and Power • Training Methods to Develop Muscular Strength and Power • Training Methods to Develop Flexibility • Warm-up Methods • Performance Analysis in Sport • Skill Acquisition • Biomechanics of Fundamental Movements: Jumping • Biomechanics of Fundamental Movements: Landing • Biomechanics of Fundamental Movements: Sprint Running

ISBN: 9781284034844 • PB • 656pp • 2016 • \$65.00



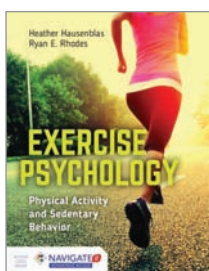
A Practical Guide to Personal Conditioning

David D. Peterson & Melissa A. Rittenhouse

A Practical Guide to Personal Conditioning concisely and comprehensively connects the science of exercise with real-world application to sport and human performance, effectively providing readers with both the “why” and “how” behind effective exercise prescription and programming. This engaging text explores the information necessary to develop an exercise and nutrition plan specifically designed and tailored to fit their personal fitness goals. It also encourages the reader to consider the numerous factors that may impact or complicate their plan, including the physical demands of their activities, environmental factors, and nutritional requirements. **Features & Benefits:** *Frequently Asked Questions* boxes address basic questions about training techniques and nutrition • End-of-chapter *Assessment and Application* sections include a bulleted chapter *Summary*, open-ended *Knowledge Check* questions, and scenario-based *Activities* • A comprehensive art package presents color photographs and illustrations that properly convey techniques along with the underlying exercise physiology concepts • Nutritional requirements for physical activity are emphasized, with individual chapters on general nutrition concepts, sport-specific nutrition, and fad diets and supplements.

Contents: Basic Exercise Physiology • Fitness Testing and Assessment • Mobility Training/Low Back Pain • Endurance Training • Strength Training • Exercise Programming • General Nutrition • Sports Nutrition • Fad Diets and Supplements

ISBN: 9781284149685 • PB • 266pp • 2019 • \$49.00



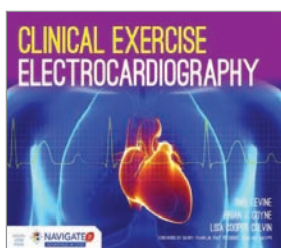
Exercise Psychology

Physical Activity and Sedentary Behavior
Heather Hausenblas & Ryan E. Rhodes

Written for the upper-level undergraduate and graduate-level courses in exercise psychology and behavioral physical activity, *Exercise Psychology: Physical Activity and Sedentary Behavior* focuses on the psychological effects of physical activity in a diverse array of populations. It emphasizes how physical activity needs to be paired with a reduction in sedentary behavior in order to achieve overall health.

The first text of its kind to focus on both the psychology of exercise and sedentary behavior, it provides readers with the latest research in both areas, including coverage of sleep, pain, and delayed gratification.

ISBN: 9781284034219 • PB • 454pp • 2017 • \$65.00

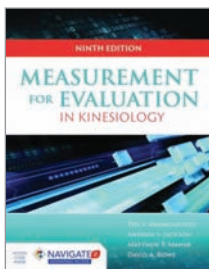


Clinical Exercise Electrocardiography

Shel Levine, Brian J. Coyne & Lisa Cooper Colvin

Contents: Heart Structure and Function • Cardiovascular Pathophysiology • Cardiovascular Testing and Procedures • Basic ECG Concepts and the Normal ECG • Systematic Interpretation Techniques • Sinus Rhythms • Chamber Enlargement • Conduction Disturbances: Atrioventricular Blocks • Conduction Disturbances: Bundle Branch Blocks • Ventricular Arrhythmias • Supraventricular Arrhythmias • Myocardial Ischemia and Infarction • Pacemakers and Internal Cardiac Defibrillators • Influence of Pharmacologic Agents and Electrolytes on ECGs • ECGs and Women • ECGs in the Pediatric Population • ECGs in Athletes • Structural Heart Disease and Inflammatory Processes • Applied Case Studies • Practice ECGs

ISBN: 9781284034202 • PB • 384pp • 2016 • \$65.00



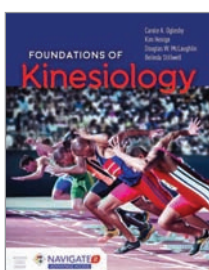
Measurement for Evaluation in Kinesiology, 9/e

Ted A. Baumgartner, Andrew S. Jackson, Matthew T. Mahar & David A. Rowe

The *Ninth Edition of Measurement for Evaluation in Kinesiology* helps students master the essential concepts and principles of measurement and evaluation and equips them with the tools needed to become a successful evaluator within Physical Education and Exercise Science. Using a student-centered approach, it presents tests and methods for evaluating aerobic fitness, body composition, skill achievement, youth fitness, and much more. The *Ninth Edition* highlights the practical skills and materials that readers need and clearly outlines each chapters objectives. It goes on to discuss the latest public health initiatives, computer-based evaluations, and Healthy People 2020.

Contents: Part I: Introduction and Practical Aspects of Measurement • Introduction to Measurement and Evaluation • Practical Aspects of Testing • Part II: Quantitative Aspects of Measurement • Statistical Tools • Reliability and Objectivity • Validity • Part III: Assessment of Physical Activity and Fitness • Physical Activity and Sedentary Behavior • Aerobic Fitness • Body Composition • Musculoskeletal Fitness • Youth Fitness and Physical Activity • Part IV: School-based Evaluation • Grading and Standard Setting • Authentic and Alternative Assessment • Sport Skill • Knowledge Tests and Questionnaires

ISBN: 9781284040753 • PB • 428pp • 2016 • \$70.00



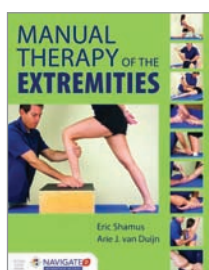
Foundations of Kinesiology

Carole A. Oglesby, Kim Henige, Douglas W. McLaughlin & Belinda Stillwell

Foundations of Kinesiology provides a guided introduction to the discipline and professions of kinesiology using a holistic, learner-centered, and skill-based approach. The text explores the core subdisciplines of kinesiology and allows students to explore the research and physical activity contributions that each has to offer. The text also considers how the discipline is crucial in enabling healthy lives by illustrating real-life scenarios across several chapters.

Contents: Unit I: Kinesiology: Its Fundamentals and Paradoxes • Fundamentals and Paradoxes • Pathways to the Pillars • A History of Kinesiology • Unit II: Pillars of the Discipline: Kinesiology Subdisciplines • Biomechanics • Exercise and Sport Psychology • Exercise and Sport Physiology • Motor Behavior • Philosophy of Kinesiology • Sport Pedagogy and Physical Activity • Sociology of Sport, Exercise, and Physical Activity • Adapted Physical Activity • Sport Management • Unit III: Integration of the Pillars • Healthy Living • Restoring Function • Discovering Possibilities • Diversity: Sport as Welcoming Space • Promoting Excellence • Inclusive Physical Education for Children with Autism Spectrum Disorder • Kinesiology and the Public's Health: Collaboration Imperatives

ISBN: 9781284034851 • PB • 478pp • 2018 • \$80.00



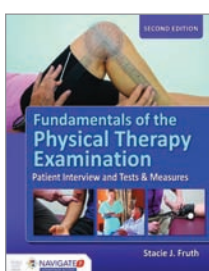
Manual Therapy of the Extremities

Eric Shamus & Arie J. van Duijn

Manual Therapy of the Extremities presents manual therapy techniques for the upper and lower extremities from a variety of perspectives. The description of multiple types of techniques for each restriction is unique to this textbook, making it the most comprehensive resource available on this topic with the overall aim of providing students and clinicians a well-rounded approach to manual therapy.

Contents: Introduction • Shoulder Techniques • Elbow Techniques • Wrist Techniques • Hand and Finger Techniques • Hip Techniques • Knee Techniques • Ankle Techniques • Foot Techniques

ISBN: 9781284036701 • Spiral/PB • 352pp • 2017 • \$70.00



Fundamentals of the Physical Therapy Examination, 2/e

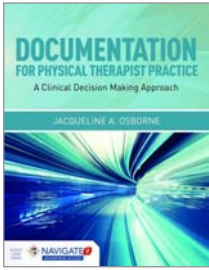
Patient Interview and Tests & Measures

Stacie J. Fruth

Fundamentals of the Physical Therapy Examination: Patient Interview and Tests & Measures, Second Edition provides physical therapy students and clinicians with the necessary tools to determine what questions to ask and what tests and measures to perform during a patient exam. This text utilizes a fundamental, step-by-step approach to the subjective and objective portions of the examination process for a broad spectrum of patients. **Key Features:** Videos demonstrating numerous assessment techniques as well as two patient interviews • NEW and extensive coverage of manual muscle testing and goniometry (Chapter 9) • Three new subjective documentation examples are introduced in Chapter 4, with each subsequent chapter closing with additional documentation for each case specific to the tests and measures introduced in that chapter • NEW section on Mobility and Locomotion links coverage of posture and gait (Chapter 6) • Brief case and sample documentation examples accompany coverage of each test and measure • "Priority or Pointless" feature indicates when a particular assessment tool should be considered a priority

Contents: Introduction to the Physical Therapy Examination • Part I: The Patient Interview: Laying a Solid Foundation • Cultivating a Therapeutic Partnership • Interviewing Techniques and Communication Tools • Conduct and Content of the Patient Interview • Part II: Tests and Measures: Building on the Foundation • Introduction to Physical Therapy Tests and Measures • Global Observation, Mental Functions, and Components of Mobility and Function • Cardiovascular and Pulmonary Examination • Integumentary Examination • Musculoskeletal Examination • Neuromuscular Examination

ISBN: 9781284099621 • Spiral/PB • 436pp • 2018 • \$80.00



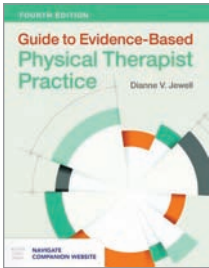
Documentation for Physical Therapist Practice

A Clinical Decision Making Approach

Jacqueline A. Osborne

Documentation for Physical Therapist Practice: A Clinical Decision Making Approach provides the framework for successful documentation. It is synchronous with Medicare standards as well as the American Physical Therapy Association's recommendations for defensible documentation. It identifies documentation basics which can be readily applied to a broad spectrum of documentation formats including paper-based and electronic systems. This key resource utilizes a practical clinical decision making approach and applies this framework to all aspects of documentation.

ISBN: 9781284034226 • PB • 262pp • 2016 • \$50.00

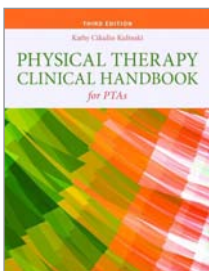


Guide to Evidence-Based Physical Therapist Practice, 4/e

Dianne V. Jewell

Contents: Part 1: Principles of Evidence-Based Physical Therapist Practice • Evidence-Based Physical Therapist Practice • What is Evidence? • The Quest for Evidence: Getting Started • Part 2: Elements of Evidence • Questions, Theories, and Hypotheses • Research Design • Research Subjects • Variables and Their Measurement • Validity in Research Designs • Unraveling Statistical Mysteries: Description • Unraveling Statistical Mysteries: Inference • Part 3: Appraising the Evidence • Appraising Evidence About Diagnostic Tests and Clinical Measures • Appraising Evidence About Prognostic (Risk) Factors • Appraising Evidence About Interventions • Appraising Evidence About Clinical Prediction Rules • Appraising Outcomes Research • Appraising Evidence About Self-Report Outcomes Measures • Appraising Collections of Evidence: Systematic Reviews • Appraising Collections of Evidence: Clinical Practice Guidelines • Appraising Qualitative Research Studies • Part 4: Evidence in Practice • Patient or Client Preferences and Values • Putting It All Together • Appendix A: Calculation of Confidence Intervals • Appendix B: Additional Evidence Appraisal Tools Available on the Internet • Appendix C: Additional Calculations for Evidence-Based Physical Therapist Practice • Index

ISBN: 9781284104325 • PB • 470pp • 2018 • \$75.00



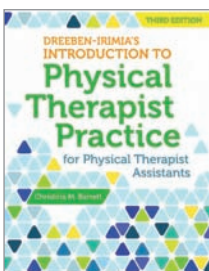
Physical Therapy Clinical Handbook for PTAs, 3/e

Kathy Cikulin-Kulinski

This succinct handbook covers the evaluative as well as the interventional aspect of physical therapy and offers immediate guidance concerning physical therapy data collection and interventions, including musculoskeletal, neurologic, cardiopulmonary, integumentary, geriatric, pediatric, and acute care interventions.

Contents: Part 1: Safety in the Clinical Environment • Part 2: Clinical Documentation • Part 3: Musculoskeletal Interventions • Part 4: Neurologic Interventions • Part 5: Cardiopulmonary Interventions • Part 6: Integumentary Interventions • Part 7: Geriatric Interventions • Part 8: Pediatric Interventions • Part 9: Basic Acute Care Physical Therapy Interventions

ISBN: 9781284105568 • PB • 590pp • 2018 • \$60.00

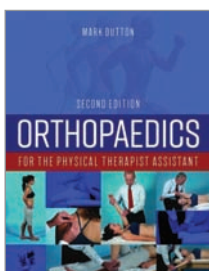


Dreeben-Irimia's Introduction to Physical Therapist Practice for Physical Therapist Assistants, 3/e

Christina M. Barrett

Contents: Part 1: The Profession of Physical Therapy • Development of the Physical Therapist Profession • The Physical Therapist Assistant as a Member of the Health Care Team • Physical Therapist Clinical Practice • Part 2: Physical Therapist Practice • Examination, Evaluation and Plan of Care • Practice Areas • Part 3: Ethical and Legal Issues • Ethics and Professionalism • Laws and Regulations • Part 4: Communication • Communication Basics • Introduction to Documentation and the Medical Record • Healthcare Education • Reimbursement and Research • Part 5: Pathways to Success • Student Learning Success • Leadership and Career Paths

ISBN: 9781449681852 • PB • 232pp • 2017 • \$60.00



Orthopaedics for the Physical Therapist Assistant, 2/e

Mark Dutton

Boasting a new full-color design, *Orthopaedics for the Physical Therapist Assistant, Second Edition* provides students with evidence-based guidelines for the assessment and rehabilitation of the orthopaedic patient. After considering the fundamental knowledge and skills needed by the PTA student, the text then explores therapeutic activities and the orthopaedic management of specific joints. These joint chapters follow a uniform structure that considers relevant anatomy and kinesiology, examination techniques, common pathologies, and the various strategies and techniques with which they can be addressed.

ISBN: 9781284139310 • PB • 820pp • 2019 • \$55.00



Health & Wellness, 13/e

Gordon Edlin & Eric Golanty

Health & Wellness, Thirteenth Edition explores the basic principles of physical, mental, and spiritual health, and provides students with the tools they need to make informed health decisions that promote lifelong wellness. Written in a personal and engaging style, this text encourages readers to be responsible for their own health-related behaviors and outlines how to improve overall health through nutrition, fitness, stress management, and maintaining an overall healthy lifestyle.

Contents: Part 1: Achieving Wellness • Part 2: Eating and Exercising Toward a Healthy Lifestyle • Part 3: Building Healthy Relationships • Part 4: Understanding and Preventing Disease • Part 5: Explaining Drug Use and Abuse • Part 6: Making Healthy Choices • Part 7: Overcoming Obstacles

ISBN: 9781284144130 • PB • 950pp • 2020 • Forthcoming



Physical Activity & Health, 5/e

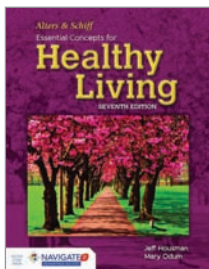
An Interactive Approach

Jerome E. Kotecki

This book assists and encourage students in developing a personalized physical activity and health plan based on information gleaned from the latest scientific evidence and research. Through its clear and systematic coverage of the essentials of personal health and fitness, it equips students with the information, skills, and practical know-how to gain control of their health.

Contents: The Physical Activity and Health Connection • Understanding and Enhancing Health Behaviors • Principles of Physical Fitness Development • The Heart of Physical Fitness: Cardiorespiratory Endurance • The Power of Resistance Training: Strengthening Your Health • Focus on Flexibility: Stretching for Better Health • Optimal Nutrition for an Active Lifestyle • Achieving and Maintaining a Healthy Weight • Achieving Optimal Bone Health • Mental Health and Coping with Stress • Making Informed Decisions About Drug Use • Consumer Health • Developing Healthy Social and Intimate Relationships • Protecting Your Cardiovascular System • Reducing Your Cancer Risk • Preventing Sexually Transmitted Infections • Appendix A: Injury Care and Prevention • Appendix B: Dietary Reference Intakes (DRIs)

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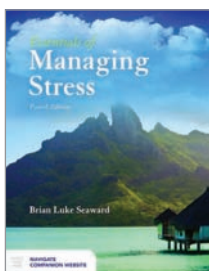
Alters & Schiff Essential Concepts for Healthy Living, 7/e

Jeff Housman & Mary Odum

It provides a clear and concise introduction to the latest scientific and medical research in personal health and highlights common behaviors and attitudes related to individual health needs. The *Seventh Edition*, with an all new author team, includes a wealth of new and updated data, including modern information on violence and abuse, relationships and sexuality, and physical fitness.

Contents: Health: The Foundation for Life • Psychological Health • Stress and Its Management • Violence and Abuse • Reproductive Health • Romantic Relationships and Sexuality • Drug Use and Abuse • Alcohol and Tobacco • Nutrition • Body Weight and Its Management • Physical Fitness • Cardiovascular Health • Cancer • Infection, Immunity, and Noninfectious Disease • Aging, Dying, and Death • Environmental Health

ISBN: 9781284049978 • PB • 718pp • 2016 • \$75.00

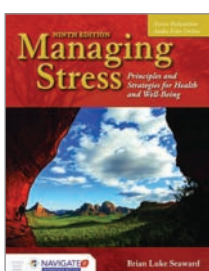


Essentials of Managing Stress, 4/e

Brian Luke Seaward

The *Fourth Edition* provides readers with the practical skills and techniques to best handle daily stressors, and empower them with the tools needed to live a balanced life. This new edition is a highly accessible and student-friendly text that blends theory with effective application, while using simple, straightforward examples and concepts. Students are guided through a series of more than 80 exercises and questionnaires that encourage them to adopt effective stress management practices into their personal health behaviors.

ISBN: 9781284101508 • PB • 372pp • 2017 • \$68.00



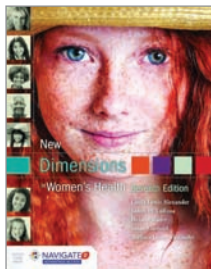
Managing Stress, 9/e

Principles and Strategies for Health and Well-Being

Brian Luke Seaward

Now in its *Ninth Edition*, *Managing Stress: Principles and Strategies for Health & Well-Being* provides a modern, comprehensive approach to stress management, honoring the balance and harmony of the mind, body, spirit, and emotions. Referred to as the “authority on stress management” by students and professionals, this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity.

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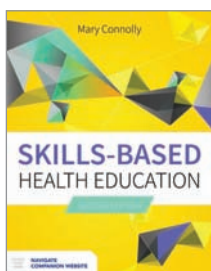


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Linda Lewis Alexander, William James Alexander, Judith H. LaRosa, Helaine Bader & Susan Garfield

New Dimensions in Women's Health, Seventh Edition provides a modern and comprehensive look at the health of women of all cultures, races, ethnicities, socioeconomic backgrounds, and sexual orientations. Written for undergraduate students studying health education, nursing, and women's studies, the text provides women with the critical information needed to optimize their well-being, avoid illness and injury, and support their overall health. Each chapter presents in-depth coverage of an important aspect of women's health and examines the contributing epidemiological, historical, psychosocial, cultural, ethical, legal, political, and economic influences.

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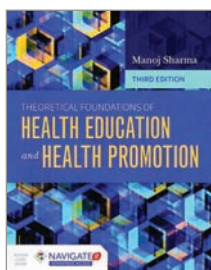


Skills-Based Health Education, 2/e

Mary Connolly

The *Second Edition* of *Skills-Based Health Education* provides pre-service and practicing teachers with the pedagogical foundation and tools to develop a comprehensive PreK-12 health education program using the National Health Education Standards. It takes each standard by grade span, provides scenarios based on research to explain the skill, and then provides a step-by-step approach to planning assessment and instruction. Early chapters connect skills-based health education to coordinated school health and the national initiatives of the Centers for Disease Control and Prevention, Healthy People 2020, The Whole Child, and 21st Century Skills. The remaining chapters provide guidance to plan, implement, and assess performance tasks. Readers are shown how to establish student needs, select content and skill performance indicators to meet those needs, and plan and implement assessment and instructions.

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Manoj Sharma

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