Written by international experts in physiology, exercise physiology, and research, ACSM's Advanced Exercise Physiology gives students an advanced level of understanding of exercise physiology. It emphasizes the acute and chronic effects of exercise on various physiological systems.


Chapters on Exercise Physiology for Health, Fitness, and Performance, as well as Fundamentals of Biomechanics, Exercise Prescription, and Health Fitness Management, provide a comprehensive overview of the field.

Advanced Exercise Physiology is an essential resource for students, researchers, and professionals in the field of physiology and exercise science.
New guidelines addressing individuals with special needs
New standards and guidelines regarding automated external defibrillators (AEDs) for both staffed and unstaffed facilities
Revised standards and guidelines to reflect changing directions and business models within the industry, including 24/7 fitness facilities, medically integrated facilities, and demographic-specific facilities
New standards and guidelines to better equip facilities that are dealing with youth to ensure the proper care of this segment of the clientele

With improved organization, new visual features, and additional appendixes, the fourth edition offers a comprehensive and easy-to-use reference of health and fitness facility standards and guidelines. Readers can readily apply the information and save time and expense using over 30 templates found within the appendixes, including questionnaires, informed consent forms, and evaluation forms. Appendixes also contain more than 30 supplements, such as sample preventive maintenance schedules, checklists, and court and facility dimensions. Included in appendix A is Blueprint for Excellence, which allows readers to search efficiently for specific information regarding the standards and guidelines within the book.

Health and fitness facilities provide opportunities for individuals to become and remain physically active. As the use of exercise for health care prevention and prescription continues to gain momentum, health and fitness facilities and clubs will emerge as an integral part of the health care system. The fourth edition of ACSM's Health/Fitness Facility Standards and Guidelines will assist health and fitness facility managers, owners, and staff in keeping to a standard of operation, client care, and service that will assist members and users in caring for their health through safe and appropriate exercise experiences.

Methods of Group Exercise Instruction

As modern lifestyles offer ever more opportunities for a sedentary existence, physical activity has become, for many, a marginal aspect of life. Too little physical activity is linked to common, often serious, health problems, and although this link is now widely acknowledged, levels of sedentary behaviour continue to increase throughout western society. Psychology of Physical Activity, 2nd Edition addresses this concern, bringing together a wealth of up to date information about exercise behaviour including: motivation and psychological factors associated with activity or inactivity, the psychological outcomes of exercising.
ACSM's Behavioral Aspects of Physical Activity and Exercise lays the theoretical foundation of behavior change and then provides specific strategies, tools, and methods to motivate and inspire clients to be active, exercise, and stay healthy. Developed by the American College of Sports Medicine (ACSM) and written by a team of leading experts in exercise science and motivation, this highly practical book provides step-by-step instructions to help fitness/health professionals and students master motivation techniques that have proven successful in helping clients adhere to an exercise program.

Acsm's Healthrelated Physical Fitness Assessment

Here is the ultimate resource for maximizing your exercise and nutrition efforts. In this new edition of ACSM's Complete Guide to Fitness & Health, you have an authoritative reference that allows you to apply research-based guidance to your unique health and fitness needs. With a focus across the life span, this resource shows you how to pursue optimal health and fitness now and throughout the years to come. The American College of Sports Medicine, the largest and most respected sport science and medicine organization in the world, has created this book to bridge the gap between science and the practice of making healthy lifestyle choices.
Online Library Acsm Group Fitness 2nd Edition

Personal lifestyle choices that promote health. This new edition contains age-specific advice within the framework of the latest research, thus helping you to avoid the lure of fads, unfounded myths, and misinformation. You will learn these strategies:

- Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health.
- Optimize your weight and increase strength, flexibility, aerobic fitness, and functional fitness.
- Improve health and manage conditions such as diabetes, cardiovascular disease, cancer, depression, osteoporosis, arthritis, pregnancy, and Alzheimer's disease through exercise and nutrition.
- Monitor, evaluate, and tailor your exercise program for optimal results.

Featuring step-by-step instructions and full-color photos for the most effective exercises, sample workouts, practical advice, age-specific physical activity and dietary guidelines, and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles, ACSM's Complete Guide to Fitness & Health is a resource that belongs in every fitness enthusiast's library.

ACSM's Resources for the Personal Trainer

ACSM's Resources for the Group Exercise Instructor gives you the knowledge and the skills you need to effectively lead group exercise. You'll learn how to take advantage of group dynamics to improve health and well-being. You'll also discover how to work with clients with special needs, so that everyone can safely benefit from group exercise. Moreover, the book shows how the skills you'll gain can easily be adapted to different environments, including gyms, studios, recreational facilities, and clubs. Developed by the American College of Sports Medicine (ACSM), this book thoroughly prepares you to become an ACSM Certified Group Exercise Instructor. Following an introduction, which includes a profile of a group exercise instructor, the book covers such topics as leadership, class design, legal issues and responsibilities, and exercise science. The book's accompanying video demonstrates how the techniques discussed in the book are put into practice during an actual group exercise class.

ACSM's Certification Review

Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and...
As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook, Second Edition, has the following features:

- An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs
- A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health–productivity relationship
- Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning
- A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs
- An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety

The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program, and an analysis of its effectiveness.
Throughout the book you’ll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers’ health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM’s Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM’s Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements

Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution

Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM

Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM

Supported browsers and Adobe Flash versions

Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug)

Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9

Supported devices -Sony® Reader PRS-505

Language versions -English -French -German

ACSM’s Advanced Exercise Physiology

ACSM’s Certification Review is the ultimate resource to help you pass the exam to become a Certified Personal Trainer (CPT), Certified Health Fitness Specialist (HFS), or Certified Clinical Exercise Specialist (CES). Highlights include:

- Case studies that reinforce concepts, organized by KSA domains
- Practice Exams that contain questions for each certification level
- Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain
This comprehensive resource from the American Medical Society for Sports Medicine provides two complete tests with answers, explanations, and up-to-date references. Each test features 200 questions that were initially used to evaluate recent graduates of primary care sports medicine fellowship programs. The tests can be used by physicians studying for the Certificate of Added Qualifications exam or fellows studying for their In-Training Examinations. The book is also a great tool for pre/post-residency test preparation and for review sessions during sports medicine rotations.

ACSM's Career and Business Guide for the Fitness Professional covers the practical aspects of running a successful fitness business and having a successful fitness career. Fitness professionals will have the information they need to start planning their own business and make wise career choices. The book is designed to be very practical and provides forms and succinct how-to instructions for successful business planning.

Health Fitness Management, Second Edition, provides an in-depth picture of the varied and rewarding role of the health and fitness club manager. With contributions from leading experts in the fitness industry, several new chapters, a more practical emphasis, enhanced features, and the addition of instructor resources, this second edition is the most authoritative and field-tested guide to management success.

Whether soothing disgruntled members, ensuring club safety and profitability, or motivating staff to perform at their best, health and fitness club managers require the right mix of skills and flexibility to support the success and continued growth of their clubs. Both aspiring and practicing club managers can rely on Health Fitness Management to help them acquire and improve their management skills across all areas: Human resources: Understand the importance of organizational development and the payoffs of thoughtful staff recruitment, training, development, retention, and compensation. Sales and marketing: Discover new ways to attract and retain members and increase profitability with the right mix of products and services. Financial...
multiple-choice and true/false questions to help students prepare for exams. LiveAdvise online faculty support and student tutoring services are available free with the text.

Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

Comprehensive and research based, the second edition of NSCA's Essentials of Personal Training is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, NSCA's Essentials of Personal Training, Second Edition, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients: A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from prominent organizations—such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC)—keep personal trainers up to speed on the latest assessment protocols. New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training. Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training. New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions, low back pain, ankle sprains, and hip arthroscopy. New guidelines for determining resistance training loads will assist those whose clientele includes athletes. A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness. A new instructor guide and image bank aid instructors in teaching the material to students. NSCA's Essentials of Personal Training, Second Edition, focuses on the complex process of designing safe, effective, and personalized training programs.
goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs. Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations. Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese or have eating disorders, diabetes, heart disease, hypertension, hyperlipidemia, spinal cord injury, multiple sclerosis, and cerebral palsy.

In addition, the book provides clear, easy-to-understand guidelines for initial client consultation and health appraisal. For those preparing for the NSCA-CPT exam, this second edition features new and revised study questions at the end of each chapter. These questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam day. For efficient self-study, answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text. Chapter objectives and key points provide a framework for study and review of important information, while sidebars throughout the text present practical explanations and applications of scientific concepts and theory. The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers, exercise instructors, fitness facility and wellness center managers, and other fitness professionals. Unmatched in scope, this text remains the leading source for personal training preparation and professional development.

ACSM's Worksite Health Handbook

Exercise is Medicine(TM) is an American College of Sports Medicine initiative to "make physical activity and exercise a standard part of a disease prevention and treatment medical paradigm." This book will teach practitioners how to motivate and instruct patients on the importance of exercise and how to design practical exercise programs for patients of all ages and fitness levels, as well as those with special conditions such as obesity, diabetes, heart disease, hypertension, hyperlipidemia, spinal cord injury, multiple sclerosis, and cerebral palsy.
Online Library Acsm Group Fitness 2nd Edition

Coverage includes in-depth discussions of both the lifestyle exercise approach to exercising regularly and the structured exercise approach.

Methods of Group Exercise Instruction

A case study approach to exercise prescription, presenting the information needed to prepare for certification by the ACSM. Topics covered include: the adoption of VO2 reserve as the basis for writing exercise prescriptions; and prescribing exercise to special cases such as pregnant women.

ACSM's Health/Fitness Facility Standards and Guidelines-5th Edition

"Since 1983, AFAA has pioneered and set the fundamental movement standards in the fitness industry. With more than 350,000 certifications issued in 73 countries, AFAA-trained instructors have motivated millions of people toward healthier and happier lives. Through this course, you will acquire the knowledge and practical skills needed to inspire positive life changes as a group fitness instructor. Whether your clients are interested in dance, resistance training, yoga, mat pilates, indoor cycling or cardio, you'll be prepared with the foundation needed to lead any group with confidence. This textbook includes all the latest science on human movement and exercise, plus over 30 years of insights straight from the experts. The easy-to-read format supports a multi-layered learning experience with a focus on real-life application." --

ACSM's Exercise Testing and Prescription

"Practitioners should always develop exercise prescription with consideration for an individual's health history, but this is especially true for individuals with a history of chronic disease. Exercise Prescription for Special Populations delves into how practitioners should prescribe exercise for those with conditions such as heart disease, diabetes, and hypertension, as well as for those who are pregnant, wheelchair-dependent, or adolescents. Exercise Prescription for Special Populations utilizes a hybrid approach, combining elements of a traditional textbook and a "field guide" reference, with summative tables at the end of each chapter fulfilling the latter function. This reference aspect makes this

This clear and comprehensive introduction to nutrition in sport, exercise and health goes further than any other textbook in integrating key nutritional facts, concepts and dietary guidelines with a thorough discussion of the fundamental biological science underpinning our physiological and metabolic processes. Each chapter includes useful pedagogical features, including case studies, review questions, definitions of key terms, and practical laboratory exercises, including techniques for assessing nutritional status, body composition and physical activity patterns. A companion website offers additional teaching and learning features, such as PowerPoint slides, multiple-choice question banks and web links. As the most up-to-date introduction to sport and exercise nutrition currently available, this book is essential reading for all students of sport and exercise science, kinesiology, physical therapy, nutrition, dietetics or health sciences.

ACSM's Metabolic Calculations Handbook

Exercise Physiology for Health, Fitness, and Performance

ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

Fundamentals of Biomechanics
Clinical Exercise Physiology supports those involved in sport, exercise science, and health promotion. The text includes evidence-based content of disorder-related exercise testing and prescription as well as updated information about eight new conditions. Helps students to prescribe exercise testing and programming, stay informed of current drugs, developments, and specific symptoms.

ACSM'S Exercise Testing and Prescription adapts and expands upon the assessment and exercise prescription-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom resource. Fully aligned with the latest edition of ACSM's flagship title, ACSM's Guidelines for Exercise Testing and Prescription, this practical resource walks students through the process of selecting and administering fitness assessments, using Guidelines to interpret results, and drafting an exercise prescription that is in line with Guidelines parameters. Designed for today's learners, the text is written in a clear, concise style, and enriched by visuals that promote student engagement. As an American College of Sports Medicine publication, the book offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.
Online Library Acsm Group Fitness 2nd Edition

Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

ACSM's Behavioral Aspects of Physical Activity and Exercise

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. New from the American College of Sports Medicine! This clear and highly applied overview of exercise nutrition illustrates difficult concepts using real-world examples and case studies that allow students to put learning into practice. Well-known author Dan Benardot draws on his vast experience as an instructor, scientist, and practitioner to craft an engaging and factual resource that makes the nutrition of exercise science accessible. Written at a level appropriate for both exercise science majors and non-majors, this practical book is packed with helpful in-text learning aids and stunning visuals that bring concepts to life. As an ACSM publication, this text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world. eBook available. Faster, smarter, and more convenient, today's eBooks can transform learning. These interactive, fully searchable tools offer 24/7 access on multiple devices, the ability to highlight and share notes, and much more. Case studies with discussion questions in every chapter show real-world application of the science of nutrition. Important Factors to Consider boxes throughout chapters summarize key points. Practical advice and clear explanations in every chapter prepare students for effective practice. In-text learning aids, including Chapter Objectives, boxed Key Terms, bulleted Chapter Summaries, and multiple-choice Chapter Questions, help students master the content of the course. Practical Application Activity boxes that challenge students to get actively involved with the content include such activities as using a nutrition tracker to assess their diet for a full day and analyze their energy balance.
Online Library Acsm Group Fitness 2nd Edition

This textbook integrates basic exercise physiology with research studies to stimulate learning, allowing readers to apply principles in the widest variety of exercise and sport science careers. It combines basic exercise physiology with special applications and contains flexible organisation of independent units.

NASM Essentials of Personal Fitness Training

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrating taping techniques, and forming a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

ACSM's Foundations of Strength Training and Conditioning

Helps readers to define, create, and implement worksite programs designed to improve employee health and wellness, and examines case studies of successful promotions.

ACSM's Worksite Health Promotion Manual

Completely revised, Methods of Group Exercise Instruction, Second Edition, highlights the commonalities of a variety of group exercise formats through common training principles, correction techniques, and safety. Comprehensive, practical, and research based, this text features applied learning through practical mini-teaching assignments that are referenced with demonstrations found on the DVD. Teaching techniques convey appropriate training for each muscle group and methods for...
warm-up, cardiorespiratory training, muscular conditioning, and flexibility. In addition, starter routines, modification strategies, and assessments are presented for eight class formats: hi/low impact, step training, kickboxing, sport conditioning, stationary indoor cycling, water exercise, yoga, and mat-based Pilates. Merging both text and video, the second edition is an in-depth and practical resource for beginning and preprofessional group exercise instructors working to improve their teaching skills and confidence. New to this second edition are the following features: -Three chapters discussing popular group exercise formats for sports conditioning, yoga, and mat-based Pilates -Research highlight boxes that share supporting research for the guidelines and procedures recommended in the text -Three skill levels of instruction for many formats featured on the DVD -DVD quizzes in the instructor guide for use in conjunction with the video segments -An expanded instructor guide and test package Methods of Group Exercise Instruction, Second Edition, moves from theory to practice in a logical progression that is helpful for both students and methods course instructors. The text is also organized for easy reference, putting the techniques that group exercise instructors need to know at their fingertips. Part I of the text presents foundational knowledge for group exercise instructors, which is applied in part III of the book. An introduction to the field of group exercise instruction discusses differences between student-centered and teacher-centered instruction, presents research on group cohesion, and offers options for professional certification and continuing education. Insights on the evolution of group fitness, cultural influences, the instructor as role model, and basic business practices provide a deeper level of understanding that moves beyond the class routine to create a safe and enjoyable environment for all class participants. The final two chapters in part I present practical discussion of core concepts in class design and appropriate use of music, choreography, and cueing methods. Chapters in part II are aligned with the American College of Sports Medicine (ACSM) guidelines for the four components of health and fitness: warm-up and stretching, cardiorespiratory training, muscular conditioning, and flexibility training. Special focus is given to presentation of muscle groups, joints, and proper exercise techniques. Through an integrated use of illustrations, photos, text, and DVD examples, readers gain an accurate working knowledge of proper exercise technique and the physiology of muscle groups and joints required for each exercise. Part III provides applied information on specific group exercise class modalities: step training, kickboxing, sport
conditioning and functional training, stationary indoor cycling, water exercise, yoga, and Pilates. From technique and basic moves to music selection and safety considerations, these chapters, along with the material on the accompanying DVD, provide clear and dynamic instruction of the components of each modality. In addition, sample routines and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans. The final chapter discusses customized or hybrid classes such as lifestyle physical activity-based classes, equipment-based cardio classes, and mind and body classes. For students and course instructors, the practical assignments and practice drills throughout the text reinforce the content while facilitating instruction. In addition, the accompanying DVD provides invaluable visual and practical information to help students convert the information presented in the text to applied skills necessary for success in their future professions. When used as a course text, Methods of Group Exercise Instruction, Second Edition, also includes an updated instructor guide and test package, which offer suggestions for effective use of the book and DVD package, lesson plan outlines, a sample week-by-week syllabus, lab activities, and sample test questions. Online course options are also available for those instructors and students who prefer the convenience of online learning. Methods of Group Exercise Instruction, Second Edition, presents a comprehensive and research-based discussion of the commonalities of all formats of group exercise. This unique and in-depth approach, bolstered by the dynamic learning aids in the accompanying DVD, make this second edition a valuable resource and reference for both preprofessional and professional instructors of any group exercise format.

Exercise and Disease Management

Fundamentals of Biomechanics introduces the exciting world of how human movement is created and how it can be improved. Teachers, coaches, and physical therapists all use biomechanics to help people improve movement and decrease the risk of injury. The book presents a comprehensive review of the major concepts of biomechanics and summarizes them in nine principles of biomechanics. Fundamentals of Biomechanics concludes by showing how these principles can be used by movement professionals to improve human movement. Specific case studies are presented in physical education, coaching, strength and conditioning, and sports medicine.