



Wolters Kluwer

When you have to be right

Sports and Exercise Science Catalogue 2017



Key to Symbols



New

Titles marked with this symbol are new.



Inspection copies

Available to instructors considering a particular text for adoption. Inspection copies are now available as eBooks and hardcopy.



Ebook Available

LWW's Textbooks are available in a variety of ebook formats to suit your needs. Ask your LWW representative for more information about availability.



Online Ancillaries

Many LWW titles come with a suite of online materials available from thePoint. This may include an ebook online, images, videos and other ancillary resources.

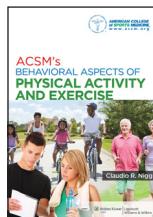
When it comes to providing students and teachers in medical and the health professions with the educational materials they need, our philosophy is simple: learning never ends. Everything we offer helps students bridge the gap between the classroom and clinical practice, while supporting healthcare professionals in their jobs.

SPORTS & EXERCISE SCIENCE



ACSM's Behavioral Aspects of Physical Activity and Exercise

American College of Sports Medicine (ACSM)



This practical text provides the theoretical foundation of behaviour change and then offers specific strategies, tools, and methods you can use to motivate and inspire your 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, the book provides step-by-step instructions to help fitness/health professionals and students master client motivation techniques.

978-1-4511-3211-3 / 336 pp / 40 illus, 53 tables / 2013 / £44.95 €54.00



ACSM'S Certification Review, 5th Edition

American College of Sports Medicine (ACSM)



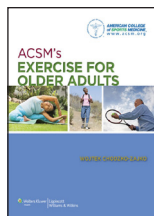
With ACSM's Certification Review as your guide, you can be ready to successfully pass the exam to become a Certified Personal Trainer (CPT), Certified Exercise Physiologist (EP-C), or Certified Clinical Exercise Physiologist (CEP). This text will help you identify your strengths and weaknesses and then eliminate those areas of weakness with further study. Most importantly, this text will help you advance your career in fitness and exercise. Now aligned with the tenth edition of the ACSM's Guidelines for Exercise Testing and Prescription, this text is reflective of the key changes and the only print resource for the current ACSM certification exams.

978-1-4963-3877-8 / 288 pp / Mar 2017 / £35.00 €41.00



ACSM's Exercise for Older Adults

American College of Sports Medicine (ACSM)



Throughout **ACSM's Exercise for Older Adults**, world-renowned researchers and practitioners make a compelling case for older adults to engage in physical activity. Over the course of ten chapters, the text highlights the physiological, psychological, and social benefits of a physically active lifestyle. Students and professionals will benefit from implementation strategies including motivation to initiate and maintain exercise; options for healthy older adults; options for older adults with special needs; and assessing progress and performance. A frequently asked questions chapter provides exercise professionals with resources to anticipate and respond to their clients.

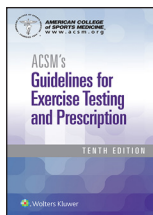
978-1-6091-3647-5 / 256 pp / 18 illus, 24 tables / 2013 / £31.50 €38.00

NEW



ACSM's Guidelines for Exercise Testing and Prescription, 10th Edition

American College of Sports Medicine (ACSM)



The tenth edition reflects some crucial and exciting changes, making the content necessary for effective study and practice. New pre-exercise health screening recommendations are critical to helping more of the population begin a safe, healthy physical activity program without consulting a physician. New and expanded information on the risks of sedentary behavior, clinical exercise testing and interpretation, high intensity interval training, musculoskeletal injury risk, fitness testing protocols and norms, and an expansion of the principles of health behavior change are included.

Additionally, significant reorganization of content will help you reach the information you need quickly.

978-1-4963-3906-5 / 480 pp / Feb 2017 / £38.50 € 42.00 (Spiral Bound)

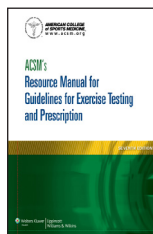
978-1-4963-3907-2 / 480 pp / Feb 2017 / £38.50 € 42.00 (Paper Back)

SPORTS & EXERCISE SCIENCE



ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition

American College of Sports Medicine (ACSM)



ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to **ACSM's Guidelines for Exercise Testing and Prescription** and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM. The Seventh Edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines, and explains the science behind the exercise testing and prescription.

978-1-6091-3956-8 / 896 pp / 183 illus, 142 tables / 2013 / £52.00 €62.00



ACSM's Health-Related Physical Fitness Assessment Manual, 5th Edition

American College of Sports Medicine (ACSM)

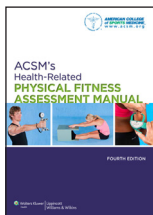
The goal of the 5th Edition of **ACSM's Health-Related Physical Fitness Assessment Manual** is to provide a comprehensive overview of why and how to perform assessments of the five health-related components of physical fitness, namely body composition, muscular strength, muscular endurance, flexibility and cardiorespiratory fitness.

978-1-4963-3880-8 / 208 pp / Jun 2017 / £42.50 €49.00 (t)



ACSM's Health-Related Physical Fitness Assessment Manual, 4th Edition

American College of Sports Medicine (ACSM)



This text provides the information necessary to develop skills for assessing an individual's health-related physical fitness. It provides a practical "how-to-do-it" approach for performing assessment skills effectively, and an understanding of the theory behind and the importance of each skill or assessment. The Third Edition includes updated references to **ACSM's Guidelines for Exercise Testing and Prescription**, Ninth Edition, more diagrams and pictures highlighting assessment techniques, and new material on physical activity assessments, considerations for medication usage, and common measurement errors.

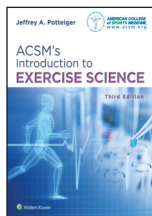
978-1-4511-1568-0 / 192 pp / 55 illus, 41 tables / 2013 / £39.00 €47.00

SPORTS & EXERCISE SCIENCE



ACSM's Introduction to Exercise Science, 3rd Edition

American College of Sports Medicine (ACSM)

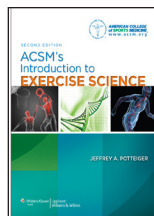


978-1-4963-3961-4 / 480 pp / Oct 2017



ACSM's Introduction to Exercise Science, 2nd Edition

American College of Sports Medicine (ACSM)



Developed by the American College of Sports Medicine, this text brings a complete introduction to the basics of strength training and conditioning based on research findings. The text focuses on practical applications, enabling students to develop, implement, and assess the results of training programs that are designed to optimize strength, power, and athletic performance. In addition, the text's clear, concise and straightforward writing style makes it easy to grasp new concepts.

978-1-4511-7672-8 / 496 pp / 2013 / £67.00 €80.00



ACSM's Research Methods

American College of Sports Medicine (ACSM)



Wolters Kluwer and the ACSM are excited to introduce **ACSM's Research Methods**, a vital first edition. This applied approach provides students with a sophisticated look at research methods aimed at building engagement with the text. Written by leading experts in the field, this title offers a fresh approach that better integrates traditional methods with some of the newer approaches to research, such as qualitative and mixed methods, and uses published journal articles and real-life examples to make the material interesting and relevant.

978-1-4511-9174-5 / 462 pp / 82 illus / Oct 2015 / £75.00 €77.00

SPORTS & EXERCISE SCIENCE



ACSM's Resource for the Exercise Physiologist, 2nd Edition *American College of Sports Medicine (ACSM)*

As the official preparation book for the ACSM Certified **Exercise Physiologist** examination, the title will guide those seeking certification as they prepare to sit for the exam. For those already practicing, this evidence-based resource will aid in providing the most current, competent guidance to clients. Now fully aligned with the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription, this second edition is reflective of the most current standards in the field.

978-1-4963-2286-9 / 472 pp / May 2017 / £56.00 €65.00 (t)



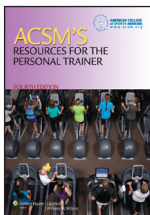
ACSM's Resources for the Personal Trainer, 5th Edition *American College of Sports Medicine (ACSM)*

This 5th Edition of **ACSM's Resources for the Personal Trainer** is the critical content for those seeking to gain ACSM's Certified Personal Trainer certification, and those currently practicing. This title is now fully aligned to the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription, and includes the new pre-participation guidelines, which will be critical for those in the personal trainer field. ACSM's Resources for the Personal Trainer is the official preparation book for the ACSM Certified Personal TrainerSM examination.

978-1-4963-2289-0 / 592 pp / Aug 2017



ACSM's Resources for the Personal Trainer, 4th Edition *American College of Sports Medicine (ACSM)*



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.

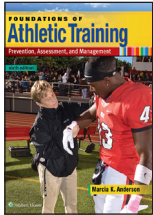
978-1-4511-0859-0 / 592 pp / 202 illus, 108 tables / 2013 / £56.00 €61.00

SPORTS & EXERCISE SCIENCE



Foundations of Athletic Training: Prevention, Assessment, and Management, 6th Edition

Marcia Anderson



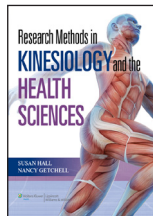
Foundations of Athletic Training integrates basic medical concepts and related scientific information to provide a strong foundation of general athletic training practices. Using a problem-solving approach to prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases, this text provides athletic trainers and athletic training students with the most extensive, challenging content in a user-friendly format.

978-1-4963-3087-1 / 1072 pp / 1029 illus, 289 tables / Jul 2016 / £56.00 €67.00



Research Methods in Kinesiology and the Health Sciences

Susan Hall and Nancy Getchell



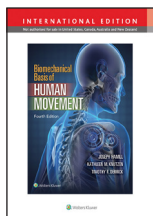
Designed for introductory research methods courses at graduate and undergraduate levels, **Research Methods in Kinesiology** includes all major topics conventionally addressed in introductory research methods texts. With unique chapters on research writing style and matching statistical tools with research protocols, readers will find this book written in a conversational tone intended to make the topic more readily understood by today's student. Problem-based learning activities help students apply the skills they've learned and prepare for actual research.

978-0-7817-9774-0 / 385 pp / 155 illus, 25 tables / 2014 / £47.00 €56.00



Biomechanical Basis of Human Movement, 4th Edition

Joseph Hamill, Kathleen Knutzen and Timothy Derrick



Focusing on the quantitative nature of biomechanics, **Biomechanical Basis of Movement**, the 4th edition integrates current literature, meaningful numerical examples, relevant applications, hands-on exercises, and functional anatomy, physics, calculus, and physiology to help students—regardless of their mathematical background— understand the full continuum of human movement potential. This 4th Edition features a new problem generator for instructors, which randomly generates an unlimited number of numerical problems for student practice, and free MaxTRAQ motion analysis software that shows biomechanics in action and allows students to track data and analyze

motion in a dynamic, video-enriched online environment.

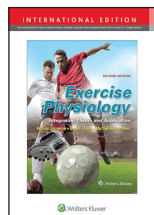
978-1-4511-9404-3 / 528 pp / 425 illus / 2014 / £47.00 €56.00

SPORTS & EXERCISE SCIENCE



Exercise Physiology: Integrated from Theory to Practical Applications, 2nd Edition

William Kraemer, Steven Fleck and Michael Deschenes



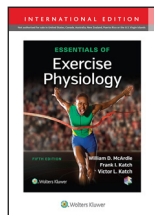
Enhanced by new online video clips and animations, Kraemer's **Exercise Physiology**, combines research and theory with practical discussions of nutrition and training to help students understand how the human body works and responds to exercise. Through the authors' evidence-based and practical approach, students not only gain a solid foundation in exercise physiology concepts, but also learn how those concepts can be used in everyday life to optimise athletic performance and wellness. The 2nd edition includes new video clips, a new design and enhanced online teaching and learning resources to help you succeed.

978-1-4963-0908-2 / 512 pp / 261 full colour illus / Feb 2015 / £40.95 €49.00



Essentials of Exercise Physiology, 5th Edition

William McArdle, Frank Katch and Victor Katch



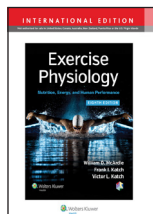
Essentials of Exercise Physiology offers a compact version of the 8th Edition of the bestselling *Exercise Physiology: Nutrition, Energy, and Human Performance*, making it ideal for introductory undergraduate courses. As students progress through the text, they'll develop a deep understanding of the interrelationships among energy intake, energy transfer during exercise, and the physiologic systems that support energy transfer. Moreover, they'll discover how to apply what is learnt to enhance exercise training, athletic performance, and health.

978-1-4963-0909-9 / 790 pp / 360 illus / Oct 2015 / £38.00 €46.00



Exercise Physiology: Energy, Nutrition and Human Performance, 8th Edition

William McArdle, Frank Katch and Victor Katch



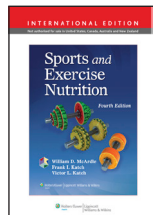
Setting the standard for more than 30 years, **Exercise Physiology** has helped more than 350,000 students build a solid foundation in the scientific principles underlying modern exercise physiology. This Eighth Edition is updated with the latest research in the field to give students easy-to-understand, up-to-date coverage of how nutrition, energy transfer, and exercise training affect human performance. Throughout the text, the authors apply exercise physiology principles to practical skills, illustrate how theory comes to life through research, and clarify complex issues and problems.

978-1-4511-9383-1 / 1136 pp / 900 illus, 208 tables / 2014 / £51.00 €61.00



Sports and Exercise Nutrition, 4th Edition

William McArdle, Frank Katch and Victor Katch



Updated with the latest cutting-edge research findings, the Fourth Edition of **Sports and Exercise Nutrition** helps readers make the bridge between nutrition and exercise concepts and their practical applications. The book provides a strong foundation in the science of exercise nutrition and bioenergetics and offers valuable insights into how the principles work in the real world of physical activity and sports medicine. Case Studies and Personal Health and Exercise Nutrition activities engage readers in practical nutritional assessment problems.

978-1-4511-7573-8 / 704 pp / 56 illus / 2012 / £50.00 €60.00

SPORTS & EXERCISE SCIENCE

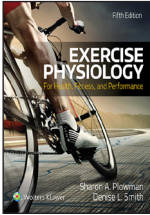
NEW

Inspection
copy



Exercise Physiology for Health, Fitness, and Performance, 5th Edition

Sharon Plowman and Denise Smith



This engaging and beautifully designed text integrates theoretical and research based basic exercise physiology with real-world application to prepare students for exciting positions in exercise science, fitness, physical education, athletic training, rehabilitation, coaching and/or allied health professions. The 5th Edition offers coverage of foundational science and critical exercise physiology topics. Organized by independent units (Metabolic, Cardiovascular-respiratory, Neuromuscular-skeletal, and Neuroendocrine-immune) this text offers maximum teaching flexibility for faculty and consistent presentation of material for the student.

978-1-4963-2318-7 / 760 pp / Feb 2017 / £80.00 €93.00

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