

## The bestselling text in sport and exercise psychology

Title: Foundations of Sport and Exercise Psychology, 6th Edition  
 Author(s): Robert S. Weinberg and Daniel Gould  
 Publication Date: January 2015  
 ISBN: 9781450469814  
 Illustrations: 79  
 Photos: 65  
 Size: 216 x 279 mm  
 Pages: 688  
 Format: Hardback  
 Category: Sports Psychology  
 Price: £69.99 / €91.00

BIC Code: WSDP

Previous Edition: 9780736083232

## Foundations of Sport and Exercise Psychology, 6th Edition

Robert S. Weinberg and Daniel Gould

### Overview

As the leading text in sport and exercise psychology, *Foundations of Sport and Exercise Psychology* provides a thorough introduction to key concepts in the field and draws connections between research and practice and captures the dynamism of sport and exercise.

In-depth learning aids have been refreshed, including chapter objectives and summaries, sidebars, key terms, key points, anecdotes and discussion questions to help students think more critically about applying the material.

The updated web study guide serves as an important learning tool and guides students into completing the related activities for each chapter and apply knowledge gained.

To help lecturers, instructor ancillaries have also been updated and expanded and are now supplemented with an image bank, gradable chapter quizzes and instructor videos.

### About the Author(s)

Robert S. Weinberg, is a professor in physical education, health and sport studies at Miami University in Oxford, Ohio. Weinberg has more than 30 years of experience in both the scholarly and applied aspects of sport psychology. Weinberg was voted one of the top 10 sport psychologists in North America.

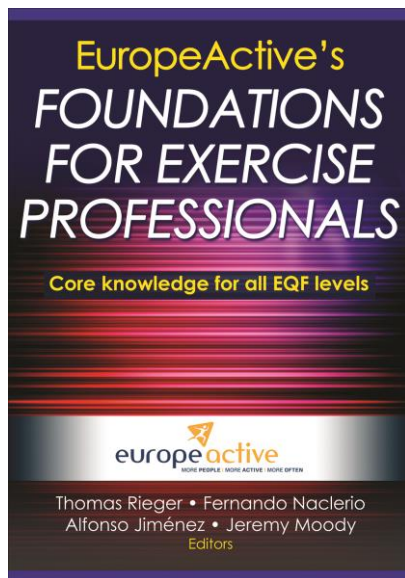
Daniel Gould, is the director for the Institute for the Study of Youth Sports and professor in the department of kinesiology at Michigan State University and has taught sport psychology for more than 25 years. An active researcher, Gould was the founding co-editor of *The Sport Psychologist* and has published more than 200 articles on sport psychology.

### Selected Contents

Part I. Beginning Your Journey  
 Part II. Learning About Participants  
 Part III. Understanding Sport and Exercise Environments  
 Part IV. Focusing on Group Processes  
 Part V. Improving Performance  
 Part VI. Enhancing Health and Well-Being  
 Part VII. Facilitating Psychological Growth and Development

### Marketing & Promotions

- Reviews in UK and European sport science websites, magazines and journals including BASES' *The Sport and Exercise Scientist*.
- Featured at various sport science events throughout the UK and Europe including the British Association of Sport and Exercise Sciences and the European Congress of Sports Science.
- Sports science mailings to students, lecturers and coaches.
- Featured in Human Kinetics' monthly *Academic News*, an E-Newsletter sent to over 13,000 subscribers.
- Featured on Human Kinetics' Health & Fitness Blog.



## Preparing for a successful career as an exercise professional

Title: EuropeActive's Foundations for Exercise Professionals  
Author(s): EuropeActive  
Publication Date: March 2015  
ISBN: 9781450423779  
Illustrations: 100  
Photos: 67  
Size: 178 x 254 mm  
Pages: 376  
Format: Hardback  
Category: Sports Training and Coaching  
Price: £30.99 / €40.30

BIC Code: WSD

## EuropeActive's Foundations for Exercise Professionals

EuropeActive

### Overview

To be considered an exercise professional anywhere in Europe, proper accreditation by EuropeActive is necessary requirement.

This book is the official primer for those seeking that accreditation and the multitude of benefits it brings.

These include: Industry recognition, professional status, higher earning potential, increased employment opportunities across companies, institutions and even countries, legal protection, better client relationships and much more besides.

The practical benefit is that this core, foundational knowledge will continue to be of benefit long past initial qualification and conforms up to EQF levels three and four.

### About the Author(s)

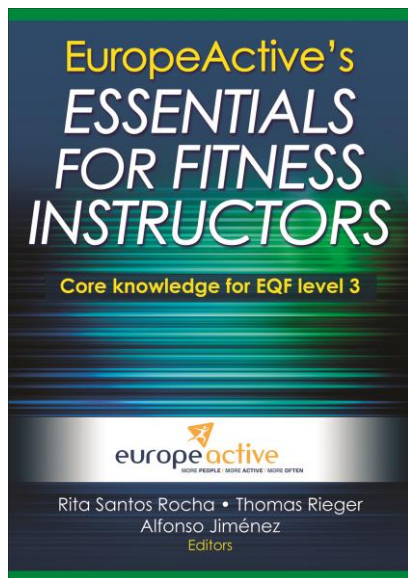
The European Register of Exercise Professionals uses the EuropeActive standards as its quality assurance process to ensure that exercise professionals are suitably qualified to offer safe and effective fitness programmes to their clients all across Europe. EREPS provides consumers, employers and partners in medical professions with the necessary level of confidence that registered trainers are competent and work to support its Code of Ethical Practice which defines the rights and principles of being an exercise professional.

### Selected Contents

Chapter 1. Bones and Joints  
Chapter 3. Muscle Action  
Chapter 5. Energy Systems  
Chapter 7. Resistance Training  
Chapter 9. Flexibility Training  
Chapter 11. Warm-Up and Cool-Down  
Chapter 13. Promoting Physical Activity and Health  
Chapter 15. Safe and Effective Exercise  
Chapter 17. Building Rapport and Customer Care  
Chapter 19. Screening and Assessing  
Chapter 21. Resistance Exercise Using Free Weights  
Chapter 22. Cardiorespiratory Exercise

### Marketing & Promotions

- Reviews in relevant UK and European websites, magazines and journals including *REPS Journal*, *PT*, *FitPro* and *Health and Fitness* magazines.
- Featured at various fitness and sport science events throughout the UK and Europe including Bodypower, Fitpro, the British Association of Sport and Exercise Sciences and the European Congress of Sports Science.
- Email campaign to relevant students, lecturers and coaches.
- Featured in Human Kinetics' monthly E-Newsletters, *Academic News* and *Fit News*, sent to over 30,000 subscribers.
- Featured on Human Kinetics' Health & Fitness Blog.



## The authoritative guide to fitness instruction in Europe

Title: EuropeActive's Essentials for Fitness Instructors

Author(s): EuropeActive

Publication Date: March 2015

ISBN: 9781450423793

Illustrations: 13

Photos: 18

Size: 178 x 254 mm

Pages: 232

Format: Hardback

Category: Sports Training and Coaching

Price: £23.99 / €31.20

BIC Code: WSD

## EuropeActive's Essentials for Fitness Instructors

EuropeActive

### Overview

*EuropeActive's Essentials for Fitness Instructors* is the most comprehensive guide for fitness instructors interested in helping their clients' achieve health and fitness goals.

Co-written by EuropeActive, the European standard-setting authority in health and fitness, this manual is essential for both aspiring and future qualified fitness instructors.

This resource includes fundamentals and best practices of every concept, procedure, duty and responsibility needed for individual and group fitness instruction.

It imparts the knowledge, skills and abilities required for Level 3 classification requirements within the European Qualifications Framework (EQF) Standards.

These are the only official baseline standards for registered fitness instructors throughout Europe.

### About the Author(s)

The European Register of Exercise Professionals uses the EuropeActive standards as its quality assurance process to ensure that exercise professionals are suitably qualified to offer safe and effective fitness programmes to their clients all across Europe. EREPS provides consumers, employers and partners in medical professions with the necessary level of confidence that registered trainers are competent and work to support its Code of Ethical Practice which defines the rights and principles of being an exercise professional.

### Selected Contents

Chapter 1. Customer Service

Chapter 3. Cardiorespiratory Exercise

Chapter 4. Resistance Exercise

Chapter 5. Safe Progressive Exercise Planning

Chapter 7. Delivering a Group Fitness Class

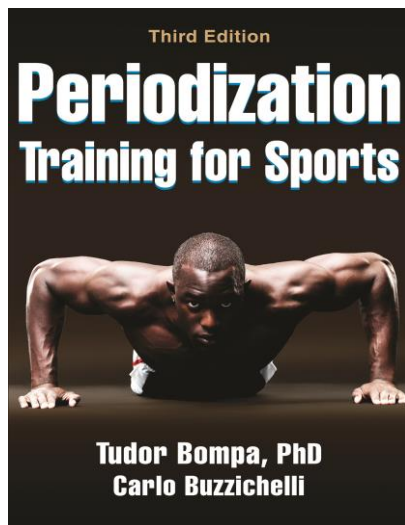
Chapter 8. Teaching Group Fitness to Music

Chapter 10. Ending a Session

Chapter 12. Stress Management Techniques

### Marketing & Promotions

- Reviews in relevant UK and European websites, magazines and journals including *REPS Journal*, *PT*, *FitPro* and *Health and Fitness* magazines.
- Featured at various fitness and sport science events throughout the UK and Europe including Bodypower, Fitpro, the British Association of Sport and Exercise Sciences and the European Congress of Sports Science.
- Email campaign to relevant students, lecturers and coaches.
- Featured in Human Kinetics' monthly E-Newsletters, *Academic News* and *Fit News*, sent to over 30,000 subscribers.



## Pioneering author's latest edition

Title: Periodization Training for Sports, 3rd Edition  
Author(s): Tudor Bompa and Carlo Buzzichelli  
Publication Date: February 2015  
ISBN: 9781450469432  
Illustrations: 108  
Photos: 15  
Size: 216 x 279 mm  
Pages: 384  
Format: Paperback  
Category: Sports Training and Coaching  
Price: £16.99 / €22.10

BIC Code: WSD

Previous Edition: 9780736055598

## Periodization Training for Sports, 3rd Edition

Tudor Bompa and Carlo Buzzichelli

### Overview

In this new edition of *Periodization Training for Sports*, Tudor Bompa teams with strength and conditioning expert Carlo Buzzichelli to demonstrate how to use periodized workouts to peak at the optimal time.

Coaches and athletes in 35 sports have at their fingertips a verified programme designed to produce the best results.

Containing plenty of ready-made training schedules, the book is an excellent conditioning planner for those wanting to know what works, why it works and when it works in the training room and on the practice field.

### About the Author(s)

Tudor O. Bompa revolutionised western training methods when he introduced his groundbreaking theory of periodization in Romania in 1963. He then applied his principle of periodisation to bodybuilding. He has personally trained 11 Olympic medalists (including four gold medalists) and has served as a consultant to coaches and athletes worldwide.

Carlo Buzzichelli is an invited professor of "Theory and Methodology of Training" at the Superior Institute of Physical Education and Sports of Camaguey (Cuba) and the International Director of the International Sport Division of the Tudor Bompa Institute.

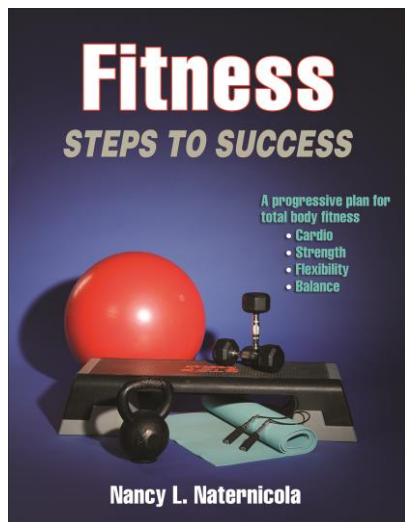
### Selected Contents

Part I: Foundations of Strength Training  
Chapter, 1 Strength, Power, and Muscular Endurance in Sports  
Chapter 2, Neuromuscular Response to Strength Training  
Chapter 4, Fatigue, Muscle Soreness, and Recovery  
Part II: Program Design  
Chapter 7, Manipulation of Training Variables  
Chapter 8, Sport Nutrition  
Chapter 9, Microcycle Short-Term Plan  
Chapter 10, Annual Plan  
Part III: Periodization of Strength  
Chapter 11, Phase 1  
Chapter 13, Phase 3  
Chapter 15, Phases 5 and 6

### Marketing & Promotions

- Reviews in UK and European coaching and sport science websites, magazines and journals including BASES' *The Sport and Exercise Scientist* and *International Journal of Sports Science & Coaching*.
- Featured at various sport science events throughout the UK and Europe including UKSCA, the British Association of Sport and Exercise Sciences and the European Congress of Sports Science.
- Email campaign to relevant students, lecturers and coaches.
- Featured in Human Kinetics' monthly E-Newsletters, *Academic News* and *Fit News*, sent to over 30,000 subscribers.
- Featured on Human Kinetics' Health & Fitness Blog.





## New fitness addition to the popular Steps to Success Series

Title: Fitness: Steps to Success  
Author(s): Nancy L. Naternicola  
Publication Date: January 2015  
ISBN: 9781450468855  
Illustrations: 2  
Photos: 97  
Size: 216 x 279 mm  
Pages: 224  
Format: Paperback  
Category: Fitness & diet  
Price: £14.99 / €19.50

BIC Code: VFMG

## Fitness: Steps to Success

Nancy L. Naternicola

### Overview

Packed with group and home exercises, recreational activities, yoga, balance work, core work and nutrition essentials, *Fitness: Steps to Success* provides a variety of options to create perfect, individual fitness programmes.

Step-by-step instruction, full-colour photographic sequences and expert advice accompany the most effective exercises and activities for cardiorespiratory endurance, balance, strength, flexibility and core strength.

The simple assessment checks help to identify progress along the way and readers also learn the benefits of each activity; recommendations for what, when and how often; and the best exercises for achieving specific results.

With tips for staying motivated, recovering from lapses and avoiding taking the wrong choices, it has all the tools necessary to make anyone feel better, look great and lead an active, healthy lifestyle.

Part of the popular *Steps to Success* series, with more than 2 million copies sold.

### About the Author(s)

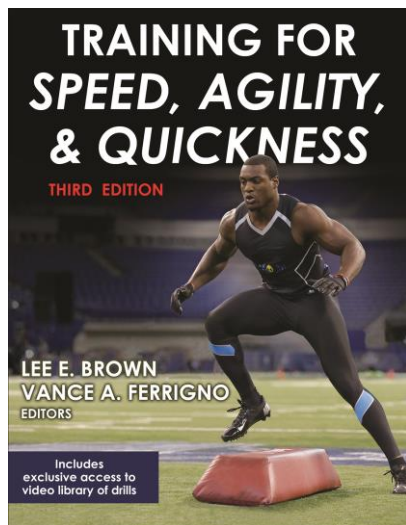
Nancy Naternicola holds a BS and MS in physical education teacher education. She is the fitness and wellness director of the US College of Physical Activity and Sport Sciences (CPASS) and develops fitness programming. She also oversees and teaches courses in the personal trainer minor and group fitness minor programs and teaches classes in the basic instruction programme. She has taught more than 15 types of group fitness, including step, kickboxing, fitness yoga, mat Pilates, sport conditioning, hip-hop and boot camp.

### Selected Contents

Series Intro: Climbing the Steps to Fitness Success  
STEP 1. Overview of Fitness  
STEP 2. Testing and Evaluation  
STEP 3. Goals  
STEP 4. Cardiovascular Fitness  
STEP 5. Muscular Strength and Endurance  
STEP 6. Flexibility  
STEP 7. Balance  
STEP 8. Core  
STEP 9. Nutrition  
STEP 10. Behavior

### Marketing & Promotions

- Reviews in relevant UK and European websites, magazines and journals including FitPro and Health and Fitness magazines.
- Featured at various health and fitness events throughout the UK and Europe.
- E-mail marketing campaign to contacts general fitness
- Featured in Human Kinetics' *Fit News* and *PE News*, monthly E-Newsletters sent to over 24,000 subscribers.
- Featured on Human Kinetics' Health & Fitness blog.



## The ultimate training resource for athletes and coaches

Title: Training for Speed, Agility, and Quickness, 3rd Edition  
Author(s): Lee E. Brown and Vance A. Ferrigno  
Publication Date: January 2015  
ISBN: 9781450468701  
Illustrations: 66  
Photos: 277  
Size: 216 x 279 mm  
Pages: 304  
Format: Paperback  
Category: Sports Training and Coaching  
Price: £16.99 / €22.10

BIC Code: WSD

Previous Edition: 9780736058735

## Training for Speed, Agility, and Quickness, 3rd Edition

Lee E. Brown and Vance A. Ferrigno

### Overview

Today's athletes are bigger, stronger, faster and more agile than ever before. Exhibiting a combination of power, speed and quickness, they've raised the bar on performance, competition and training.

This total training package, offers exclusive online access to a video library of the most effective drills and exercises for developing movement skills and readers can see how to perform key tests and execute the best and most complex drills from the book.

More than 100,000 athletes and coaches around the world have put their trust in previous editions of *Training for Speed, Agility, and Quickness* and the third edition sets a new standard for training.

### About the Author(s)

Lee E. Brown is professor of kinesiology and director of the Center for Sport Performance at California State University. He is a fellow of both the American College of Sports Medicine and the US National Strength and Conditioning Association.

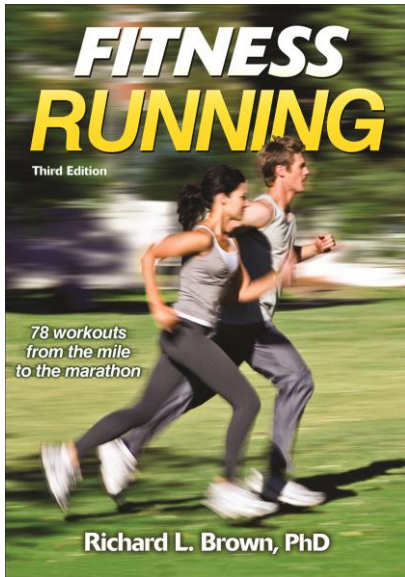
Vance Ferrigno is an exercise physiologist and golf performance specialist. He is a fellow of applied functional science, ACSM health fitness director, ACSM health fitness specialist, USA Cycling level 2 coach, NSCA certified strength and conditioning specialist and USA Weightlifting level 1 coach.

### Selected Contents

Part I: Training Essentials  
Chapter 1. How the Training Works  
Chapter 2. Athlete Assessment  
Chapter 4. Speed Training  
Chapter 6. Quickness and Reaction Time Training  
Part II: Training Programs  
Chapter. 7 Developing a Customized Program  
Chapter 9. Football and Rugby  
Chapter 10. Basketball and Netball  
Chapter 13. Soccer  
Chapter 16. Racquetball and Squash

### Marketing & Promotions

- Reviews in UK and European coaching and sport science websites, magazines and journals including BASES' *The Sport and Exercise Scientist* and *International Journal of Sports Science & Coaching*.
- Featured at various sport science events throughout the UK and Europe including UKSCA, the British Association of Sport and Exercise Sciences and the European Congress of Sports Science.
- Email campaign to relevant students, lecturers and coaches.
- Featured in Human Kinetics' monthly E-Newsletters, *Academic News* and *Fit News*, sent to over 30,000 subscribers.
- Featured on Human Kinetics' Health & Fitness Blog.



## Bestseller updated

Title: Fitness Running, 3rd Edition

Author(s): Richard L. Brown

Publication Date: February 2015

ISBN: 9781450468817

Illustrations: 13

Photos: 122

Size: 178 x 254 mm

Pages: 232

Format: Paperback

Category: Track & field sports, athletics

Price: £14.99 / €19.50

BIC Code: WSKC

Previous Edition: 9780736045100

## Fitness Running, 3rd Edition

Richard L. Brown

### Overview

Whether running for health, competitively, or both, *Fitness Running* includes established programmes to help runners achieve their goals.

Colour coded and flexible, the 13 to 26 week programmes cover base building, fitness and training for short-distance events, half and full marathons.

Each workout is prioritised according to individual goals, allowing the flexibility to tailor the training to suit different schedules.

It includes more than just workouts however and covers individualised testing for assessing running health and log pages for recording runs, results and health information.

It also contains specific recommendations for female runners and the latest information on gear and gadgets, cross-training, stretching and recovery.

### About the Author(s)

Richard L. Brown, is a veteran coach and exercise physiologist, who has mentored championship runners at all ages levels. He has served as a personal coach to an impressive list of world-class athletes including Mary Decker Slaney. He is particularly known for guiding Slaney to her double gold medals at the 1983 Helsinki World Championships. He is one of few people to have coached athletes in both the Summer and Winter Olympic Games and Paralympics.

### Selected Contents

Part I: Before You Run

Chapter 1. Running Health Assessment

Chapter 3. Running Form

Chapter 4. Challenge and Adaptation

Chapter 5. Recovery

Chapter 6. Fitness and the Female Runner

Part II: Plan Your Program

Chapter 8. Types of Running Workouts

Chapter 10. Cross-Training

Part III: Training Schedules

Chapter 12. Beginning Training

Chapter 14. Short-Race Training

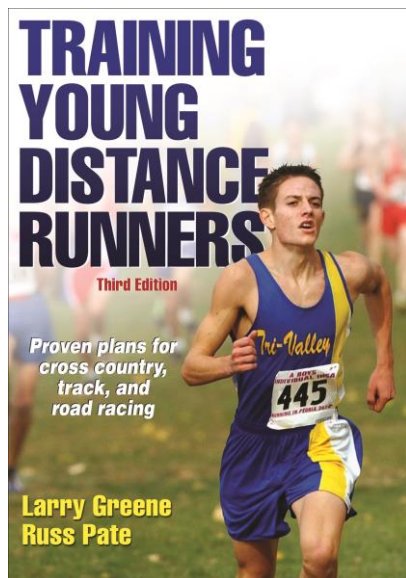
Chapter 15. Half-Marathon Training

Chapter 16. Marathon Training

Chapter 17. Postrace Recovery and Injury Training

### Marketing & Promotions

- Planned publicity and reviews in various running magazines including *Runners' World*, *Athletics Weekly* and *220 Triathlon*.
- Email campaign sent to contacts interested in running and fitness.
- Featured in Human Kinetics' monthly online E Newsletter, *Fit News* which is sent to over 18,000 subscribers.
- Featured on Human Kinetics Health & Fitness Blog.



## Essentials of coaching teenage runners

Title: Training Young Distance Runners, 3rd Edition  
Author(s): Larry Greene and Russ Pate  
Publication Date: February 2015  
ISBN: 9781450468848  
Illustrations: 15  
Photos: 69  
Size: 178 x 254 mm  
Pages: 272  
Format: Paperback  
Category: Track & field sports, athletics  
Price: £13.99 / €18.20

BIC Code: WSKC

Previous Edition: 9780736050913

## Training Young Distance Runners, 3rd Edition

Larry Greene and Russ Pate

### Overview

Previous editions of *Training Young Distance Runners* have helped countless runners achieve their best times, avoid injuries and improve their performance progressively from season to season.

Updated, expanded and enhanced, this new edition further enhances its standing as the standard reference for athletes and coaches in cross country, track and field and road.

Athletes will learn to optimise performance through tempo running, interval training and technique work to improve form and gain a competitive advantage with expert advice and strategies for event-specific training, avoiding injuries, and overcoming setbacks.

The book contains guidelines for designing customised daily, weekly and seasonal programmes as well as coverage of hot topics including nutritional supplements, barefoot running and minimalist shoes, and gearing training to the specific needs of girls and boys.

### About the Author(s)

Larry Greene knows all about the challenges facing young distance runners having won state championships in high school cross country and track events. He has coached distance runners at youth, university and elite levels.

Russ Pate has been an exercise science instructor and researcher since 1972. He serves as a professor in the department of exercise science at the University of South Carolina, where his research is focused on the relationship between physical activity and health in children and adolescents.

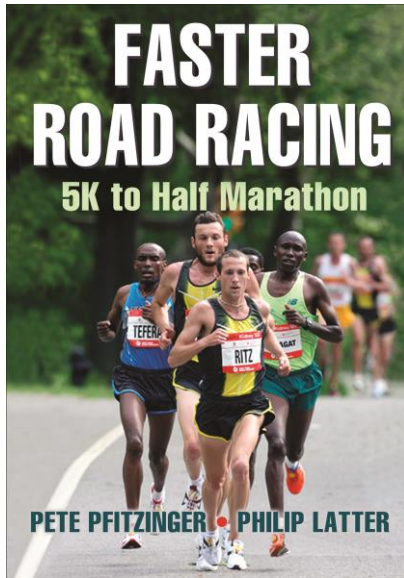
### Selected Contents

Part I: Running Fundamentals  
Chapter 1. Peak Development  
Chapter 2. Teen Physiology  
Chapter 3. Maximum Nutrition  
Chapter 4. Champion Psyche  
Chapter 5. Form Fundamentals  
Part II: Training and Racing Programs  
Chapter 6. General Training Methods  
Chapter 7. Race-Specific Training  
Chapter 8. Program Building  
Chapter 9. Planning Training  
Chapter 10. Dealing with Setbacks

### Marketing & Promotions

- Planned publicity and reviews in various running magazines including *School Sport*, *Runners' World*, *Athletics Weekly* and *220 Triathlon*.
- Email campaign sent to contacts interested in running and triathlon.
- Featured in Human Kinetics' monthly online E Newsletters, *PE News* and *Fit News* which are sent to over 24,000 subscribers.
- Featured on Human Kinetics Health & Fitness Blog.





## Training plans for road runners

Title: Faster Road Racing  
Author(s): Peter Pfitzinger and Philip Latter  
Publication Date: January 2015  
ISBN: 9781450470452  
Illustrations: 97  
Photos: 2  
Size: 178 x 254 mm  
Pages: 312  
Format: Paperback  
Category: Track & field sports, athletics  
Price: £13.99 / €18.20

BIC Code: WSKC

## Faster Road Racing

Peter Pfitzinger and Philip Latter

### Overview

Renowned running authority, coach and best-selling author Pete Pfitzinger has teamed up with Philip Latter, senior writer for *Running Times*, to produce this essential training guide covering the most popular race distances, including the 5K, 10K and half marathon.

*Faster Road Racing* provides a series of easy-to-follow programmes aimed at giving runners ongoing improvements in their race performances.

It contains detailed plans for specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering and training beyond the age 40.

For serious runners who compete in numerous races at different distances throughout the year, these training plans are invaluable.

### About the Author(s)

Pete Pfitzinger, the highest placed American runner in the 1984 and 1988 Olympic marathons, is a respected coach, exercise physiologist and administrator of high-performance sport.

Philip Latter is a senior writer for *Running Times* and a leading cross country coach. In addition to *Running Times*, his writing has appeared in *Runner's World* and on *RunnersWorld.com*

### Selected Contents

Part I: Training Components  
Chapter 1. Elements of Training  
Chapter 2. Balancing Training and Recovery  
Chapter 3. Supplementary Training  
Chapter 4. The Well-Fed Runner's Diet  
Chapter 5. Masters Running  
Chapter 6. Tapering for Peak Performance  
Part II: Training for Peak Performance  
Chapter 7. Following the Schedules  
Chapter 8. Base Training  
Chapter 9. Training for 5K Races  
Chapter 10. Training for 8K to 10K Races  
Chapter 11. Training for 15K and 10-Mile Races  
Chapter 12. Training for the Half Marathon  
Chapter 13. Training for Multiple Race Distances

### Marketing & Promotions

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