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Introduction to Kinesiology, Second Edition, gives students a complete overview of the field of kinesiology and explores the common career paths, questions, and ideas that are part of this dynamic and expanding discipline.

Provides the essential information for students embarking on studying human movement or physical education, providing a complete overview of the field of kinesiology and exploring the common career paths, questions, and ideas that are part of this dynamic and expanding field.

Introduction to Kinesiology, Second Edition, provides a comprehensive, reader-friendly overview of kinesiology, laying a solid foundation for future learning and for working as a professional in any field relating to physical activity. This new edition is significantly updated and revamped, featuring these additions: -Expanded information and advice on careers relating to the field of kinesiology, including short- and long-term employment opportunities, allowing students to benefit from an inclusive and accurate job outlook early in their college careers -New schematics and visual effects to help students better understand the content, including more relevant photos to illustrate text points and new artwork to help clarify important conceptual connections -New profiles featuring significant scholars in the field -New and improved sidebars, interactive items, and key points to engage students more deeply and to acquaint them with relevant issues and problems Introduction to Kinesiology, Second Edition, contains updated research, statistics, and discussion focusing on practical applications in the field and offering advice about each profession in kinesiology. These features will help students identify and work toward attaining their career goals. The text uses a visually appealing pedagogical approach, including key points and

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interactive items as well as opening scenarios of real-world dilemmas encountered by professionals in the field, objectives, summaries, key terms, and a glossary. The new edition reinforces readers' learning through both text and graphic features. Part I, Experiencing Physical Activity, provides an extensively rewritten introduction to the field of kinesiology and goes into greater detail on exercise and skilled movement. It also delves into physical activity participation patterns, updated information on the relevance of physical activity to daily living, and how various professionals in the field incorporate physical activity into their educational, developmental, and treatment programs. Part II, Scholarly Study of Physical Activity, with chapters on subdisciplines, has been reorganized and simplified, making those topics easier to comprehend. It includes greater coverage of physical education as a career pursuit and features chapters from several new collaborators, adding to the richness of the text's perspective and insight. Part III, Practicing a Profession in Physical Activity, includes a new chapter on careers in coaching and sport instruction and an updated chapter on therapeutic exercise, with information on careers in physical and occupational therapy. This new edition improves on the already-solid foundation of learning laid in the first edition. Its superior content and reasonable price make this text an ideal choice for undergraduate kinesiology courses.

"Introduction to Kinesiology: Studying Physical Activity, Second Edition, provides a comprehensive, reader friendly overview of kinesiology, laying a solid foundation for future learning and for working as a professional in any field relating to physical activity."

"Introduction to Kinesiology: Studying Physical Activity, Second Edition, contains updated research, statistics, and discussion focusing on practical applications in the field and offering advice about each profession in kinesiology. These features will help students identify and work toward attaining their career goals. The text uses a visually appealing pedagogical approach, including key

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points and interactive items as well as opening scenarios of real-world dilemmas encountered by professionals in the field, objectives, summaries, key terms, and a glossary. The new edition reinforces readers' learning through both text and graphic features."--BOOK JACKET.

The presentation package for "Introduction to Kinesiology, Second Edition, " includes a comprehensive series of PowerPoint slides featuring graphics directly from the text. More than 470 slides--organized by chapter so that instructors can easily choose the ones they need for their lectures--include the critical images that instructors can use for class discussion and illustration. The slides in the presentation package can be used directly with PowerPoint to print transparencies and slides or to make copies for distribution to students. Instructors can easily add, modify, and rearrange the order of the slides as well as search for images based on key words. The presentation package is free to course adopters and may be accessed online at [www.HumanKinetics.com/IntroductiontoKinesiology](http://www.HumanKinetics.com/IntroductiontoKinesiology). For non-course adopters, the presentation package is available for purchase on CD-ROM for Windows or Macintosh. "Minimum system requirements" Microsoft(R) Windows(R) -IBM PC compatible with Pentium(R) processor -Windows(R) 95/98/2000/ME/XP (2000 or XP recommended) -16 MB RAM (32 MB recommended) -At least 28 MB hard drive space recommended for installation -Microsoft(R) PowerPoint(R) Viewer 97 (included) -4x CD-ROM drive -High color display setting (true color recommended) -Mouse Macintosh(R) -Power Mac(R) required -System 9.x/10.x -16 MB RAM (32 MB recommended) -At least 28 MB hard drive space recommended for installation -Microsoft(R) PowerPoint(R) Viewer 98 (included) -4x CD-ROM drive (or faster) -High color display setting (true color recommended) -Mouse

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Introduction to Kinesiology: Studying Physical Activity, Fifth Edition With Web Study Guide, gives students a complete overview of the field of kinesiology and explores the common career paths, questions, and ideas that are part of this dynamic and expanding discipline. This engaging, four-color introductory text stimulates curiosity about the vast field of kinesiology, provides a foundation for students to build on through further study, and generates awareness of the long-standing and current issues that kinesiology professionals seek to understand and solve. Editors Shirl J. Hoffman and Duane V. Knudson have retained the book's strong framework and have used feedback from instructors to streamline and condense the text while adding new and updated content. The fifth edition features a completely revitalized web study guide that encourages students to apply classroom content to real-world activities and better prepare for exams. The web study guide integrates reading assignments with gradable activities so that instructors can better monitor student progress, test understanding of key concepts, and adjust classroom discussions and pace. Additional updates to this new fifth edition include the following: □ Updates to data, research, and graphics to incorporate the most recent discoveries □ An increased focus on public health, allied health, and nutrition and wellness to reflect changes in this dynamic and growing field □ New Professional Issues in Kinesiology sidebars that look at the issues of equality, evidence-based practice, expertise, and overload as they relate to the field of kinesiology □ New Kinesiology Colleagues sidebars that introduce role models who demonstrate professional life in kinesiology and its related fields The text features the three-section structure that has always been a strength of this leading introductory textbook. Part I examines the diversity of physical

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activity and kinesiology and summarizes the importance of knowledge gained through physical activity experiences. Part II delves into the seven major subdisciplines of kinesiology, with an overview of major historical events, research methods, professional work and application, and ideas for career advancement in each. Part III elaborates on professionalism and then examines five main areas for career opportunities. The extensive and revitalized instructor ancillaries include an instructor guide, a test package, chapter quizzes, a presentation package, and an image bank that includes most art and tables from the text. Introduction to Kinesiology provides basic and essential information for students embarking on their study of kinesiology, and this updated fifth edition prepares them for future courses and further study.

Careers in Sport, Fitness, and Exercise is your guide to landing your dream job in one of today's most exciting, popular, and fastest-growing industries! Produced by the American Kinesiology Association, this hands-on guide includes detailed job descriptions, information on working conditions, salary ranges, responsibilities, key skills, and required certifications for 36 careers in sport and fitness:

- Aquatic therapist
- Athletic trainer (college or university sport team)
- Athletic trainer (high school sport team)
- Athletic trainer (as physician extender)
- Athletic trainer (clinical)
- Personal trainer
- Group exercise instructor
- Strength and conditioning coach
- Fitness center owner or manager
- Fitness leader in gerontology settings
- Health promotion specialist
- Fitness specialist
- Physical education teacher
- Sport instructor
- Coach
- Sport official
- Sport psychologist
- Sport administrator
- Sport marketer
- Media and public relations specialist
- Professional scout
- Sport event manager
- Sport journalist
- Sport facility operations manager
- Clinical exercise physiologist
- Certified clinical exercise specialist
- Sport dietitian
- Sports medicine clinic director
- Physical therapist
- Occupational therapist
- Medical and osteopathic physicians
- Chiropractor
- Physician assistant

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Kinesiology professor □ Kinesiology researcher □ Kinesiology department administrator If you are ready to pursue a job in the sport, fitness, or exercise industry, *Careers in Sport, Fitness, and Exercise* is one resource you can't be without.

This book outlines the major concepts, principles, and experimental findings for the curious yet serious student interested in the field of kinesiology. Like most fields of science, it is important to provide kinesiology students with a textbook that covers the historical development of the field, discusses career opportunities, and provides the groundwork for future coursework.

Statistics need not be complicated. This new edition of *Statistics in Kinesiology* is proof! It presents material in a way that is both easy to read and easy to comprehend. The book features a logical organization, simplified formula notation, and several new sections on the latest statistical techniques. The second edition of *Statistics in Kinesiology* examines many statistical techniques commonly used in physical education, exercise science, and leisure studies and recreation.

Karen Clippinger's first edition of *Dance Anatomy and Kinesiology* was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers.

What's New? □ A suite of online instructor and student ancillaries to support the text □ An improved organization that will help teachers better cover the content in their courses □ A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know □ Graphics, photos, and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field **Primary Focus** While much is new in this second edition, Clippinger retains her emphasis

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on presenting the anatomical and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body.

Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers. New Ancillaries □ An instructor guide featuring a sample syllabus and course outline, chapter outlines, lab assignments, answers to review questions, and sample tests □ A presentation package providing slides with text and graphics that reinforce key points □ A student web resource including assignments, outlines, study sheets, and 20 video clips that demonstrate technique and correction guidelines This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries. Its solid grounding in the sciences, along with the art and accessible text, will help teachers become more effective and empower dancers to realize their potential and artistic vision.

Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as □most likely to become the definitive text in dance anatomy, kinesiology, and conditioning classes□ (Journal of Dance Medicine and Science); □a must for any dance teacher who is serious about helping their students□ (Australia Dance Teacher Magazine); and □the most substantive dance science resource to date□ (Journal of Dance Education).

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