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2015 ACADEMIC CATALOG



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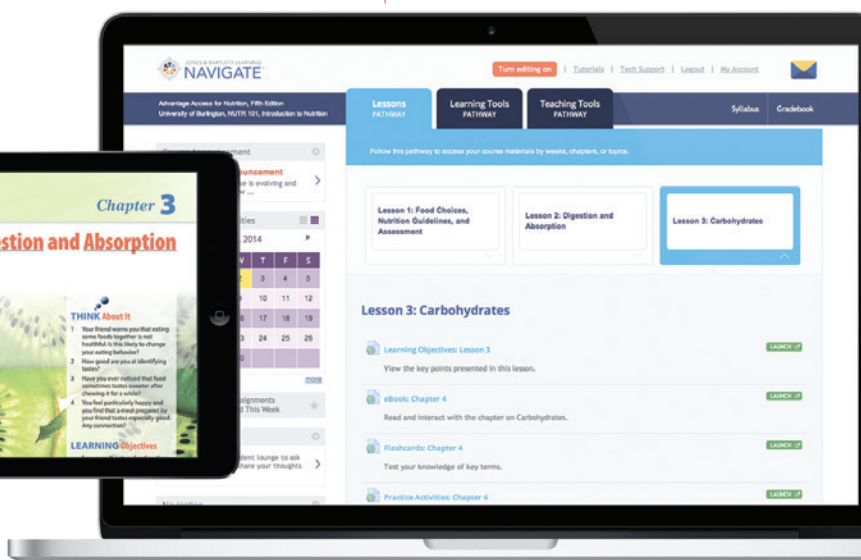
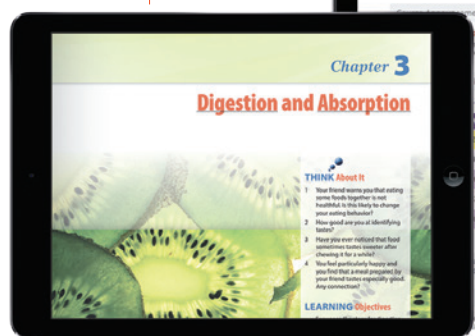
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AB = Answer Bank

AE = Answers to Chapter Exercises

CO = Chapter Outline

CS = Case Studies

DQ = Discussion Questions

IM = Instructor's Manual

PP = Presentations in PowerPoint format

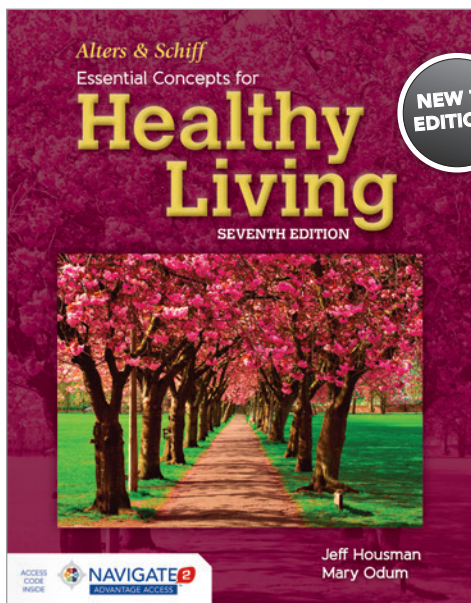
SA = Student Assignments

SS = Sample Syllabus

TB = TestBank

TG = Transition Guide

TS = Teaching Strategies



Alters & Schiff Essential Concepts for Healthy Living

SEVENTH EDITION

Includes Navigate 2 Advantage Access

Jeff Housman, PhD, MCHES,
Texas State University
Mary Odum, PhD, CHES, Texas State University

Alters & Schiff Essential Concepts for Healthy Living, Seventh Edition urges students to think critically about their health and overall wellness and empowers them, with effective tools, to help them reach this goal. It provides a clear and concise introduction to the latest scientific and medical research in personal health and highlights common behaviors and attitudes related to individual health needs. The *Seventh Edition*, with an all new author team, includes a wealth of new and updated data, including current information on violence and abuse, relationships and sexuality, and physical fitness.

NEW & KEY FEATURES

- **NEW** – Expanded sections on sexual assaults on college campuses
- **NEW** – Updated and additional material on workplace violence, including military violence
- **NEW** – Includes the latest information on suicide and suicide prevention
- Combines evidence-based information with critical thinking activities to guide students through analysis of their own health behavior
- Lifestyle analysis activities, provided in the student workbook, use current tools and methods to guide students through the behavior change process
- **Diversity in Health** case studies are used to highlight experiences of diverse populations regarding specific behavioral topics or outcomes
- **Managing Your Health** entries in each chapter focus on practical ways to incorporate healthy behavior into one's lifestyle



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Health & Wellness

TWELFTH EDITION

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Gordon Edlin, PhD, University of California, Davis

Eric Golanty, PhD, Las Positas College

Available August 2015

Health & Wellness, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives. Written in a personal and engaging style, the *Twelfth Edition* encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

NEW & KEY FEATURES

- Updated **Health in Review** sections, at the end of each chapter, highlight key points and emphasize the essential health message in each chapter
- New coverage of the **Affordable Care Act (ACA)** in chapter one and a more detailed discussion in Chapter 19.
- Includes expanded coverage of the predicted health effects of **climate change**.
- Provides an expanded discussion of **spirituality and health**
- **NEW coverage on:**
 - concussions
 - Ebola virus
 - e-cigarettes
 - changes in marijuana laws
 - the right to marriage for gay couples
- **NEW For Your Health sections** added to the end of each chapter with suggested workbook assignments for learners to complete



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GameScape for Health & Wellness

Navigate Scenario: GameScape for Health & Wellness, powered by Toolwire, are “day-in-the-life” learning simulations that immerse students in photo-realistic settings with interactive video-characters and engaging storylines. In this GameScape, students must work to gather knowledge—all mapped to key course learning objectives—through exploration, research, and interviews. Creativity, quick thinking, and deductive reasoning play a key role in students’ ability to successfully analyze the situation, and a game-like point system will both measure performance and provide a sense of competition.

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Fit To Be Well Essential Concepts

FOURTH EDITION

Includes Navigate 2 Advantage Access

Alton L. Thygerson, EdD, FAWM,
Brigham Young University
Steven M. Thygerson, PhD,
Brigham Young University

Fit to Be Well: Essential Concepts, Fourth Edition provides simple, easy-to-implement approaches to achieving overall health and fitness, which can be efficiently integrated into a student's lifestyle and schedule. Its content is organized in a succinct, user-friendly manner that will help students become more aware of each aspect of a physically fit lifestyle. Employing a wealth of special features and online learning tools, the text encourages students to improve their eating habits by

incorporating healthier foods into their diet, increase their level of physical activity, keep their body composition and weight at a healthy level, increase their self-esteem, and reduce stress.

NEW & KEY FEATURES

- **NEW and Updated!** *Medical News You Can Use* boxes in every chapter expose learners to current information and help them increase their overall health and fitness
- **NEW!** Incorporates information on using smartphone apps and other devices for fitness and wellness
- **NEW!** Includes contemporary fitness routines such as CrossFit, HIIT, and more
- **NEW!** Provides readers with the A Body Shape Index (ABSI) calculation to allow them to assess and understand their health risk factors
- Details productive and counterproductive methods to cope with stress



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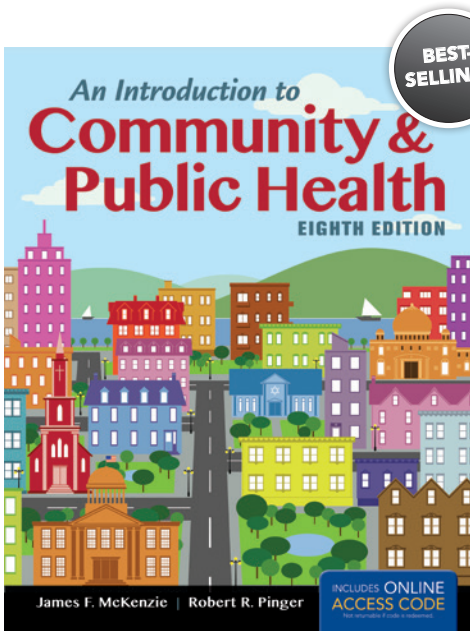
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An Introduction to Community & Public Health

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James F. McKenzie, PhD, MPH, MCHES, Ball State University
Robert R. Pinger, PhD, Ball State University

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Now with a full color design and art program, the *Eighth Edition* provides readers with the latest trends and statistics in this evolving field. With an emphasis on developing the knowledge and skills necessary for a career in health education and public health, this best-selling introductory text covers such topics as epidemiology, community organization, program planning, minority health, mental health, drugs, occupational health, and much more.

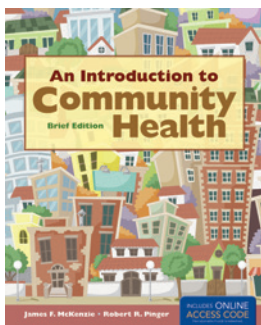
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- Includes access to the **Student Companion Website** which offers a wealth of study aids and learning tools.

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An Introduction to Community Health

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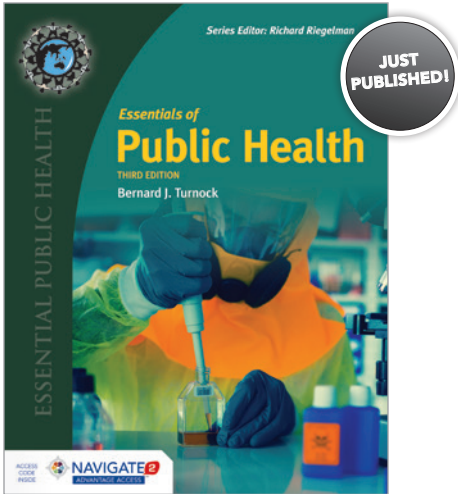
James F. McKenzie, PhD, MPH, MCHES, Ball State University
Robert R. Pinger, PhD, Ball State University

Designed for the more concise course, the *Brief Edition* is a condensed version of McKenzie and Pinger's bestselling community and public health text. Written for students in Health Education, Public Health, and Nursing programs, it provides full coverage of epidemiology, adolescent and child health, environmental health, and much more. **Every new copy includes access to the Navigate Student Companion Website.**

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Essentials of Public Health

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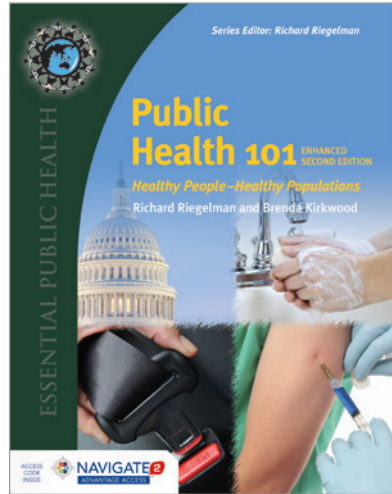
Bernard Turnock, MD, MPH,
University of Illinois, Chicago

As one of the foundational texts in the Essential Public Health series, *Essentials of Public Health* is an excellent introduction to the field. Written for senior-level undergraduates or graduate students in public health, health science, nursing, and other health professions, the *Third Edition* gives special focus to public health careers and the workings of public health agencies.

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Healthy People – Healthy Populations

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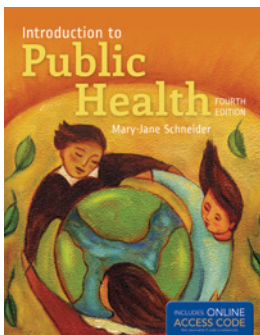
Richard Riegelman, MD, MPH, PhD,
George Washington University
Brenda Kirkwood, MPH, DrPH, University of Albany, SUNY

The *Second Edition* provides a big-picture population perspective on the determinants of health and disease and the tools available to protect and promote health. It examines the full range of options for intervention including use of the healthcare system and society-wide systems such as laws and taxation. Through case studies, vignettes, and extensive examples, readers will come away with a clear understanding of how public health affects them in their everyday lives.

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Introduction to Public Health

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Mary-Jane Schneider, PhD, University of Albany, SUNY-Rensselaer

Packed with illustrative real-world examples, this updated edition provides students with informative discussions of the current technical issues and practical obstacles facing public health practitioners and policymakers alike. Written in engaging, nontechnical language, this best-selling text explains in clear terms the multi-disciplinary strategies and methods used for measuring, assessing, and promoting public health.

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New Dimensions in Women's Health

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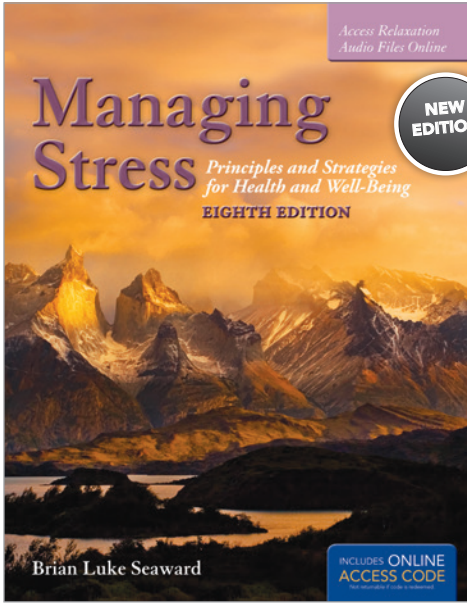


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Managing Stress Principles and Strategies for Health and Well-Being

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Brian Luke Seaward, PhD, Paramount
Wellness Institute

Managing Stress: Principles & Strategies for Health and Well-Being, Eighth Edition provides a comprehensive approach to stress management honoring the integration, balance, and harmony of mind, body, spirit, and emotions. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity. Referred to as the “authority on stress management” by students

and professionals, this book provides readers with the tools needed to identify and manage stress while teaching them how to strive for health and balance.

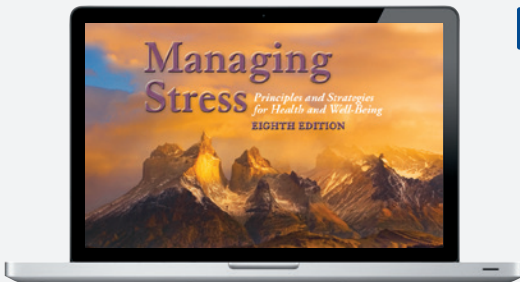
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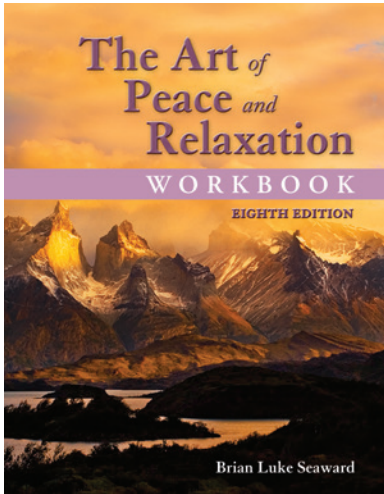
Navigate Managing Stress

Navigate Managing Stress is a complete, interactive online courseware solution combining authoritative content with interactive tools, assessments, and grading functionality. *Navigate Managing Stress* includes:

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The Art of Peace and Relaxation Workbook

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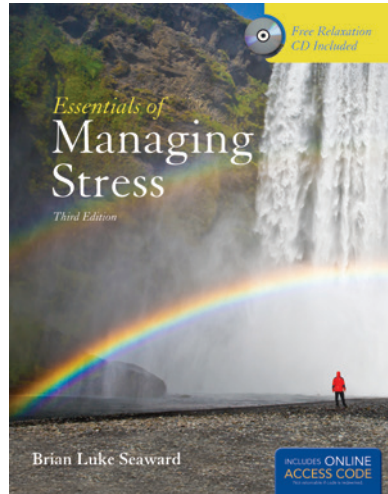
Brian Luke Seaward, PhD,
Paramount Wellness Institute

The perfect companion to *Managing Stress: Principles and Strategies for Health and Well-Being, Eighth Edition*, this workbook contains more than 130 stress management exercises that will show you how to withstand the pressures of whatever stress may come your way. Collectively, these surveys, questionnaires, inventories, journal entries, and worksheets are designed as a comprehensive action plan to help you develop effective coping skills and learn to use proven relaxation techniques.

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Essentials of Managing Stress

THIRD EDITION

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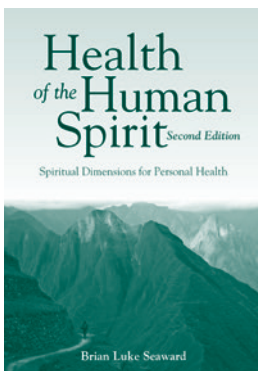
Brian Luke Seaward, PhD,
Paramount Wellness Institute

Developed for the more concise course, *Essentials of Managing Stress* balances key concepts and academic theory with real-life applications and exercises, allowing students to integrate theory and practice in their own lives. The *Third Edition* includes all-new sections on the sociology of stress and communication skills, with special emphasis on high-tech communications, screen additions, and social networking.

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Health of the Human Spirit

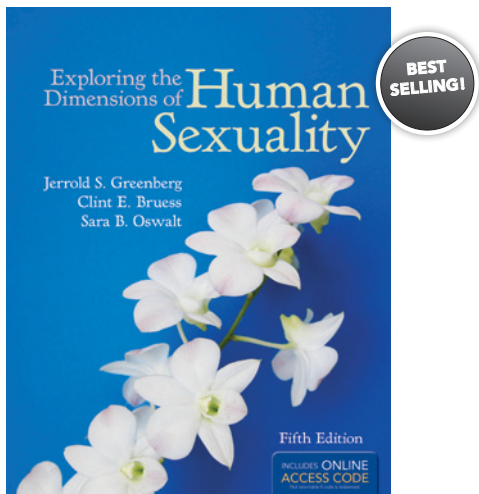
SECOND EDITION

Brian Luke Seaward, PhD, Paramount Wellness Institute

Health of the Human Spirit is a thoughtful examination of the ageless topic of human spirituality. It addresses the need to acknowledge spiritual wellness as a vital dimension of general health and well-being and examines the dynamic balance between mind-body-spirit health.

ISBN: 978-1-4496-4845-9 • Paperback • 264 pages • © 2013

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Exploring the Dimensions of Human Sexuality

FIFTH EDITION

Includes Access to the Navigate Companion Website

Jerrold S. Greenberg, PhD,
University of Maryland
Clint E. Bruess, EdD, MA, BS, CHES,
Birmingham–Southern College
Sara B. Oswalt, University of Texas, San Antonio

4 Stars! Doody's Review Service
"... unquestionably impressive."

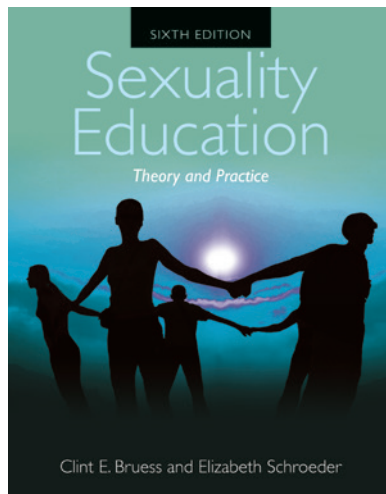
Revised and updated with the latest statistics and recent developments, the *Fifth Edition* addresses the many facets of sexuality, covering the biological, spiritual, psychological, and sociocultural dimensions. The authors are sure to present all information from both a factual and impartial view-point and encourage students to discuss and discover their own perspective. Throughout the text, students will find an emphasis on health and well-being based on the assumption that we are all sexual beings and that sexuality should be viewed in its totality. Students are urged to explore the varied dimensions of human sexuality and see how each affects their own personal sexuality, sexual health, and sexual responsibility.

NV Now Available with Navigate Exploring the Dimensions of Human Sexuality. Learn more at go.jblearning.com/GreenbergNavigate

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Sexuality Education Theory and Practice

SIXTH EDITION

Clint E. Bruess, EdD, MA, BS, CHES,
University of Alabama–Birmingham
Elizabeth Schroeder, EdD, MSW, Answer

The *Sixth Edition* prepares students planning to be sexuality educators and administrators, as well as seasoned teaching professionals seeking current information and successful methods for teaching elementary, secondary and college students about sexuality with confidence. It strikes a balance between content and instructional strategies that help students assess their own attitudes and knowledge of human sexuality. Emphasizing that sex education is an integral part of a comprehensive health education program, the text is ideal for helping students from a variety of backgrounds teach sexuality to learners of all ages.

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Drugs and Society

TWELFTH EDITION

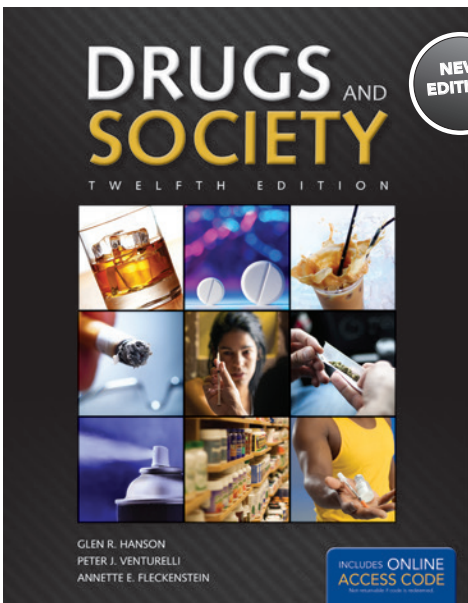
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Peter J. Venturelli, PhD, Valparaiso University
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 University of Utah

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Drugs and Society, Twelfth Edition conveys to students the impact of drug use and/or abuse on the lives of ordinary people. The authors have combined their expertise in the fields of drug abuse, pharmacology, and sociology with their extensive experiences in research, treatment, teaching, and drug policy to create this informative edition that reflects the latest content and understanding relative to drug abuse issues.

The text is written on a personal level and directly



addresses college students by incorporating individual drug use and abuse experiences as well as personal and institutional perspectives. This edition also includes new information on the rise of prescription drug abuse in the U.S., new street drugs recently introduced, the latest tobacco regulation by the FDA, and much more.

KEY FEATURES

- Contains current topics such as legalization of marijuana, steroids in baseball, OxyContin, restrictions on pain pills, heroin potency, and management of Spice- and Ivory Wave-related products
- Uses the new DSM-V diagnostic manual as a source for updated information
- Addresses the current status of prescription abuse, including opiate painkillers, stimulants (e.g., performance enhancers), and the CNS sedative/hypnotics
- Looks at public advertising of prescription products and the resulting consumer controversy

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NV

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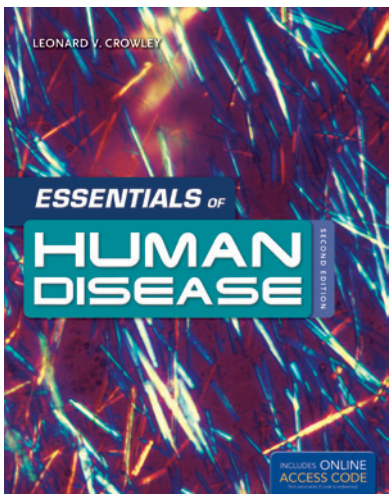
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Essentials of Human Disease

SECOND EDITION

Includes Access to the Navigate Companion Website

Leonard Crowley, MD, late of Century College;
University of Minnesota Medical Center-Fairview

5 Stars! Doody's Review Service
(1st Edition - Perfect Score of 100)

"...jam-packed with concise and well-written information."

Revised and updated with the latest data in the field, the *Second Edition* is a consolidated and modified version of the very successful *An Introduction to Human Disease*, now in its Ninth Edition. This book is designed for students who have limited time to master basic disease concepts. It covers the essential structural and functional characteristics of common and important diseases, as well as the principles of diagnosis and treatment.

KEY FEATURES

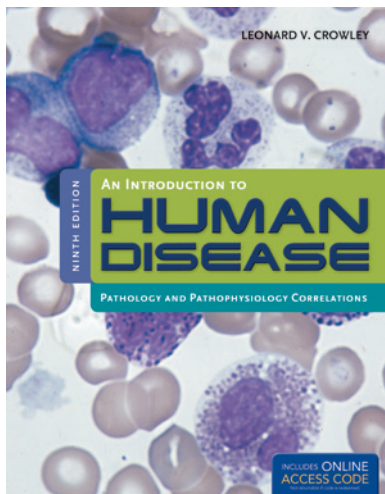
- Updated with current data on AIDS and HIV
- New material on renal transplantation
- Includes updated Adult BMI calculations and tables
- "A Closer Look" boxes discuss important physicians and scientists who contributed to the diagnosis or treatment of specific diseases

ISBN: 978-1-4496-8843-1

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⊕ Instructor Resources: AE, LO, PP, TB

Learn More at: go.jblearning.com/EssDisease2



An Introduction to Human Disease

Pathology and Pathophysiology Correlations

NINTH EDITION

Includes Access to the Navigate Companion Website

Leonard Crowley, MD, late of Century College;
University of Minnesota Medical Center-Fairview

The *Ninth Edition* provides students with a clear and well-illustrated explanation of the structural and functional changes associated with disease, the clinical manifestation of disease, and how to determine treatment. Ideal for Pathology, Pathophysiology, or Human Disease courses, the first part of the text deals with general concepts and diseases affecting the body as a whole. The second part considers the various organ systems and their diseases.

KEY FEATURES

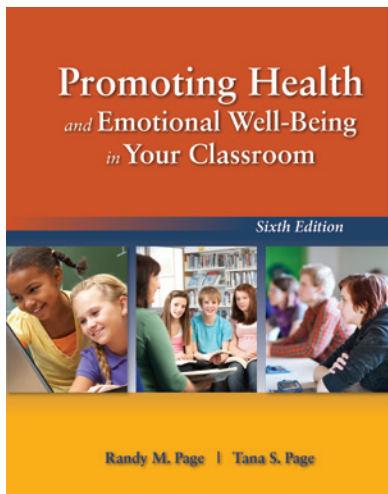
- Full-color photographs are all originals, taken by the author
- Includes a comprehensive section on cardiovascular disease with material on isolated systolic hypertension, systolic and diastolic heart failure, and coronary heart disease
- Coverage of the nervous system including the effects of West Nile Virus and Huntington's Disease
- Numerous case studies help students relate disease manifestations and treatments

ISBN: 978-1-4496-6559-3

Hardcover with Access Code • 818 pages • © 2013

⊕ Instructor Resources: IB, IM, PP, TB

Learn More at: go.jblearning.com/humandisease9



Promoting Health and Emotional Well-Being in Your Classroom

SIXTH EDITION

Randy M. Page, PhD, Brigham Young University
Tana S. Page, MS, Brigham Young University

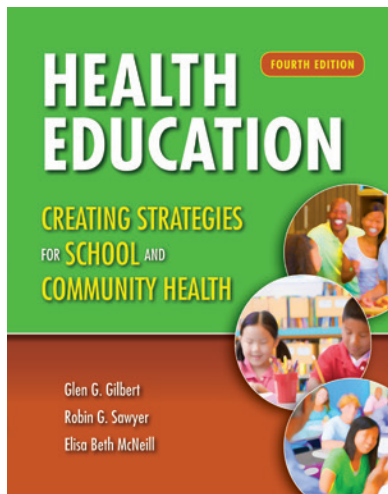
Newly redesigned, the *Sixth Edition* provides pre-service and current teachers with all of the tools and up-to-date information needed for effectively promoting healthy life choices in and out of the classroom. Complete with removable worksheets and activity sheets, and framed around the latest National Health Education Standards and the Centers for Disease Control and Prevention's six risk behaviors, this practical text facilitates instructional planning, allows for easy adaptation into various curricular frameworks, and ensures that the most essential health education content is addressed.

A robust pedagogy, with case studies, exercises, and learning activities engage students in the learning process and better prepares them for the classroom.

ISBN: 978-1-4496-9026-7
Paperback • 356 pages • © 2015

⊕ Instructor Resources: LP, PP, TB

Learn More at: go.jblearning.com/Page6e



Health Education

Creating Strategies for School and Community Health

FOURTH EDITION

Glen G. Gilbert, PhD, East Carolina University
Robin G. Sawyer, PhD, University of Maryland, College Park
Elisa Beth McNeill, PhD, MS, Texas A&M University

A Must-Have Resource for your Health Education Methods Course

The skills necessary to plan and deliver effective health education programs are fundamentally the same in the classroom, workplace, hospital, and community setting. The *Fourth Edition* assists health educators in making appropriate program planning decisions based on the needs of their clients and the educational setting. The authors encourage the systematic development of sound presentation methods and illustrate the evolving state of health education.

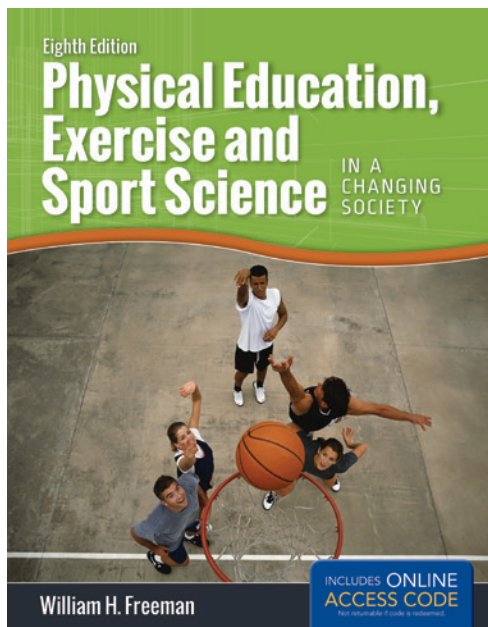
KEY FEATURES

- Designed to align to the most recent competencies put forth by the Health Educator Job Analysis Project
- Expanded emphasis on the role of evaluation and backward design in program planning
- Focused on the increasing role of technology in health education and instruction

ISBN: 978-1-4496-9854-6
Paperback • 456 pages • © 2015

⊕ Instructor Resources: PP, TB

Learn More at: go.jblearning.com/Gilbert4e



Physical Education, Exercise and Sport Science in a Changing Society

EIGHTH EDITION

Includes Access to the Navigate Companion Website

William H. Freeman, PhD, Campbell University

Written for the introductory or foundation course, the *Eighth Edition* provides a modern, comprehensive and balanced introduction to the field of physical education, exercise science and sport science. It details the latest data and technologies and outlines the varied elements, origins, and developments of these related disciplines. It identifies the conflicts existing in the field, including the debate over degree naming conventions, as well as the names of the departments. The text also examines the history,

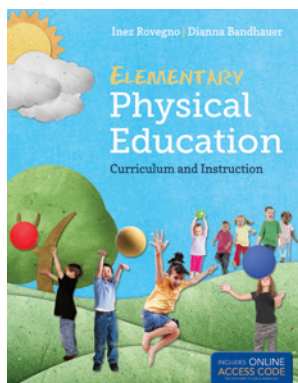
the current state, as well as the expected future issues and trends in physical education.

Every new print copy includes access to the Navigate Student Companion Website which provides a number of study aids and learning tools to help students prepare for class.

ISBN: 978-1-284-03408-0 • Paperback with Access Code • 438 pages • © 2015

+ Instructor Resources: IM, PP, TB

Learn More at: go.jblearning.com/Freeman8e



Elementary Physical Education Curriculum and Instruction

Includes Access to the Navigate Companion Website

Inez Rovegno, PhD, University of Alabama
Dianna Bandhauer, Lecanto Primary School

This text translates the most current research on learning, motivation, higher-order thinking skills, and social responsibility into easy to understand concepts and instructional strategies for elementary school physical education

Content chapters include sample lesson plans designed to be teaching tools which will help transform the ideas discussed in the book.

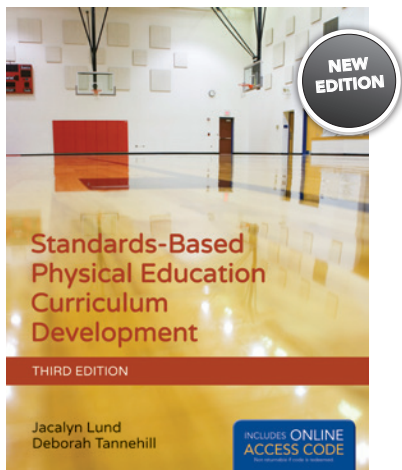
Every new print copy includes access to the Navigate Student Companion Website which includes weblinks, lesson plan templates, and videos to encourage student learning.

ISBN: 978-1-284-03121-8

Hardcover with Access Code • 700 pages • © 2013

+ Instructor Resources: IB, IM, ITK, PP, TB

Learn More at: go.jblearning.com/elementarye



Standards-Based Physical Education Curriculum Development

THIRD EDITION

Includes Access to the Navigate Companion Website

Jacalyn Lund, PhD, Georgia State University
Deborah Tannehill, University of Limerick, Ireland

The *Third Edition* is developed around the National Association of Sport and Physical Education (NASPE) standards for K-12 physical education. This innovative resource guides readers through the process of writing curriculum in physical education and was developed by experts who have had specific experience designing and implementing this thematic curriculum. The text begins by looking at the national standards and then examines physical education from a conceptual standpoint. It then goes on to examine the development of performance-based assessments designed to measure the extent of student learning and explores the various curricular models common to physical education.

KEY UPDATES

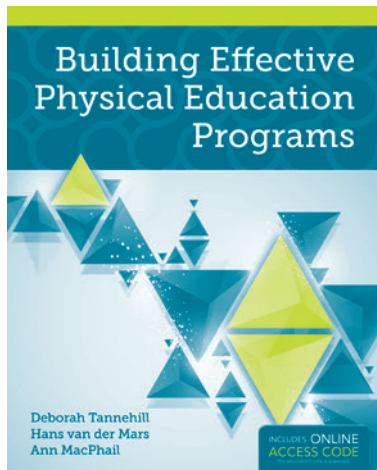
- Includes a new Chapter 2, *International Perspectives on the Implementation of Standards*
- Includes a new Chapter 4, *Building the Curriculum*
- Includes a new Chapter 6, *Creating Curricular Assessments*

ISBN: 978-1-284-03419-6

Paperback with Access Code • 422 pages • © 2015

⊕ Instructor Resources: PP, TB, IM

Learn More at: go.jblearning.com/Lund3e



Building Effective Physical Education Programs

Includes Access to the Navigate Companion Website

Deborah Tannehill, University of Limerick, Ireland
Hans van der Mars, PhD, Arizona State University
Ann MacPhail, PhD, University of Limerick, Ireland

This must-have text is focused on designing and delivering effective physical education programs for school-aged children. Written for pre-service, novice, and experienced teachers, it outlines the essential components necessary to create and deliver impactful physical education programs within their school or organization. Through its use of engaging learning experiences found in each chapter, this text is ideal for use across various physical education teacher courses, as well as professional development programs. Developed for a diverse audience, *Building Effective Physical Education Programs* highlights both the similarities and differences of physical education programs from country to country.

KEY FEATURES

- *Learning Experiences* help the reader put their learning into practice
- An international perspective on physical education gives students a broad context for different program types
- A focus on current trends and issues provides relevant and timely examples and resources

ISBN: 978-1-284-02110-3

Paperback with Access Code • 432 pages • © 2015

⊕ Instructor Resources: IM, PP, TB

Learn More at: go.jblearning.com/Tannehill

Clinical Exercise Electrocardiography

Includes Navigate 2 Advantage Access

Shel Levine, Eastern Michigan University

Brain J. Coyne, Duke University Hospital

Lisa Cooper Colvin, Pennington

Biomedical Research Center

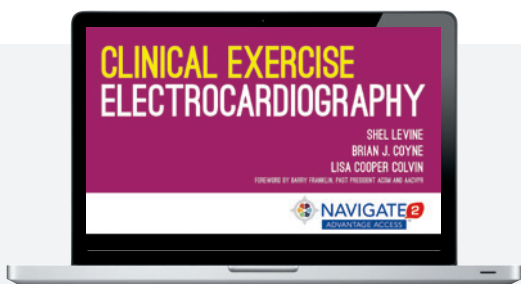
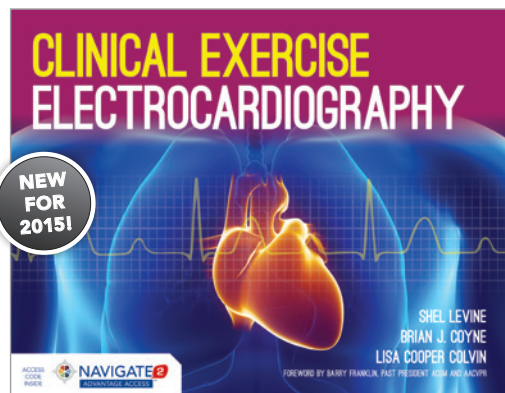
Includes foreword by Barry A. Franklin, PhD!

Clinical Exercise Electrocardiography addresses the needs of Exercise Physiologists working in a clinical setting and highlights static interpretation of rhythm strips and 12-leads.

Not only does it include the traditional basic electrocardiography (ECG), arrhythmia, myocardial infarction and pacemaker chapters but it also provides easy-to-read chapters on cardiac pathophysiology, cardiovascular testing procedures, cardiac pharmacology and structural health disease, and inflammatory processes. The authors also address the differences in ECG interpretation in women, children, and athletes, and examine the use of ECGs in exercise stress testing situations.

KEY FEATURES

- The **first text of its kind** to offer a specific educational experience on electrocardiography in clinical settings for Exercise Physiologists
- **Case Studies** in the text present real-world scenarios so that students can apply the knowledge gained throughout their course
- Over 100 practice test strips allow students to evaluate ECGs of different **age groups, genders, and athletic abilities**
- A **bulleted point format** helps students better understand and retain key information
- A great study tool for those preparing for the **American College of Sports Medicine (ACSM) Clinical Exercise Specialist (CES) Certification Exam!**



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Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools. Learn more at JBLNavigate.com

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Measurement for Evaluation in Kinesiology

NINTH EDITION

Includes Navigate 2 Advantage Access

Ted A. Baumgartner, PhD, University of Georgia

Andrew S. Jackson, PhD, University of Houston

Matthew T. Mahar, PhD, East Carolina University

David A. Rowe, PhD, University of Strathclyde

Heavily revised and reorganized, the ninth edition of *Measurement for Evaluation in Kinesiology* helps students master the essential concepts and principles of measurement and evaluation and equips them with the tools needed

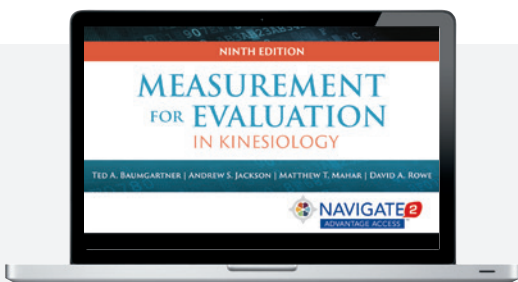
to become a successful evaluator within the fields of kinesiology. Using a student-centered approach, leading contemporary measurement experts present tests and methods for evaluating aerobic fitness, body composition, skill achievement, youth fitness, and much more. The ninth edition highlights the practical skills and materials that readers need to make informed decisions to help people lead physically active lifestyles.

KEY FEATURES:

- **Objectives** at the opening of each chapter focus the students' attention on key concepts, and **Formative Evaluation of Objectives** at the end of each chapter help students demonstrate mastery of those concepts
- Important **formulas** are provided throughout the text and provide an easy reference for

students to use in the course and in their future careers

- **Tables and figures** used throughout the text provide a visual representation of the concepts discussed in the chapter
- **Additional Learn Activities** provide students with added ways to gain more experience with the concepts presented within the chapter



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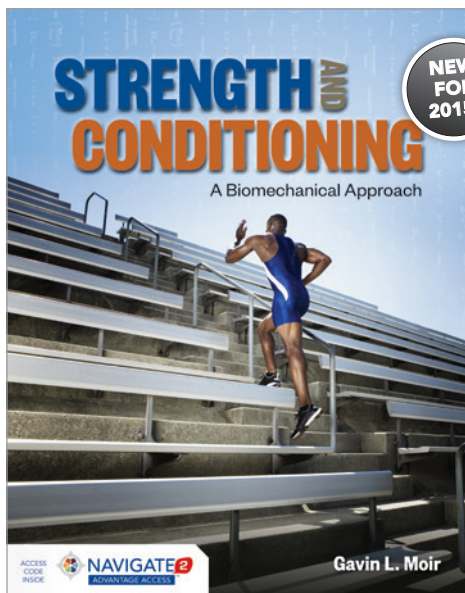
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ISBN: 978-1-284-04075-3 • 420 pages • © 2016

⊕ Instructor Resources: AE, IB, IM, PP, TB, TG

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Strength and Conditioning

A Biomechanical Approach

Includes Navigate 2 Advantage Access

Gavin L. Moir, PhD, East Stroudsburg University of Pennsylvania

Written to address the needs in strength and conditioning programs for all students as well as practitioners, this text incorporates all programming aspects of strength and conditioning including training methods to develop muscular strength and power, flexibility, and the development of effective warm-up regimens. Performance analysis techniques in sport are introduced while the constraints-led approach to motor skills acquisition is presented as a framework that can guide the development of practices for the strength and conditioning practitioner. The biomechanical and motor skill

acquisition concepts introduced in the text are then applied to fundamental movements including jumping, landing, and sprint running.

KEY FEATURES

- Provides a solid introduction to biomechanics pertinent to the study of human movements
- Discusses the performance analysis techniques in sport that can be used by the strength and conditioning practitioner to determine the physiological, mechanical, and technical demands of specific sports, and also the assessment of the techniques used in the execution of sport-specific skills
- Includes a critical review of the different approaches to motor skill acquisition
- Incorporates clear learning objectives and worked examples in each chapter that allow readers to apply the concepts to real-life situations

✔ Option 1:

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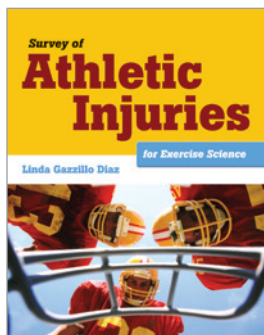
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Also includes answers to end of chapter questions

✔ Option 2: 50% off Print Bundle!

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ISBN: 978-1-284-03474-5



Survey of Athletic Injuries for Exercise Science

Linda Gazzillo Diaz, William Patterson University
5 Stars! Doody's Review Service (Perfect Score of 100!)

Written for students and professionals within Exercise Science and Exercise Physiology, this text clearly outlines traditional prevention and care of athletic injuries for those without an athletic training background. It addresses the role that exercise science, exercise physiology, or professionals from other health-related fields play in the treatment of injuries and illnesses in the physically active population.

ISBN: 978-1-4496-4843-5 • Paperback • 346 pages • © 2014

+ Instructor Resources: IM, PP, TB

Learn More at: go.jblearning.com/Diaz



Biomechanics

A Case-Based Approach

Includes Access to the Navigate Companion Website

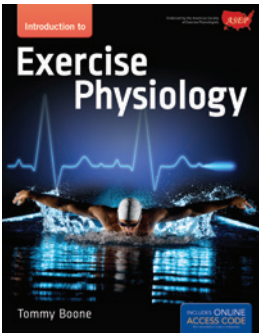
Sean P. Flanagan, PhD, ATC, CSCS, California State University

Biomechanics: A Case-Based Approach focuses on the comprehension, retention, and application of the core concepts of biomechanics using problem-based learning strategies. It features a broad range of case studies and examples to illustrate key content throughout the text. Relevant and realistic problems provide students with the opportunity to associate what they are learning in class to real-life applications in the field.

ISBN: 978-1-4496-9792-1 • Hardcover with Access Code • 382 pages • © 2014

⊕ Instructor Resources: IB, IM, PP, TB

Learn More at: go.jblearning.com/Flanagan



Introduction to Exercise Physiology

Includes Access to the Navigate Companion Website

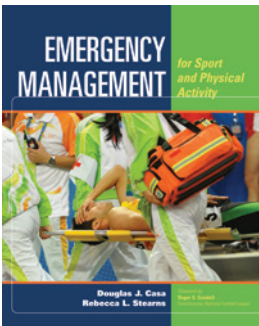
Tommy Boone, The College of St. Scholastica
Endorsed by The American Society of Exercise Physiologists (ASEP)

The text identifies the key scientific content that is critically important to the successful practice of exercise physiology. It introduces students to the scientific basis for the practice of exercise physiology to prevent or control mind-body diseases, promote health and well-being, and enhance athlete performance.

ISBN: 978-1-4496-9818-8 • Paperback with Access Code • 532 pages • © 2014

⊕ Instructor Resources: IM, PP, TB

Learn More at: go.jblearning.com/Boone



Emergency Management for Sport and Physical Activity

Douglas J. Casa, PhD, Korey Stringer Institute at University of Connecticut

Rebecca Sterns, PhD, Korey Stringer Institute at University of Connecticut

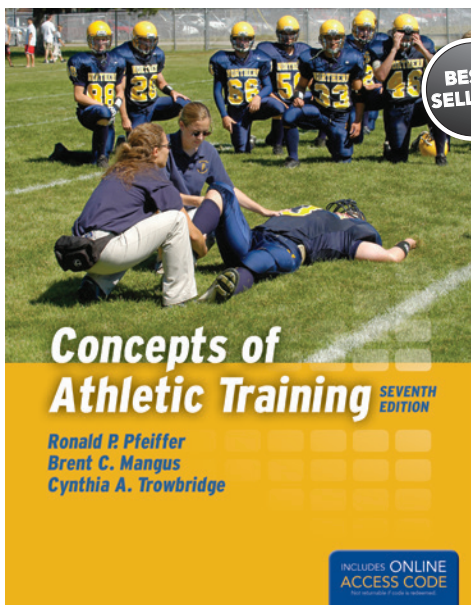
Includes foreword by National Football League Commissioner, Roger Goodell

Written by experts in the field, this text is designed to educate non-Athletic Training majors on the ways in which to prevent sudden death during sport. Often these non-medical professionals are the first on the scene and must serve as first responder and immediately act on behalf of athletes' lives. This book focuses on the 10 most common causes of death in physical activity, along with life-saving management techniques.

ISBN: 978-1-284-02216-2 • Paperback • 276 pages • © 2015

⊕ Instructor Resources: PP, TB

Learn More at: go.jblearning.com/Casa



Concepts of Athletic Training

SEVENTH EDITION

Includes Access to the Navigate Companion Website

Ronald P. Pfeiffer, EdD, ATC, Boise State University

Brent C. Mangus, EdD, ATC, Texas A&M University

Cindy Trowbridge, PhD, ATC, University of Texas, Arlington

Heavily revised and updated with the latest data from the field, the seventh edition of *Concepts of Athletic Training* focuses on the care and management of sport and activity related injuries while presenting key concepts in a comprehensive, logically sequential manner that will assist future professionals in making the correct decisions when confronted with an activity-related injury or illness in their scope of practice. The **Navigate Student Companion Website** includes a wealth of study aids and learning tools to help students prepare for class.

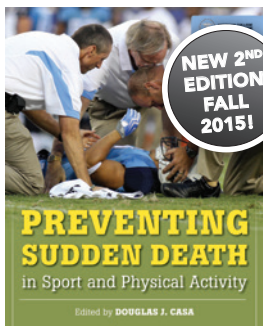
KEY FEATURES

- An extensively revised and rewritten Chapter 3, *The Law of Sports Injury*, includes new material on the ethics of sports-injury care and the role of the athletic trainer in risk assessment and liability
- Chapter 4, *Sports-Injury Prevention*, provides new material on the training benefits of anaerobic fitness
- New and revised *What if?* scenarios encourage students to work on critical decision-making skills
- *Speak Out* sections include new voices from a diverse array of athletic trainers

ISBN: 978-1-284-03412-7 • Paperback with Access Code • 433 pages • © 2015

+ Instructor Resources: IM, LO, PP, TB

Learn More at: go.jblearning.com/AthleticTraining



Preventing Sudden Death in Sport and Physical Activity

Douglas Casa, PhD, Korey Stringer Institute at University of Connecticut

5 Stars! Doody's Review Service!

Written by subject matter experts and published in cooperation with the American College of Sports Medicine (ACSM), this text examines the etiology, prevention, recognition, treatment, and return-to-play protocol of common causes of sudden death in sport.

ISBN: 978-0-7637-8554-3 • Paperback • 367 pages • © 2012

+ Instructor Resources: PP, CS, TB

Learn More at: go.jblearning.com/PSD

Preventing Sudden Death in Sports and Physical Activity

An Interactive Online Program

CALLING ALL ATHLETIC TRAINERS!

Did you know that beginning in 2015 all Athletic Trainers are required to obtain at least 10 Evidence-based practice continuing education units every 2 years?

Jones & Bartlett Learning, in conjunction with the Korey Stringer Institute, has developed a first-of-its-kind, engaging, scenario-based online course to help you meet these new requirements.

Throughout the course, users are met with realistic, evidence-based emergency video scenarios, scenarios that any Athletic Trainer may encounter in their career. In each scenario, learners are asked to make important observations and decisions that would impact the health and safety of the athlete in question.



COURSE ORGANIZATION

PRE-TEST: This self-test is comprised of 10-15 questions that measures the learners baseline knowledge of the material found within the course.

LEARN: Consists of 7 individual learning modules addressing how to recognize, prevent, react to such critical health topics as heat illness, brain injury, cardiac emergencies, asthma and more.

APPLY: Includes 7 skills drills modules where the user can apply what they have learned and get feedback in a safe learning environment

VIDEO SCENARIOS: These 10 video scenarios depict the most common emergency scenarios

Athletic Trainers may be confronted with in the field, and look to the learner to assess and appropriately respond to each situation utilizing a decision tree approach. Just as an Athletic Trainer can't predict what emergency may occur on any given day, users won't know which emergency they will be faced with until they open the video and the clock starts ticking. Because in any emergency situation - time matters.

FINAL EXAM: This graded exam consists of 50 questions covering all learning modules. EBP CEUs are awarded for those who pass the exam.

EMERGENCY TOPICS COVERED INCLUDE

- Heat Illness (this covers heat stroke and heat exhaustion)
- Brain Injury (includes hematoma)
- Cardiac Emergency
- Exertional Sickling (includes Muscle cramping)



Learn more about Preventing Sudden Death in Sports: Sports and Physical Activity: An Interactive Online Program at go.jblearning.com/PSDonline



NASM Essentials of Personal Fitness Training

FOURTH EDITION REVISED

National Academy of Sport Medicine (NASM)

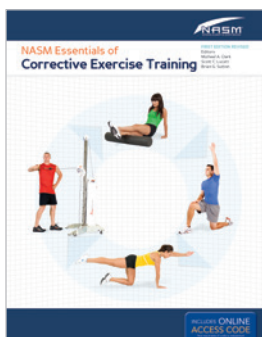
This text is a recommended resource for the NASM Certified Personal Trainer (CPT) certification. The NASM CPT certification is accredited by the National Commission for Certifying Agencies (NCCA).

This text continues to lead the way by providing the most comprehensive resource for aspiring personal trainers and other health and fitness professionals. Based on NASM's proprietary Optimum Performance Training™ (OPT™) model, readers will learn a systematic approach to program design with exercise program guidelines and variables; protocols for building stabilization, guidance on how to build a clientele through professional development; and more!

ISBN: 978-1-284-03680-0 • Hardcover with Access Code • 704 pages • © 2014

+ Instructor Resources: LP, PP, TB

Learn More at: go.jblearning.com/NASMPFT



NASM Essentials of Corrective Exercise Training

FIRST EDITION REVISED

National Academy of Sport Medicine (NASM)

This text is a recommended resource for the NASM Corrective Exercise Specialist (CES) course.

NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury.

ISBN: 978-1-284-05025-7 • Hardcover with Access Code • 440 pages • © 2014

+ Instructor Resources: LP, PP, TB

Learn More at: go.jblearning.com/NASMCET



NASM Essentials of Sports Performance Training

FIRST EDITION REVISED

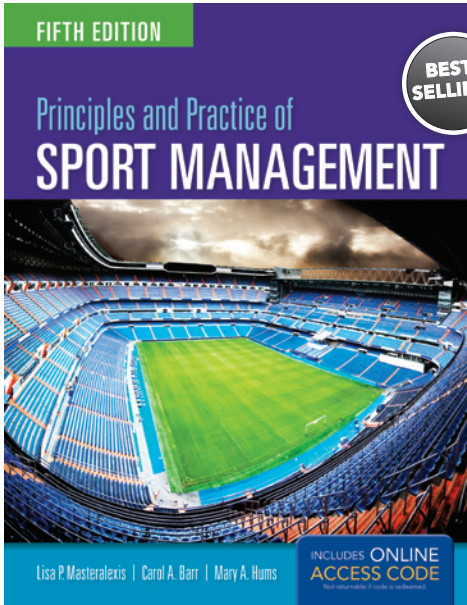
National Academy of Sport Medicine (NASM)

This *First Edition*, based on the National Academy of Sports Medicine™ (NASM) proprietary Optimum Performance Training (OPT™) model, teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively. This is the main study tool for NASM's Performance Enhancement Specialist (PES).

ISBN: 978-1-284-05753-9 • Hardcover • 648 pages • © 2016

+ Instructor Resources: LP, PP, TB

Learn More at: go.jblearning.com/NASMSPT



Principles and Practice of Sport Management

FIFTH EDITION

Includes Access to the Navigate Companion Website

Lisa P. Masteralexis, JD, University of Massachusetts, Amherst

Carol Barr, PhD, University of Massachusetts, Amherst

Mary Hums, PhD, University of Louisville

Packed with the latest data and trends in the sport management field, the fifth edition of this classic text provides students with the foundational material needed to effectively study and prepare for their future sport management careers. The authors and contributors, all well-known industry experts, engage students and show them how to apply their new knowledge to the many segments of the sport industry, from youth and high school to collegiate, international, and professional levels.

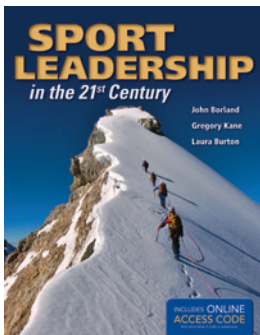
KEY FEATURES

- New Learning Objectives in each chapter, written using Bloom's taxonomy
- Heavily revised Chapter 16, Sport Communications, examines the increased importance of social media and the growth of job opportunities in the field
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Sport Leadership in the 21st Century

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John F. Borland, PhD, Springfield College

Laura J. Burton, PhD, University of Connecticut

Gregory M. Kane, PhD, Eastern Connecticut State University

This text provides students with the most current and comprehensive understanding of leadership in sport management. Authored and contributed by leading sport management researchers and practitioners, this text immerses students in the learning process through case studies, interviews with leaders in the sport industry, critical thinking questions, and rich content.

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Sports Marketing

The View of Industry Experts

Includes Navigate 2 Advantage Access

Daniel J. Bruton, President, SportsRx

The world of sports marketing can be both exciting and challenging when working with high-level endorsements, licensing agreements, and high profile clients. In *Sports Marketing: The View of Industry Experts*, readers get a behind the scenes look at industry leaders as they discuss how they achieved their position, what their daily schedules look like, and what interesting projects and challenges are currently upon them. Through these bios, readers will hear directly from some of the most influential and successful people in the business and learn firsthand about the different opportunities available within the wide field of sports marketing, as well as a look at the fundamentals of the positions described.

KEY FEATURES

- Each chapter opens with **an interview of a leading authority** in the industry, who provides a behind the scene look at the many opportunities available in sports marketing
- Features a unique chapter on **Sport Licensing** and details the many layers of licensing and its importance in this industry
- A **robust pedagogy** provides informative case studies, review questions and examples from the industry



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Sport Facility and Event Management

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Thomas Aicher, PhD, University of Cincinnati
Amanda L. Paule-Koba, PhD, Bowling Green State University
Brianna L. Newland, EdD, University of Delaware

Written with both the graduate and undergraduate student in mind, this text focuses on the major components of both facility and event management planning, financing, marketing, implementation, and evaluation. It integrates timely theoretical foundations with real world practicality and application to provide the reader with a strong foundation in facility and event management. The authors focus on a broad range of facilities and events to demonstrate the diversity of the industry, which encompasses recreation, leisure, health, and

fitness, in addition to the more commonly discussed sport facilities and events.

The text's robust pedagogy includes chapter learning objectives, industry expert spotlights, vignettes, case studies, discussion questions, and tip points, as well as actual examples from the industry incorporated throughout the book.

KEY FEATURES

- Includes real-world examples from the field in *Industry Voices* sections
- Balanced approach that covers both local sports and recreation events and larger venue

and sporting events

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Kraus' Recreation and Leisure in Modern Society

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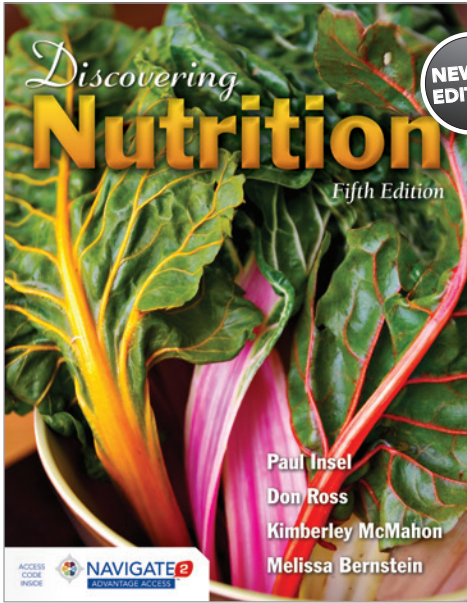
Daniel McLean, PhD, University of Nevada
Amy Hurd, PhD, Illinois State University

With a new full-color design with perforated worksheets, the *Tenth Edition* provides a detailed introduction to the history, developments, and current trends in leisure studies. It addresses contemporary issues facing the recreation and leisure profession and focuses on challenges and opportunities that impact the profession now as well as years from now. Extensive research into emerging trends helps support the text and provide insights into the future.

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Don Ross, California Institute of Human Nutrition

Kimberley McMahon, MDA, RD, Utah State University

Melissa Bernstein, PhD, RD, LD, Rosalind Franklin University of Medicine and Science

Written with non-majors in mind, *Discovering Nutrition, Fifth Edition* introduces students to the fundamentals of nutrition with an engaging and personalized approach. The text focuses on teaching behavior change, and personal decision making with an emphasis on how our nutritional behaviors influence

lifelong personal health and wellness, while also presenting up-to-date scientific concepts in a number of innovative ways. Students will learn practical consumer-based nutrition information using the robust, interactive learning tools and study aids highlighted throughout the text.

NEW AND KEY FEATURES

- Includes the latest in high interest topics like **sports nutrition, obesity, alcohol, and eating disorders**
- Highlights nutrition at different life stages and within varying populations
- NEW **Learning Objectives** present the chapter's desired outcomes to the reader
- NEW **Spotlight on Obesity and Weight Management** takes a candid look at the

obesity crisis, including the cause and health consequences of excess weight, while also providing guidance for moving toward a healthier lifestyle

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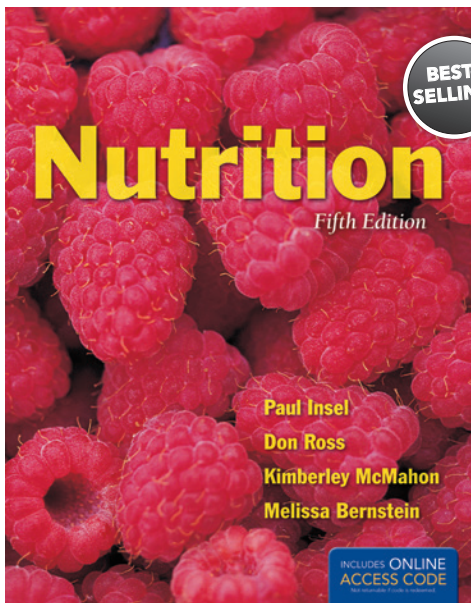
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Nutrition

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5 Star Rating! Doody's Review Service

Written for majors and advanced non-majors, the *Fifth Edition* provides a modern, comprehensive introduction to nutrition concepts, guidelines, and functions. Its student-focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition and healthy lifestyle.

NEW AND KEY FEATURES

- **New Science in Action** boxes walk students through science experiments involving nutrition
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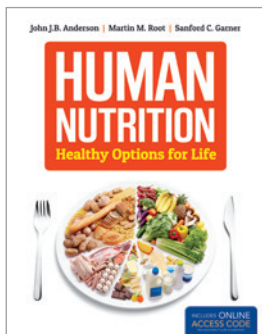
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Human Nutrition

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John J.B. Anderson, PhD, University of North Carolina

Martin M. Root, PhD, Appalachian State University

Sanford C. Garner, PhD, Integrated Laboratory Systems

5 Star Rating! Doody's Review Service

Human Nutrition: Healthy Options for Life provides all the essential information students need regarding foods and nutrients, and how the body uses nutrients in relation to both health and chronic diseases. The authors provide a unique focus on the linkages between personal health and nutrient deficits and excesses. This text helps students fully understand epidemiology, with a clear focus on the multiple risk factors involved in diseases, such as diet, heredity, and lifestyle factors.

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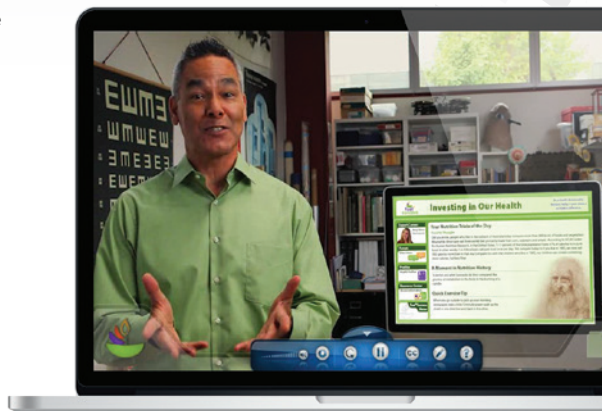
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In this episode, you will show your teammates how to create healthy, balanced meals suited to their individual preferences and dietary needs.

Episode 3: Energy Balance, Vitamins, Minerals, and Water

One of your team members is addicted to caffeine and is clueless about caffeine’s impact on the body. During this episode, you will learn how our bodies react to caffeine and vitamins.

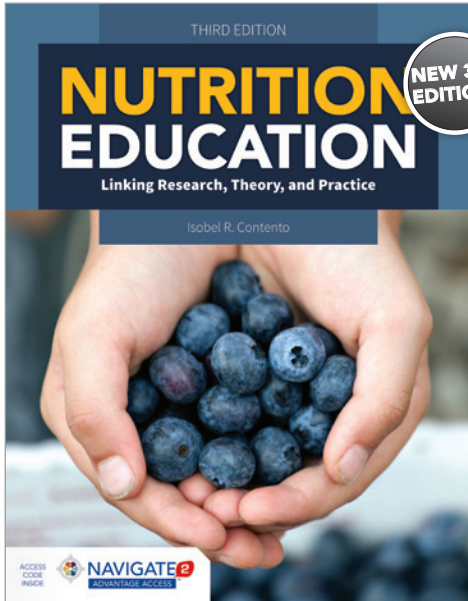
Episode 4: Fitness and Food Safety

The company fun day challenge and picnic is coming up! You’re in charge of assigning team members to appropriate challenges based on their fitness levels. You will also be responsible for feeding everyone after the event.

Episode 5: A Focus on Life Stages

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Nutrition Education

Linking Research, Theory, and Practice

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Isobel R. Contento, PhD, CDN, Teachers College Columbia University

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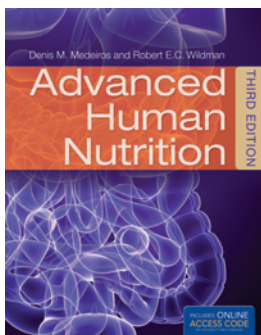
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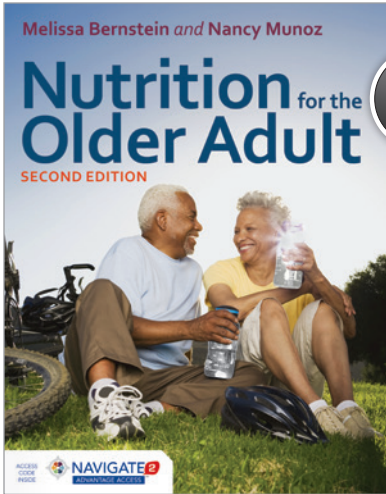
Denis M. Medeiros, PhD, University of Missouri
Robert E.C. Wildman, PhD, Kansas State University

Written for upper-level undergraduate or graduate-level majors courses, the *Third Edition* provides an in-depth overview of the human body and details why nutrients are important from a biochemical, physiological, and molecular perspective. Through its writing style and numerous figures and illustrations, the text clearly outlines metabolism and the molecular functions of nutrients.

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Nutrition for the Older Adult

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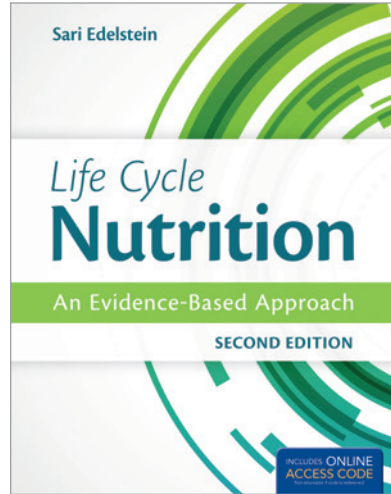
Melissa Bernstein, PhD, RD, LD, Rosalind Franklin University of Medicine and Science
Nancy Munoz, DCN, MHA, University of Massachusetts, Amherst

The *Second Edition* introduces students to the unique nutritional needs of this special population. Designed for the undergraduate, the text covers such important topics as the physiological changes of aging, weight and nutrition problems in older adults, diet and cultural diversity, macronutrient, mineral, and vitamin requirements, and much more. It is an essential resource for students in the fields of nutrition, nursing, public health and gerontology.

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Life Cycle Nutrition

An Evidence-Based Approach

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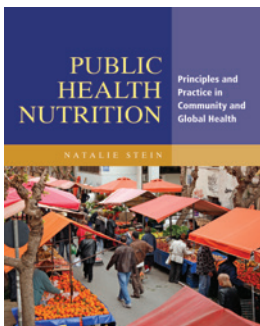
Sari Edelstein, PhD, Simmons College

Revised and updated with the latest epidemiologic research, the *Second Edition* explores nutritional foundations and the growth, development, and normal functioning of individuals through each stage of life. With subjects as diverse as the media's influence on eating, why you shouldn't skip breakfast, fruit juice consumption, and clinical nutrition, this text helps students evaluate emerging data, and prepares them to uncover new knowledge for the public, their clients, and themselves.

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Public Health Nutrition

Principles and Practice in Community and Global Health

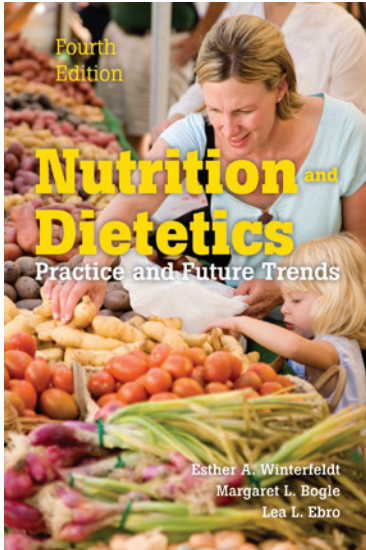
Natalie Stein, MS, MPH, Michigan State University

With a unique focus on global health, *Public Health Nutrition* clearly defines public health nutrition and its theories, functions, and roles in today's global world. Designed for MPH programs, this book will prepare students to become successful global public health professionals, with a clear understanding of the critical need for public health nutrition programs around the globe.

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Nutrition and Dietetics *Practice and Future Trends* FOURTH EDITION

Esther A. Winterfeldt, PhD, Professor Emeritus, Oklahoma State University
Margaret L. Bogle, PhD, RD, LD, US Department of Agriculture
Lea L. Ebro, PhD, Professor Emeritus, Oklahoma State University

This text provides a comprehensive overview of the Dietetics profession. Now in its fourth edition, this text includes the most recent updates made by the Academy of Nutrition and Dietetics to its name, structure, and internship protocols. The text provides an overview of the career opportunities for dietitians, explaining what they do, highlighting the specific areas of dietetic practice, and listing the requirements to become a dietitian.

KEY FEATURES

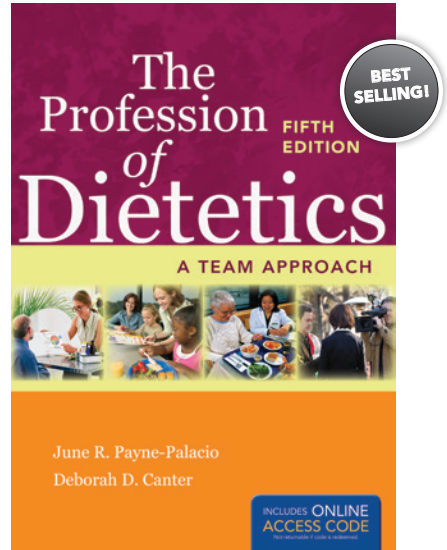
- Updated education and experience requirements
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The Profession of Dietetics *A Team Approach* FIFTH EDITION

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June R. Payne-Palacio, PhD, RD, Professor Emeritus, Pepperdine University
Deborah D. Canter, PhD, RD, LD, Professor, Kansas State University

This text offers students a complete toolbox of resources for beginning a career in nutrition and dietetics. The text's student-centered approach focuses on concrete steps for navigating the highly competitive and often complex steps to personal and professional success in the field. *The Profession of Dietetics* includes a comprehensive history of the profession, a thorough examination of credentialing and educational requirements, and an analysis of the profession's future.

KEY FEATURES

- Updated references to the Academy of Nutrition and Dietetics
- A chapter dedicated to discussing the Core Knowledge and Core Performance requirements which must be met by accredited programs
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Practical Applications in Sports Nutrition

FOURTH EDITION

Includes Access to the Navigate Companion Website

Heather Hedrick Fink, MS, RD, Nutrition and Wellness Solutions, LLC

Alan E. Mikesky, PhD, FACSM, Indiana University-Perdue University

Revised and updated to keep pace with the growing changes in the field, the *Fourth Edition* provides students and practitioners with the latest sports nutrition information and dietary practices, and prepares them to assist athletes and fitness enthusiasts in achieving their personal performance goals.

Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients, micronutrients, and water and

their relation to athletic performance. Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management. Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant, vegetarian, or have chronic diseases. The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience.

NEW TO THE *FOURTH EDITION*:

- New discussion of sports nutritionists as evidence-based practitioners
- Current MyPlate food group recommendations
- Revised discussion of the relationship between current body weight and carbohydrate intake, as well as the types and the amounts of carbohydrates that should be consumed during exercise
- New Food For Thought callouts identify related material in the Student Workbook, located on the Navigate Companion Website
- Updated statistics, guidelines, and regulations found throughout the text, including obesity statistics, carbohydrate intake, and vitamin needs

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100 Questions & Answers about Sports Nutrition and Exercise

Lilah Al-Masri, MS, RD, CSSD

Simon Bartlett, PhD, CSCS

5 Stars! Doody's Review Service

This text provides easily accessible answers to questions that athletes, athletic trainers, and coaches may have about sports nutrition. Equipped with case studies, quick tips, and testimonials, this practical guide covers topics such as vitamins and minerals, fluids, medications and supplements, weight management, warm-ups and cool downs, flexibility, and more.

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