

HUMAN KINETICS

2023-2024 Product Guide



HUMAN KINETICS

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Key to Product Abbreviations**C: Associated course**

The book is also used as part of a course or continuing education product from Human Kinetics. Turn to page XX to find out more about continuing education from Human Kinetics.

CD: Includes a CD

The book includes a bound-in audio CD or CD-ROM.

DVD: Includes a DVD

The book includes a bound-in DVD or DVD-ROM.

E: Ebook

The book is also available in ebook format from Human Kinetics or from other ebook vendors.

LL: Loose leaf

The book is also available in loose-leaf format.

OV: Online video

The book includes access to an online video component.

P: Package

The product is also available as part of a package with other components.

S: Series

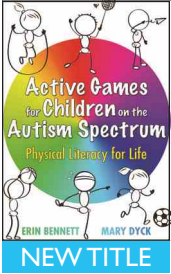
The title is part of a series.

WR: Web resource

A new book includes access to accompanying digital content (web resource, web study guide, or *HKPropel Access*). Student materials are also available for purchase separately.

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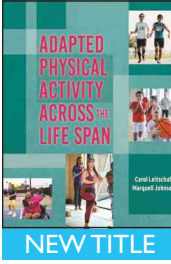
NEW ACADEMIC TEXTBOOKS



Provides the adaptive framework teachers need—and 80+ games—to help children on the autism spectrum become active and physically literate.

Active Games for Children on the Autism Spectrum^E

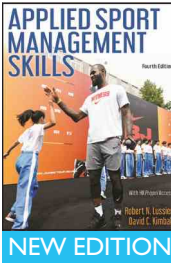
Erin Bennett; Mary Dyck, PhD
2024 • Paperback • 184 pp • 8.5x11
ISBN 9781718217171 • \$49.00



An interdisciplinary approach to delivering quality adapted physical activity for all ages. Addresses how the work of educators and clinical professionals intersects in facilitating physical activity for health and well-being.

Adapted Physical Activity Across the Life Span^E

Carol A. Leitschuh, PhD; Marquell Johnson, PhD
2024 • Paperback • 352 pp • 8.5x11
ISBN 9781718213364 • \$119.00

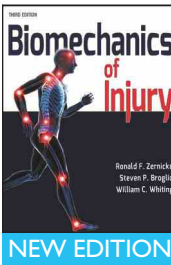


Organized around the management functions of planning, organizing, leading, and controlling, *Applied Sport Management Skills, Fourth Edition*, prepares students to become strong leaders and managers in the world of sport.

Applied Sport Management Skills, Fourth Edition With HKPropel Access^{E,WR}

Robert N. Lussier, PhD; David C. Kimball, PhD
2024 • Paperback • 554 pp • 8.5x11
ISBN 9781718213210 • \$129.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package

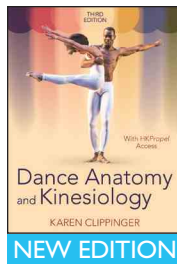


With hundreds of photos, illustrations, and tables, this text guides readers through the mechanical concepts of injuries without heavy emphasis on mathematics.

Biomechanics of Injury, Third Edition^E

Ronald F. Zernicke, PhD, DSc; Steven P. Broglio, PhD; William C. Whiting, PhD
2024 • Paperback • 360 pp • 8.5x11
ISBN 9781718201590 • \$129.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package • Image bank

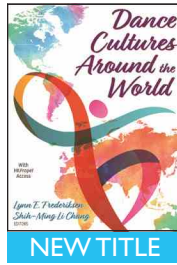


A scientific perspective to dance, simplified and accessible. Heavily illustrated, in color. Significant new material. Interactive lab activities.

Dance Anatomy and Kinesiology, Third Edition With HKPropel Access^{E,WR}

Karen Clippinger, MSPE
October 2023 • Paperback • 300 pp • 8.5x11
ISBN 9781718200630 • \$125.00

Ancillaries: Instructor guide • Presentation package

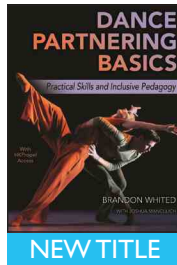


An in-depth look at selected world cultures through dance. Understanding the factors and layers of meaning that shape dance in nine geopolitical regions.

Dance Cultures Around the World With HKPropel Access^{E,WR}

Lynn E. Frederiksen, Shih-Ming Li Chang, Editors
2024 • Paperback • 376 pp • 8.5x11
ISBN 9781492572329 • \$117.00

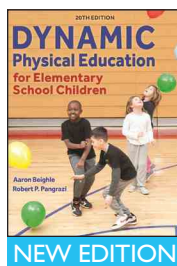
Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package



An in-depth look at selected world cultures through dance. Understanding the factors and layers of meaning that shape dance in nine geopolitical regions.

Dance Partnering Basics^{E,WR}

Brandon Whited
January 2024 • Paperback • Approx. 168 pp • 8.5x11
ISBN 9781492598060 • \$72.00

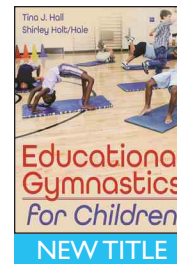


Preservice and in-service elementary teachers will learn to deliver effective and student-friendly physical education by teaching the skills, knowledge, attitudes, and values needed for a lifetime of activity.

Dynamic Physical Education for Elementary School Children - 20th Edition^{E,LL}

Aaron Beighle; Robert P. Pangrazi
November 2023 • Paperback • Approx. 760 pp • 8.5x11
ISBN 9781718214200 • \$152.00

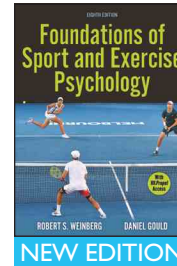
Ancillaries: Test package • Chapter quizzes • Presentation package



Presents a child-centered teaching approach with learning experiences for all children. Safety measures, assessment strategies, and alignment with physical education standards are included.

Educational Gymnastics for Children^E

Tina J. Hall, PhD; Shirley Holt/Hale, PhD
2024 • Paperback • 200 pp • 8.5x11
ISBN 9781718212008 • \$69.00

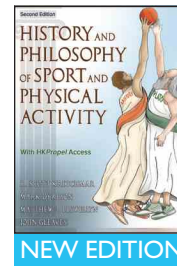


This text provides a comprehensive view of sport and exercise psychology, with the latest research on mental health of athletes, effects of COVID-19 on athletes, mindfulness, legalized gambling, and drug controversies.

Foundations of Sport and Exercise Psychology, Eighth Edition With HKPropel Access^{E,LL,WR}

Robert S. Weinberg, PhD; Daniel Gould, PhD
2024 • Paperback • 736 pp • 8.5x11
ISBN 9781718207592 • \$149.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package • Image bank • Instructor videos

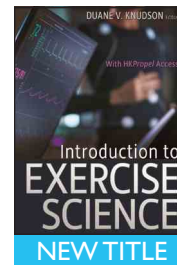


Blends historical investigations and philosophical insights regarding sport and physical activity. This cross-disciplinary text shows how theory in the humanities can affect professional practice.

History and Philosophy of Sport and Physical Activity, Second Edition With HKPropel Access^{E,WR}

R. Scott Kretchmar, PhD; Mark Dyreson, PhD; Matthew P. Llewellyn, PhD; and John Gleaves, PhD
2024 • Paperback • 368 pp • 8.5x11
ISBN 9781718212947 • \$124.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package

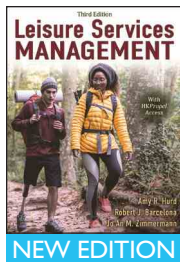


A complete overview of the field of exercise science that explores the research and evidence-based practices within each subdiscipline.

Introduction to Exercise Science With HKPropel Access^{E,LL,WR}

Duane V. Knudson, PhD, Editor
2024 • Paperback • 320 pp • 8.5x11
ISBN 9781718209954 • \$149.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package • Image bank

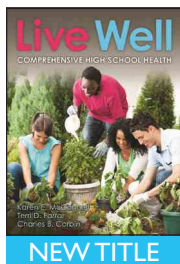


Outlines essential knowledge and competencies for successful leisure managers. The text prepares students for the Certified Park and Recreation Professional (CPRP) exam and for careers in commercial recreation, public agencies, and the nonprofit sector.

Leisure Services Management, Third Edition With HKPropel Access^{E,WR}

Amy R. Hurd, PhD; Robert J. Barcelona, PhD; Jo An M. Zimmermann, PhD
October 2023 • Paperback • 408 pp • 8.5x11
ISBN 9781718213432 • \$119.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package



This high school text helps students gain the higher-order knowledge and skills necessary to live well and achieve health and wellness. It's a standards text that includes topics of student interest and current

relevance, including nutrition, physical activity, the environment, emotional and social well-being, damaging behaviors, safety, and much more.

Live Well: Comprehensive High School Health With Web Resource^{E,WR}

Karen E. McConnell, PhD; Terri D. Farrar, PhD; Charles B. ("Chuck") Corbin, PhD
2024 • Hardback • 736 pp • 8.5x11
ISBN 9781718213272 • \$104.00

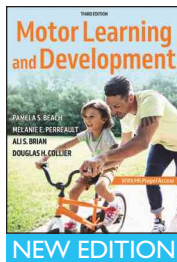
Ancillaries available



Seventy-eight brand-new activities to help dancers explore movement. A wealth of creative ideas for all dancers. Expert instruction in planning, teaching, and assessing improvisations.

More Dance Improvisations^E

Justine Reeve
2024 • Paperback • 200 pp • 8.5x11
ISBN 9781718222427 • \$39.00

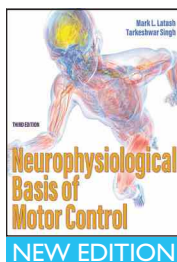


Unites two subdisciplines of motor behavior to provide an understanding of how humans acquire and develop movement skills throughout the life span. It prepares students to create, apply, and evaluate motor skill programs.

Motor Learning and Development, Third Edition With HKPropel Access^{E,WR}

Pamela S. Beach, PhD; Melanie Perreault, PhD; Ali Brian, PhD, CAPE; Douglas H. Collier, PhD
2024 • Paperback • 520 pp • 8.5x11
ISBN 9781718211711 • \$129.00

Ancillaries: Instructor guide • Test package • Presentation package

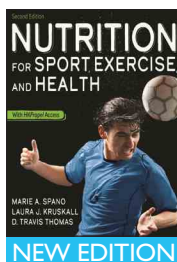


Emphasizes the neurophysiological mechanisms relevant to the processes of generating voluntary movements, explaining how the brain generates control signals and how the body executes them.

Neurophysiological Basis of Motor Control, Third Edition^E

Mark L. Latash, PhD; Tarkeshwar Singh, PhD
2024 • Paperback • 464 pp • 8.5x11
ISBN 9781718209527 • \$119.00

Ancillaries: Presentation package • Multiple-choice answers

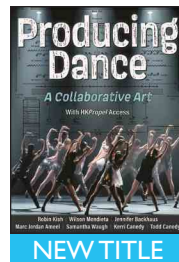


Blends nutrition and exercise theory with practical applications to provide undergraduate students and professionals with a comprehensive introduction to the field.

Nutrition for Sport, Exercise, and Health, Second Edition With HKPropel Access^{E,LL,WR}

Marie A. Spano, MS, RD, CSCS, CSSD; Laura J. Kruskall, PhD, RDN, CSSD, LD, FACS, FAND; D. Travis Thomas, PhD, RDN, CSSD, LD, FAND
November 2023 • Paperback • 480 pp • 8.5x11
ISBN 9781718207783 • \$149.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package • Image bank



Offers guidance in creating collaborative performances in both traditional and nontraditional spaces and covers evaluation, reflection, and opportunities for growth.

Producing Dance^{E,WR}

Robin Kish, MS, MFA; Wilson Mendieta, MFA; Jennifer Backhaus, MFA; Marc Jordan Ameel, MAED; Samantha Waugh, BFA; Kerri Canedy, MFA; Todd Canedy, MFA
2024 • Paperback • 216 pp • 8.5x11
ISBN 9781718207868 • \$98.00

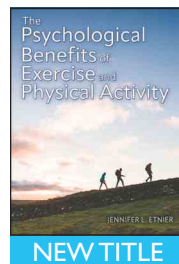
Ancillaries: Instructor guide • Test package • Presentation package



Fifty games for use in the classroom, in PE, during recess, and in before- and after-school programs. Games are creative, adaptable, easy to fit into a curriculum, and proven successful. For all children.

Promoting Elementary School Physical Activity^E

Russell R. Pate; Ruth P. Saunders
2024 • Paperback • 168 pp • 6x9
ISBN 9781718214743 • \$39.95

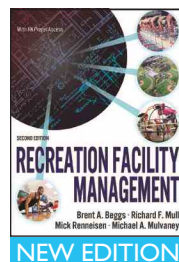


Explores the psychological outcomes that are known to be affected by physical activity behaviors, including depression, anxiety, cognitive performance, self-esteem, pain, and sleep.

Psychological Benefits of Exercise and Physical Activity, The^E

Jennifer L. Etnier, PhD
November 2023 • Paperback • Approx. 304 pp • 8.5x11
ISBN 9781718203624 • \$119.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package

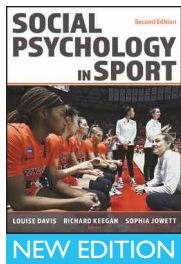


Offers a detailed look at the practical knowledge required to manage various types of recreational facilities. It covers key issues that managers must address, including facility design and maintenance, safety, security, funding, and more.

Recreation Facility Management, Second Edition With HKPropel Access^{E,WR}

Brent A. Beggs, PhD; Richard F. Mull; Mick Renneisen; Michael A. Mulvaney, PhD
October 2023 • Paperback • 368 pp • 8.5x11
ISBN 9781492597629 • \$129.00

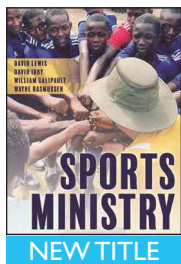
Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package



Offers a global perspective and a broad base of knowledge in areas that shape the social environment of sport. The text guides readers through the interactions, relationships, influences, and perceptions that affect sport performance and experiences.

Social Psychology in Sport, Second Edition^E

Louise Davis, PhD; Richard Keegan, PhD; Sophia Jowett, PhD, Editors
December 2023 • Paperback • Approx. 456 pp • 8.5x11
ISBN 9781718201811 • \$119.00

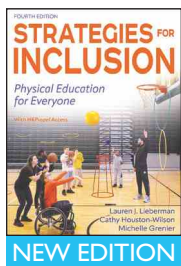


Provides a how-to process for developing viable sports ministry programs locally and internationally that proclaim the Gospel and positively influence the world we live in through shared sport experiences.

Sports Ministry^E

David Lewis, DMin; David Irby, MAT; William Galipault, DMin; Wayne Rasmussen, EdD
2024 • Paperback • 288 pp • 8.5x11
ISBN 9781718210219 • \$89.00

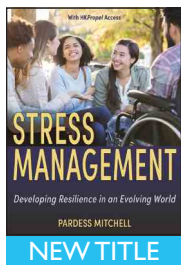
Ancillaries: Instructor guide • Test package



Contains 38 teachable units, complete with assessment tools for curriculum planning, teaching tips, and ready-to-use forms and charts.

Strategies for Inclusion: Physical Education for Everyone, Fourth Edition With HKPropel Access^{E,LL,WR}

Lauren J. Lieberman, PhD; Cathy Houston-Wilson, PhD
February 2024 • Paperback • Approx. pp • 8.5x11
ISBN 9781718217850 • \$82.00

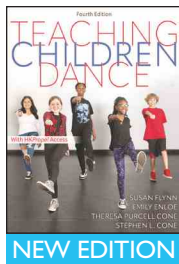


This foundational text takes a holistic approach to managing stress and offers effective strategies for managing stress and building resilience across six dimensions of wellness: physical, emotional, intellectual, social, spiritual, and environmental.

Stress Management: Developing Resilience in an Evolving World With HKPropel Access^{E,LL,WR}

Pardess Mitchell, EdD, MCHES
January 2024 • Paperback • Approx. 256 pp • 8.5x11
ISBN 9781718213180 • \$119.00

Ancillaries: Instructor guide • Test package • Chapter quizzes • Presentation package



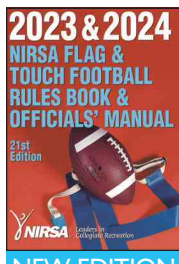
Thirty-two new dance learning experiences for K-12 students of all ability levels. Wide variety of dance styles. Instructional videos and online resources to make teaching effective and smooth.

Teaching Children Dance, Fourth Edition^{E,LL,WR}

Susan Flynn, MA; Emily Enloe, EdD; Theresa Purcell Cone, PhD; Stephen L. Cone, PhD
November 2023 • Paperback • 328 pp • 8.5x11
ISBN 9781718213159 • \$89.00

Ancillaries: Test package • Presentation package

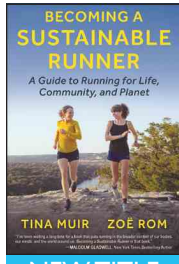
NEW BOOKS



Provides the latest rule changes in flag and touch football, including updated information for officials.

2023 & 2024 NIRSA Flag & Touch Football Rules Book & Officials' Manual, Twenty-First Edition^E

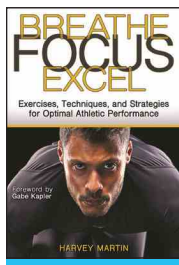
NIRSA: Leaders in Collegiate Recreation
2024 • Paperback • 120 pp • 7x10
ISBN 9781718218437 • \$14.00



This text helps runners achieve a newfound purpose that merges their love of running with their passion and concern for their health, their community, and the environment.

Becoming a Sustainable Runner: A Guide to Running for Life, Community, and Planet^E

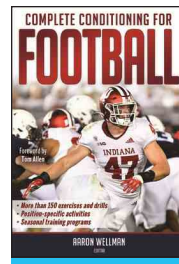
Tina Muir and Zoë Rom
Foreword by Jordan Marie Daniel
2024 • Paperback • 248 pp • 8.5x11
ISBN 9781718214033 • \$27.95



Learn the breathing exercises that will help you move with greater efficiency and ease, improve aerobic capacity, enhance focus, and excel in competitive situations.

Breathe, Focus, Excel^E

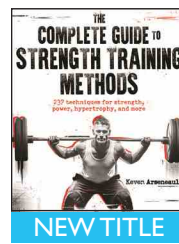
Harvey Martin
2024 • Paperback • 224 pp • 7x10
ISBN 9781718210172 • \$27.95



Features team-wide and position-specific exercises, drills, and programs as well as training plans for preseason, in-season, and off-season workouts. All aimed at building speed, agility, strength, power, and stamina for a performance edge.

Complete Conditioning for Football^E

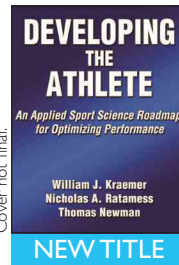
Aaron Wellman, Editor
2024 • Paperback • 328 pp • 7x10
ISBN 9781718214453 • \$29.95



A unique compilation of more than 230 training techniques that will drive you toward your goals and help improve all aspects of fitness and performance, including strength, power, hypertrophy, endurance, flexibility, and cardiovascular capacity.

Complete Guide to Strength Training Methods, The^E

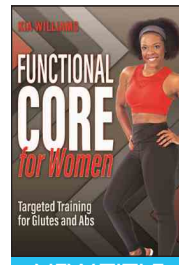
Keven Arseneault, CSCS
2024 • Paperback • 344 pp • 8.35 x 9.76
ISBN 9781718216693 • \$29.95



Explains the integration of sport science within the process of athlete development including evaluating, assessing, and developing athletes to compete and succeed at every level of competition.

Developing the Athlete^{E,LL}

William J. Kraemer, PhD; Nicholas A. Ratamess, PhD; Thomas Newman, MS
December 2023 • Paperback • Approx. 280 pp • 7x10
ISBN 9781718218574 • \$89.00

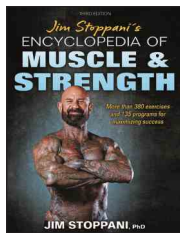


Helps women of all fitness levels improve strength and bodily aesthetics with an original and effective approach to working and reshaping the core muscles of the midsection and backside.

Functional Core for Women^E

Kia Williams
2024 • Paperback • 232 pp • 7x10
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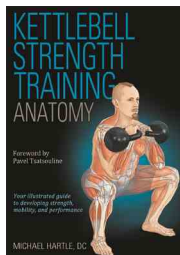


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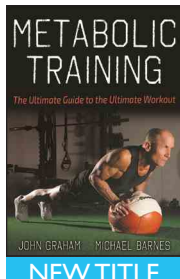


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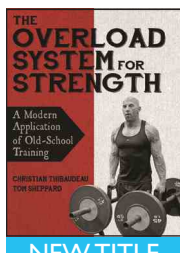


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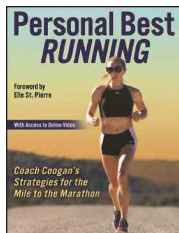


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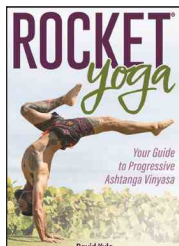


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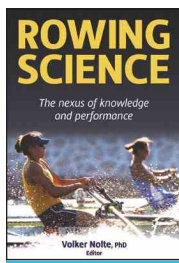


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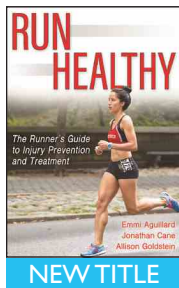


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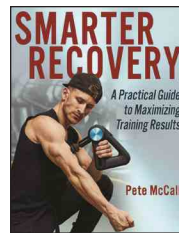


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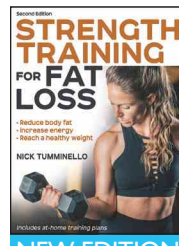


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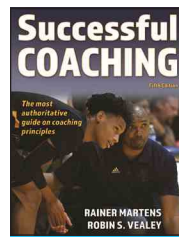


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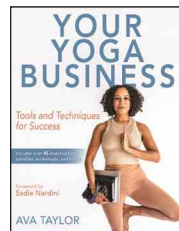


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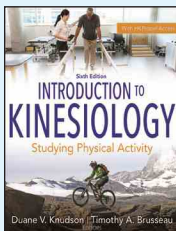
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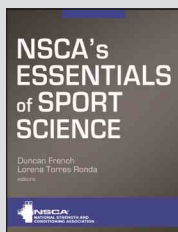
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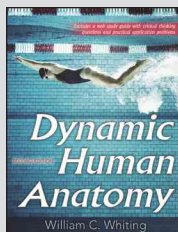
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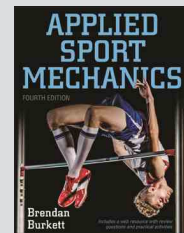
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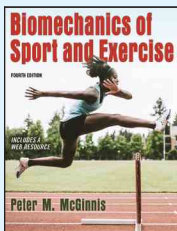
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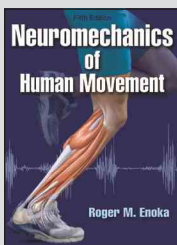
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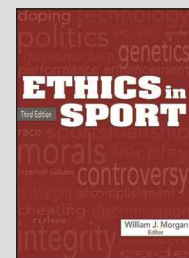
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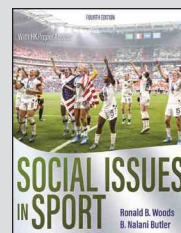
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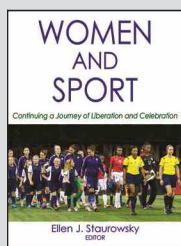
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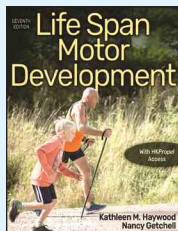
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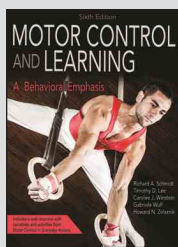
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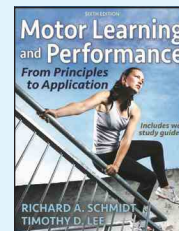
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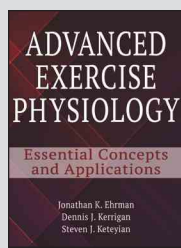
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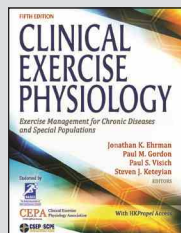
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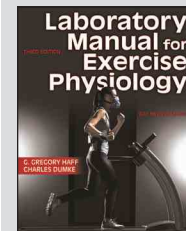
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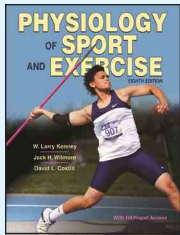
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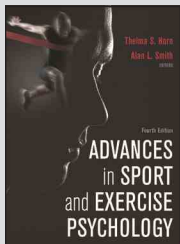
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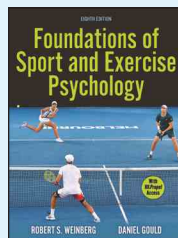
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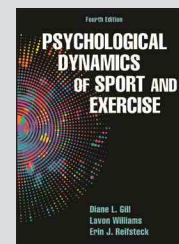
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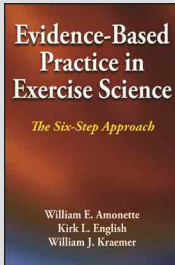
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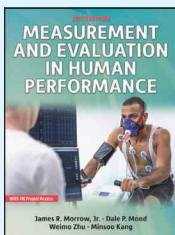


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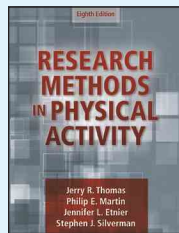
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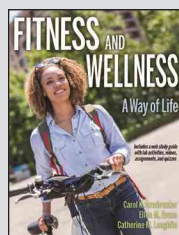
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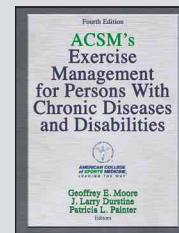
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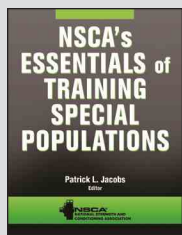
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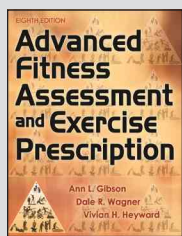
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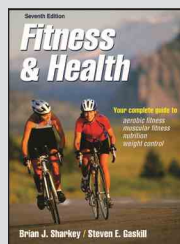
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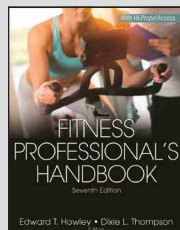


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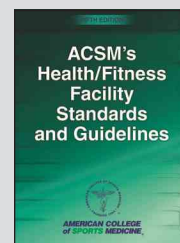
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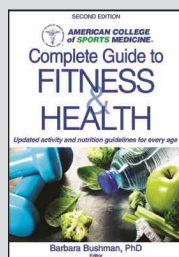
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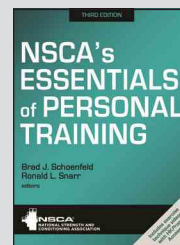
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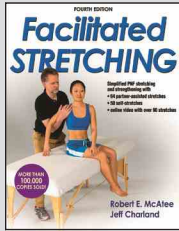
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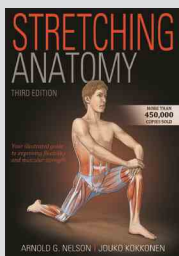
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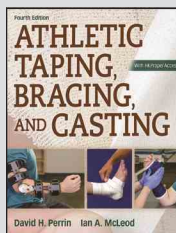
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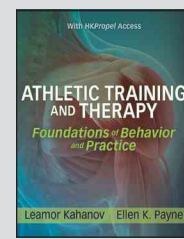
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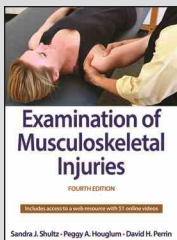
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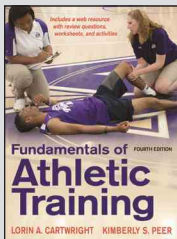
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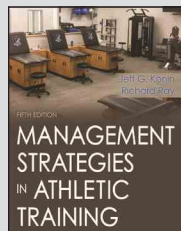
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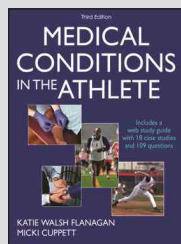
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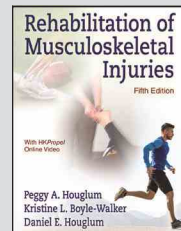
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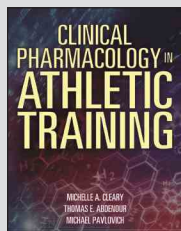
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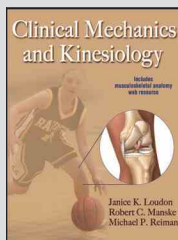
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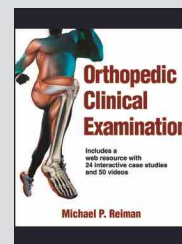
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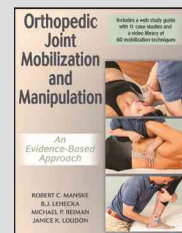


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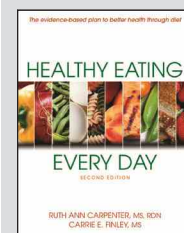
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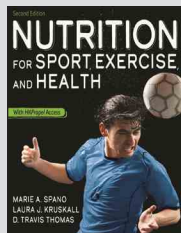
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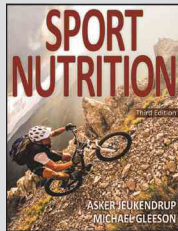
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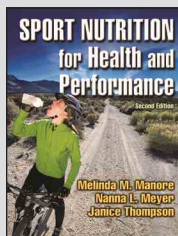
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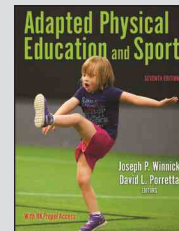
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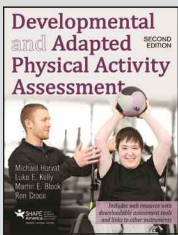
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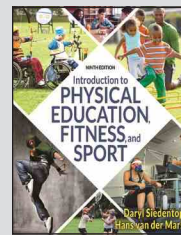
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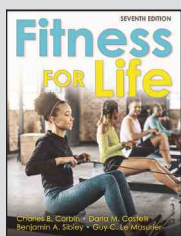
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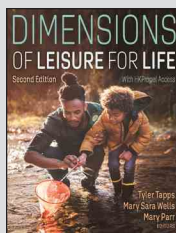
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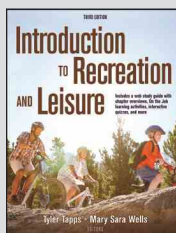
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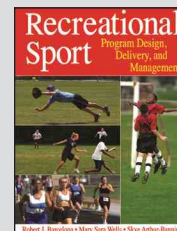
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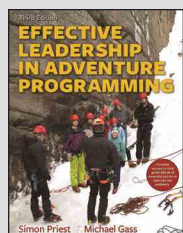
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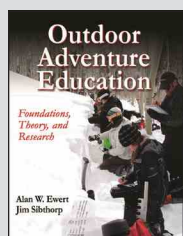
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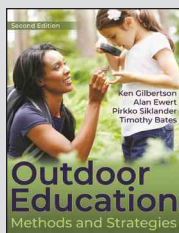
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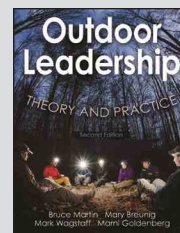
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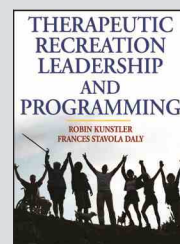
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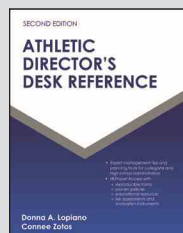
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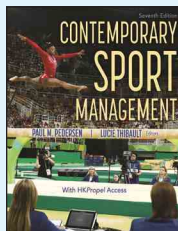
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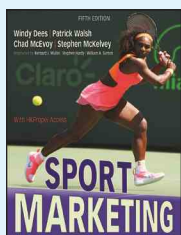
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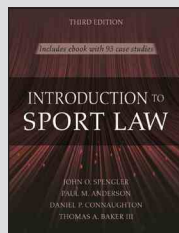
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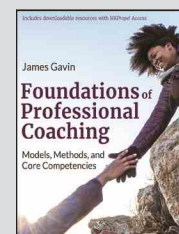
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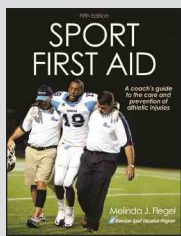
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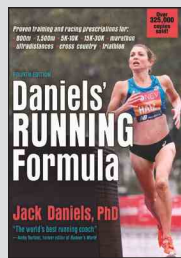
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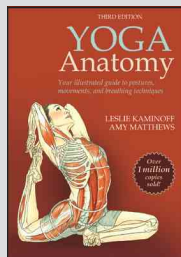
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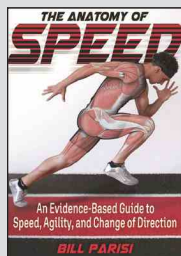
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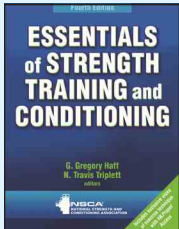
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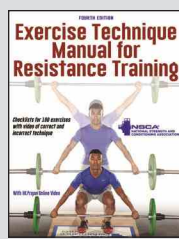
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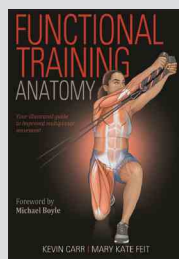
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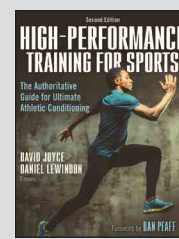
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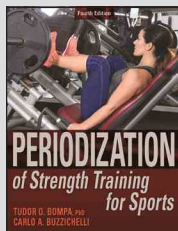
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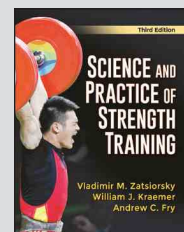
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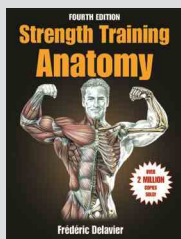
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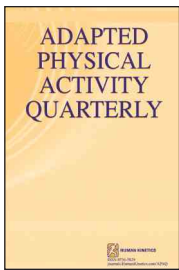
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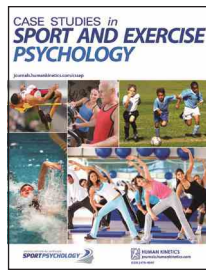
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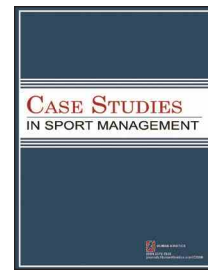
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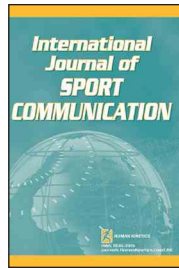
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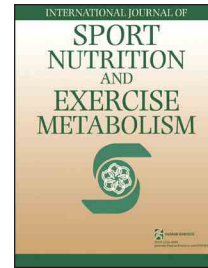
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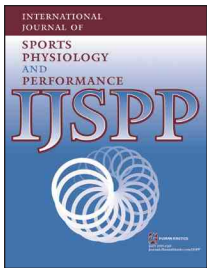
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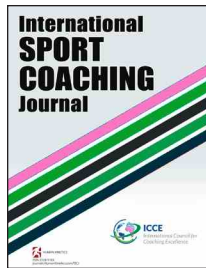
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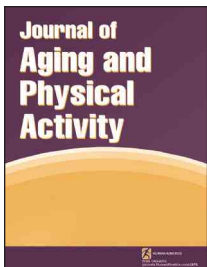
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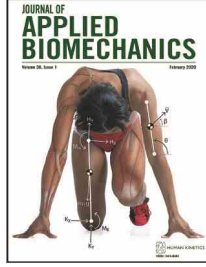
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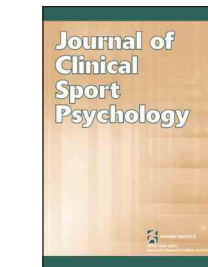
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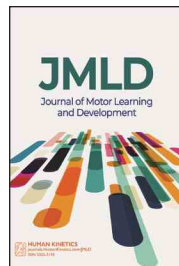
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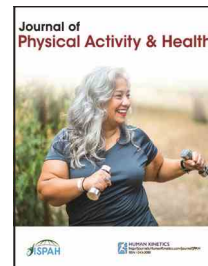
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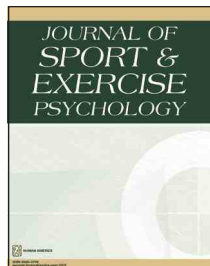
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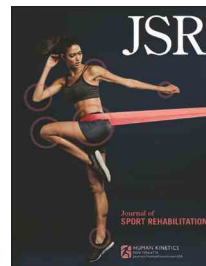
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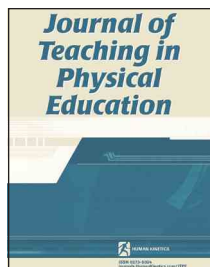
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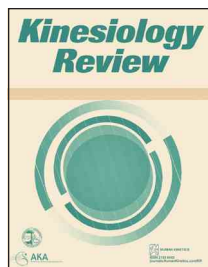
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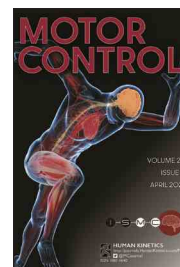
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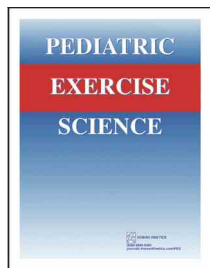
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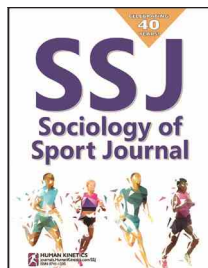
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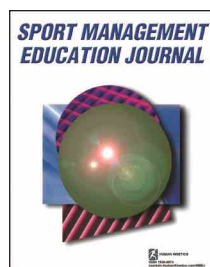
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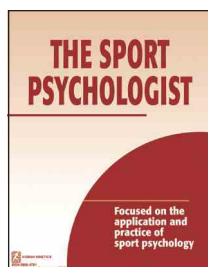
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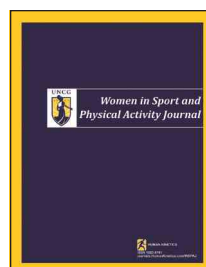
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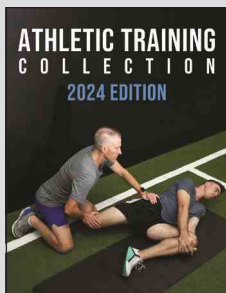
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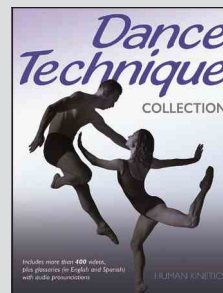
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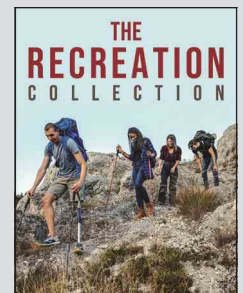
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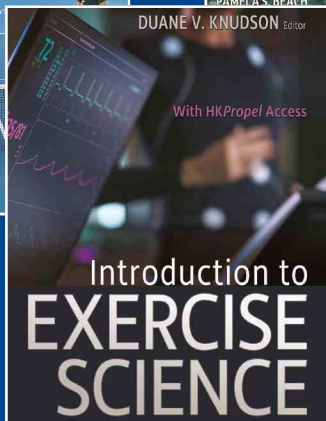
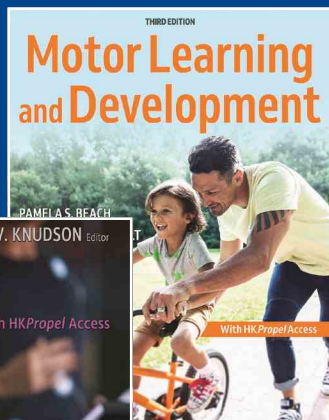
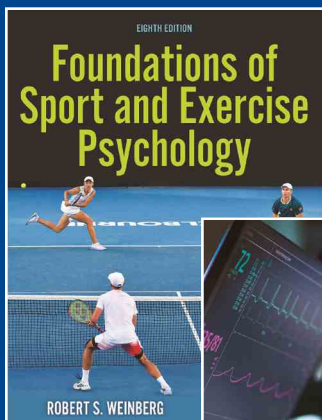
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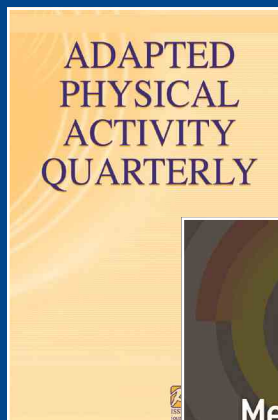
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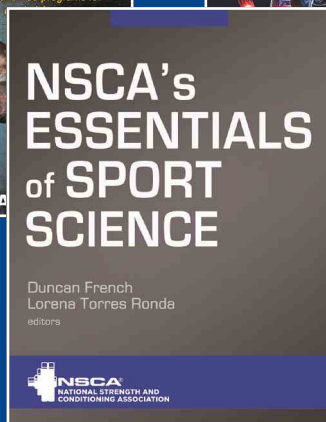
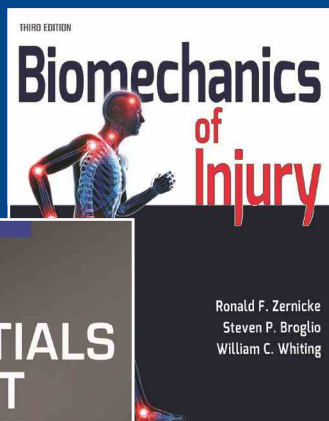
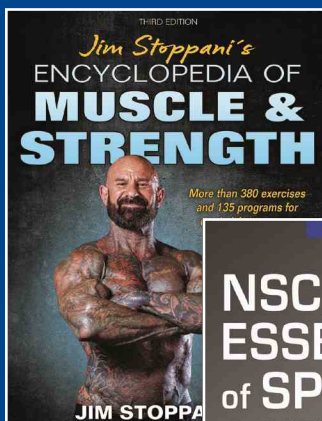
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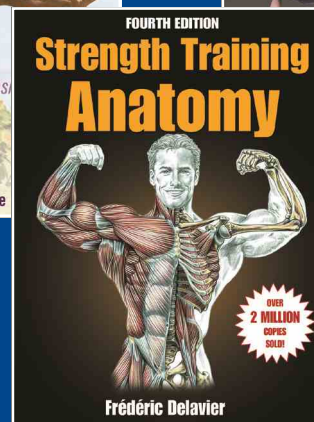
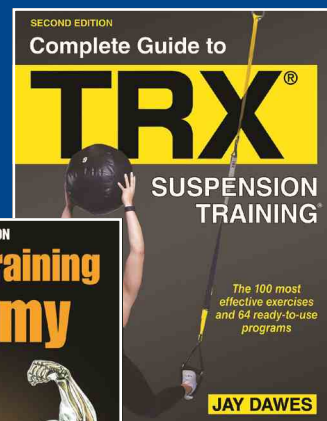
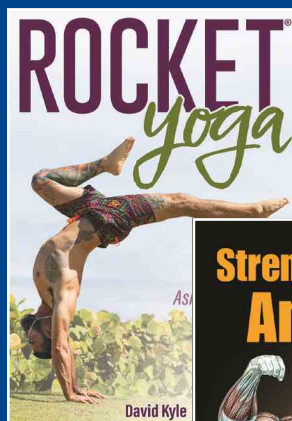
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