



2024

Sports & Exercise Science Catalogue

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Sports & Exercise Science

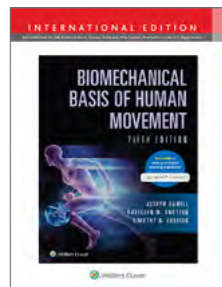
*Biomechanical Basis of Human Movement, International Edition**

5th Edition

by **Joseph Hamill, Kathleen Knutzen & Tim Derrick**

ISBN: 978-1-9751-6952-7 / 484pp / March 2021

The ideal introductory text for a rigorous approach to biomechanics, ***Biomechanical Basis of Movement, Fifth Edition*** helps build a precise, comprehensive grasp of the full continuum of human movement potential. Focusing on the quantitative nature of biomechanics, this exacting but approachable text applies laws of motion and mechanics to in-depth analysis of specific movements, integrating current literature, meaningful numerical examples, relevant applications, hands-on exercises and functional anatomy, physics, calculus and physiology. Content is organized into sections that build upon each other to offer a structured introduction to biomechanics as it relates to exercise science. The extensively updated Fifth Edition emphasizes clinical relevance with integrated examples and questions and offers an expansive suite of digital resources, including new artwork, animations, and multiple eBook options to make a mastery of biomechanics more accessible than ever.



*Also available as a Print and Digital Access Card Package: **978-1-9752-2972-6**

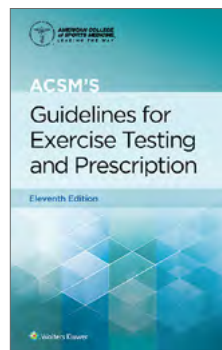
*ACSM's Guidelines for Exercise Testing and Prescription**

11th Edition

by **Gary Liguori & American College of Sports Medicine (ACSM)**

ISBN: 978-1-9751-5019-8 / 548pp / April 2021

The flagship title from the prestigious American College of Sports Medicine, this critical handbook delivers scientifically based, evidence-informed standards to prepare you for success. Providing succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients, this trusted manual is an essential resource for all exercise professionals, as well as other health professionals who may counsel patients on exercise including physicians, nurses, physician's assistants, physical and occupational therapists, dietitians, and health care administrators. The extensively updated Eleventh Edition has been reorganized for greater clarity and integrates the latest Physical Activity Guidelines for Americans.



*Also available as a Print and Digital Access Card Package: **978-1-9752-2963-4**

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*ACSM's Resources for the Exercise Physiologist**

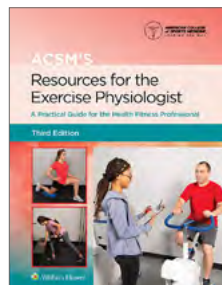
3rd Edition

by **Benjamin Gordon & American College of Sports Medicine (ACSM)**

ISBN: 978-1-9751-5316-8 / 552pp / August 2021

An essential preparation book for the ACSM Certified Exercise Physiologist examination, ***ACSM's Resources for the Exercise Physiologist, Third Edition***, is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice. This updated edition is fully aligned with the Eleventh Edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology. Published by the American College of Sports Medicine, this practical resource is organized around the scope of ACSM-EP practice domains.

*Also available as a Print and Digital Access Card Package: **978-1-9752-2965-8**



*ACSM's Resources for the Personal Trainer**

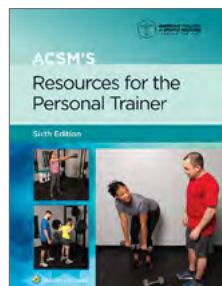
6th Edition

by **Trent Hargens & American College of Sports Medicine (ACSM)**

ISBN: 978-1-9751-5320-5 / 656pp / May 2021

An essential resource to prepare for the ACSM Certified Personal Trainer examination, ***ACSM's Resources for the Personal Trainer, Sixth Edition***, provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence, as well as practicing Personal Trainers who want to take their practice to the next level. This updated edition is fully aligned with the Eleventh Edition of ACSM's Guidelines for Exercise Testing and Prescription and equips readers with the latest practices in client screening, exercise program development, and working with special populations. Published by the American College of Sports Medicine, this top-selling text guides readers from an introduction to the profession and the science behind a successful exercise program and ultimately the establishment of a successful personal training practice.

*Also available as a Print and Digital Access Card Package: **978-1-9752-2966-5**



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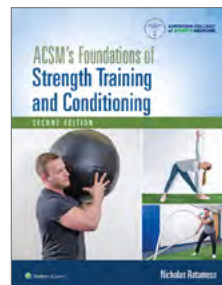
*ACSM's Foundations of Strength Training and Conditioning**

2nd Edition

by **Nicholas Ratamess & American College of Sports Medicine (ACSM)**

ISBN: 978-1-9751-1875-4 / 680pp / June 2021

Developed by the American College of Sports Medicine (ACSM), **ACSM's Foundations of Strength Training and Conditioning** offers a comprehensive introduction to the basics of strength training and conditioning. This updated Second Edition focuses on practical applications, empowering students and practitioners to develop, implement, and assess the results of training programs that are designed to optimize strength, power, and athletic performance. Clear, straightforward writing helps students master new concepts with ease, and engaging learning features throughout the text provide the understanding and confidence to apply lessons to clinical practice.



*Also available as a Print and Digital Access Card Package: **978-1-9752-2968-9**

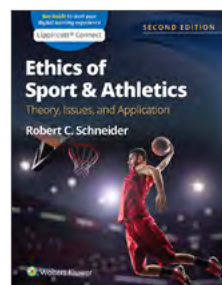
*Ethics of Sport and Athletics: Theory, Issues and Application**

2nd Edition

by **Robert C. Schneider**

ISBN: 978-1-9751-4274-2 / 480pp / May 2021

Timely, accessible, and focused on practical application, **Ethics of Sport & Athletics: Theory, Issues, and Applications, Second Edition**, details the theories and mechanics of moral reasoning, ethical and unethical behaviour in sport, and the development of moral education through sport. This well organized, case-based approach to sport-related dilemmas teaches readers how to successfully apply moral reasoning skills in good decision making to ensure confidence in sports management. Extensively updated with real-world examples drawn from the latest sports headlines, this Second Edition is designed to help readers grapple with the many complicated ethical challenges they'll encounter in today's sports professions, including performance enhancement, violence in sports, and racial and gender discrimination. An expanded emphasis on applying knowledge and concepts in sport management further equips readers to confront specific scenarios, ultimately improving the overall moral integrity of sport without diminishing its competitive element.



*Also available as a Print and Digital Access Card Package: **978-1-9752-2975-7**

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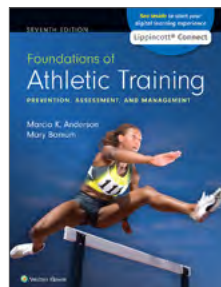
*Foundations of Athletic Training: Prevention, Assessment and Management**

7th Edition

by **Marcia Anderson & Mary Barnum**

ISBN: 978-1-9751-6137-8 / 1088pp / October 2021

Comprehensive and evidence-based, **Foundations of Athletic Training, Seventh Edition**, integrates basic medical concepts and related scientific information to help readers develop a strong foundation in athletic training best practices. The text's practical, problem-solving approach to the prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases helps students learn to think like practitioners. Fully aligned with the BOC competencies, the Seventh Edition has been extensively updated, expanded, and reorganized to reflect the changing role of today's athletic trainer and includes a powerful suite of engaging learning tools to help students succeed.



*Also available as a Print and Digital Access Card Package: 978-1-9752-2970-2

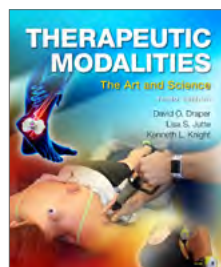
Therapeutic Modalities: The Art and Science

3rd Edition

by **Dave Draper & Lisa Jutte**

ISBN: 978-1-9751-2132-7 / 536pp / February 2020

Ideal for exercise science, athletic training, and physical therapy students, this updated edition of Knight and Draper's **Therapeutic Modalities: The Art and Science** covers the knowledge and skills needed to select the best therapeutic modality for each client injury. This edition helps students hone their clinical decision-making skills by teaching both the how and the why of each therapeutic modality, offering the application that today's student craves. Retaining the accessible student-friendly writing style and focus on kinesthetic learning that made the book so successful, the Third Edition is enhanced by new chapters, new photos, and significant updates throughout that reflect the latest research and advances in the field.



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ACSM's Clinical Exercise Physiology

2nd Edition

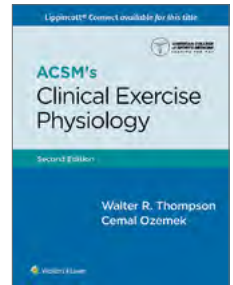
by **American College of Sports Medicine (ACSM) & Walter R. Thompson**

ISBN: 978-1-9751-9679-0 / 892pp / February 2024

Reflecting the unsurpassed quality and excellence synonymous with the American College of Sports Medicine, ***ACSM's Clinical Exercise Physiology, second edition***, provides an evidence-based approach to exercise as intervention for more than 35 conditions commonly encountered in practice — from a host of cardiovascular disorders to immunological/hematological disorders.

Condition chapters are logically organized by disease types and divided into sections that cover specific conditions from a pathological and etiological perspective, with additional coverage of important considerations and foundational elements — such as screening, pharmacology, and electrocardiography — ensuring a complete view of clinical exercise physiology.

Fully aligned with ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition, and updated throughout with new content and learning tools, this second edition provides total support for success in advanced undergraduate or graduate clinical exercise physiology courses, as well as the ACSM's Clinical Exercise Physiology certification exam.



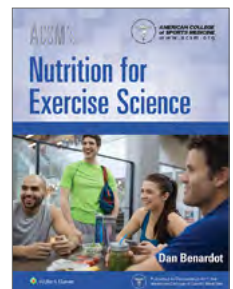
ACSM's Nutrition for Exercise Science

1st Edition

by **American College of Sports Medicine (ACSM) & Dan Benardot**

ISBN: 978-1-4963-4340-6 / 624pp / November 2018

New from the American College of Sports Medicine this clear and highly applied overview of exercise nutrition illustrates difficult concepts using real-world examples and case studies that allow students to put learning into practice. Well-known author Dan Benardot draws on his vast experience as an instructor, scientist, and practitioner to craft an engaging and factual resource that makes the nutrition of exercise science accessible. Written at a level appropriate for both exercise science majors and non-majors, this practical book is packed with helpful in-text learning aids and stunning visuals that bring concepts to life.



Acland's Video Atlas of Human Anatomy

Acland's Video Atlas of Human Anatomy is the optimal anatomical learning solution. Watch and listen to world- renowned anatomist Dr. Robert Acland—Professor Emeritus of Surgery, University of Louisville School of Medicine—as he shows and explains anatomical movement within each region of the body covering bones, muscles, tendons, organs, and more.

Available online, this atlas is a perfect resource for any institution's residents, faculty and students within medical, nursing, physician assistant, physical/occupational therapy, speech/language, and dentistry programs. *Acland's Video Atlas of Human Anatomy* provides foundational information to supplement the learning and teaching they receive in the classroom and in practice.

Why Acland's Video Atlas of Human Anatomy?

- Supports the teaching and learning of anatomy with more than 300 narrated videos
- Includes upper extremity, lower extremity, trunk, head & neck, and internal organs; plus, brand new groundbreaking inner ear content
- Allows students independent, frequent viewing for review, self-assessment, and practical exam preparation—as well as tracking their performance using interactive Q&A and timed or review quizzes
- Demonstrates muscle function in 3D to colleagues, staff, and patients
- Ability to browse video clips, share with colleagues, and add to a “favorites” area for quick reference
- Enables downloading of PDF transcripts for use in teaching guides and patient handouts

3D Rotational Gross Anatomy Videos Featuring Real Cadaver Specimens

- Comprehensive 3D video atlas of fresh anatomic specimens in their natural color
- Ideal for preparation and review in human gross anatomy courses and lab environment
- 360 view of specimens accompanied by clear narration and labeled structures
- Quick navigation to desired sections by region or via A-Z index
- Choose between complete 5-volume collection or specific body region
- Available online and optimized for mobile devices

Acland's Video Atlas of Human Anatomy

5-Volume Gross Anatomy Videos

These gross anatomy videos are comprised of 5 volumes, organized by region. Each volume offers in-depth coverage of the bones, joints, muscles, and more. This online resource also offers material to support student and faculty learning and teaching structure identification including self-assessment/Q&A, PDF transcripts of the videos used for handouts, and more.

Volume 1: Upper Extremity

- Shoulder
- Arm & Forearm
- Hand

Volume 2: Lower Extremity

- Hip
- Knee
- Leg & Ankle
- Foot

Volume 3: Trunk

- Spine
- Musculoskeletal Structures of the Thorax
- Musculoskeletal Structures Around the Abdomen
- Musculoskeletal Structures of the Pelvis

Volume 4: Head & Neck

- Support & Movement of the Head
- Facial Skeleton & the Base of Skull
- Nasal Cavity & Surroundings
- Oral Cavity & Surroundings
- Larynx & Surroundings
- Facial Muscles & Scalp
- Brain & Surroundings
- Nerves of the Head & Neck
- Blood Vessels of the Head & Neck
- Eye & Surroundings
- Ear—new Inner Ear content

Volume 5: Internal Organs

- Thoracic Organs
- Abdominal Organs
- Reproductive System



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Sports & Exercise Science

ACSM's Nutrition for Exercise Science

2nd Edition

by **American College of Sports Medicine (ACSM) & Dan Benardot**

ISBN: 978-1-9751-9716-2 / 530pp / September 2024



*ACSM'S Certification Review**

6th Edition

by **Pete Magyari & American College of Sports Medicine (ACSM)**

ISBN: 978-1-9751-6191-0 / 240pp / September 2021

Reflecting the authoritative expertise of the American College of Sports Medicine, **ACSM's Certification Review, Sixth Edition**, prepares users to successfully pass certification exams and become an ACSM Certified Personal trainer (ACSM-CPT), ACSM Certified Exercise Physiologist (ACSM-EP), or ACSM Certified Clinical Exercise Physiologist (ACSM- CEP). This easy-to-use review combines career-specific information with assessment tools and application based exercises to boost test-taking confidence and help users ensure a seamless transition to practice. Content in this Sixth Edition has been updated to align with the latest edition of ACSM's Guidelines for Exercise Testing and Prescription and reorganized to strengthen connections between the material users will encounter on their exams and how they will apply that knowledge in practice.



*Also available as a Print and Digital Access Card Package: 978-1-9752-2967-2

Sports & Exercise Science

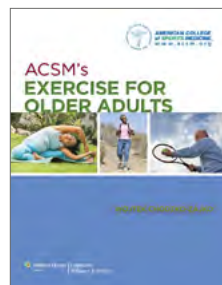
ACSM's Exercise for Older Adults

1st Edition

by **American College of Sports Medicine (ACSM)**

ISBN: 978-1-6091-3647-5 / 256pp / February 2013

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



*ACSM's Exercise Testing and Prescription**

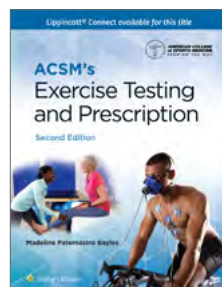
2nd Edition

by **American College of Sports Medicine (ACSM)**

ISBN: 978-1-9751-9707-0 / Approx. 490pp / April 2023

Fully aligned with the latest edition of ***ACSM's Exercise Testing and Prescription, 2nd Edition***, equips students and practitioners to confidently collect, interpret, and act upon physical fitness data for healthy and special populations.

Reflecting the unsurpassed expertise of the American College of Sports Medicine, this practical text walks users through the process of selecting and administering fitness assessment, interpreting results, and drafting exercise prescriptions in line with proven Guidelines parameters. The updated 2nd Edition is optimized for today's learners, combining clear, concise writing with dynamic visuals to keep readers engaged, clarify essential concepts and practices, and prepare users for confident clinical practice.



*Also available as a Print and Digital Access Card Package: 978-1-9752-1416-6

Sports & Exercise Science

*ACSM's Fitness Assessment Manual**

6th Edition

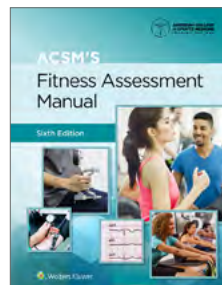
by **American College of Sports Medicine (ACSM)**

ISBN: 978-1-9751-6445-4 / 208pp / June 2021

Published by the American College of Sports Medicine, **ACSM's Fitness Assessment Manual** builds on the standards established in ACSM's Guidelines for Exercise Testing and Prescription, Eleventh Edition. With a focus on assessment, this new Sixth Edition is organized by component of fitness: body composition, cardiorespiratory fitness, muscular fitness, flexibility; and by type of testing: maximal and submaximal exercise testing, ECG, and metabolic calculations.

Updated coverage throughout in a user-friendly format, makes this an essential resource for those studying to enter the fitness and rehabilitation fields, as well as those already working who need to align their practice to industry standards.

*Also available as a Print and Digital Access Card Package: 978-1-9752-2964-1



*ACSM's Introduction to Exercise Science, Revised Reprint**

4th Edition

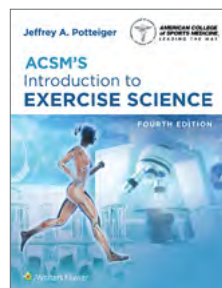
by **Jeff Potteiger**

ISBN: 978-1-9752-0913-1 / 568pp / April 2023

Presenting an engaging, up-to-date overview of exercise science and its related fields, **ACSM's Introduction to Exercise Science**, Fourth Edition, guides students to success throughout their courses and delivers a robust exploration of potential careers for today's exercise science professionals.

This full-color resource combines a succinct, accessible approach with the proven expertise of the American College of Sports Medicine — the leading authority in exercise science and sports medicine — to establish a practical understanding of how human movement assists individuals in their pursuit of good health, appropriate levels of physical activity and exercise, and successful sport and athletic performance. Updated to meet the needs of today's emerging professionals, this Fourth Edition incorporates new resources that emphasize application and help students make a confident transition to practice.

*Also available as a Print and Digital Access Card Package: 9781975209346



Sports & Exercise Science

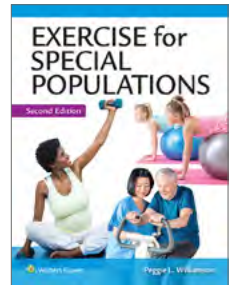
Exercise for Special Populations

2nd Edition

by **Peggie Williamson**

ISBN: 978-1-4963-8901-5 / 448pp / September 2018

This updated Second Edition of Williamson's highly applied **Exercise for Special Populations** provides just enough background for practicing and future personal trainers, exercise physiologists, and other health and fitness professionals to develop and implement exercise programs for special populations. For each condition, the book provides a general description, anatomy and physiology variances, precautions, recommendations for exercise testing and prescription, instructions and images of various exercises, and nutritional considerations. Reflecting the latest best practices in the field, the Second Edition features new chapters and pedagogy and a powerful suite of online resources.



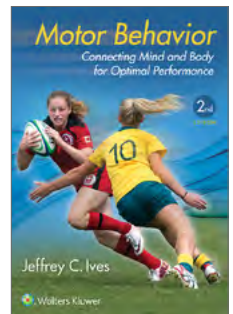
Motor Behavior

2nd Edition

by **Jeffrey Ives**

ISBN: 978-1-4963-8533-8 / 328pp / January 2018

This updated Second Edition of this highly applied text goes beyond providing the basics of motor control (Unit 1) and motor learning (Unit 2) to helping students understand how these two distinct views interact and ultimately affect outcomes (Unit 3). Taking a functional approach, **Motor Behavior**, Second Edition reflects the most recent research and guidelines from the field and brings topics to life with unique photos and illustrations that show concepts in action. A final chapter offers insights on effective training and practice strategies that connect mind and body for optimal performance.



LWW Health Library

Exercise Science and ACSM Certification Suite

Why LWW Health Library?

LWW Health Library: Exercise Science supports instructors and lifelong learners at every stage of their career. Content and quizzes cover nutrition, training techniques, rehabilitation therapies, and the principles and theories behind the science.

*Supports students, instructors,
and practitioners at any stage
of their career.*



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- 22 core textbooks for the student and practitioner (full list on reverse)
- Over 100 videos and audio files depicting common procedures and techniques
- More than 2,400 self-assessment questions for identifying areas where users need the most support
- Instructor PowerPoints, lab manuals, and worksheets to supplement comprehension
- Content updated regularly!
- Key titles: Exercise Physiology: Integrating Theory and Application; Exercise Physiology for Health, Fitness, and Performance; ACSM's Introduction to Exercise Science

A single portal to foundational and basic sciences resources, as well as rich multimedia tools for teaching, learning, and practice.

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- **Quizzing:** Create custom quizzes organized by topic, keep track of responses, and link to relevant content to help with remediation
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- **Multimedia ancillary content:** Access videos, images, Q & A, patient education handouts, and more

LWW
Health Library

LWW Health Library: Exercise Science and ACSM Certification Suite

LWW is a pioneer in medical and health science information, and the book collection features the following field-leading texts:

- **Abell:** *Taping and Wrapping Made Simple*
- **Armiger:** *Stretching for Functional Flexibility*
- **Armstrong:** *ACSM's Research Methods*
- **Bayles:** *ACSM's Exercise Testing and Prescription*
- **Benardot:** *ACSM's Nutrition for Exercise Science*
- **Brody:** *Therapeutic Exercise: Moving Toward Function*
- **Chodzko-Zajko:** *ACSM's Exercise for Older Adults*
- **Draper:** *Therapeutic Modalities: The Art and Science*
- **Farrell:** *ACSM's Advanced Exercise Physiology*
- **Gabbard:** *Lifelong Motor Development*
- **Ives:** *Motor Behavior: Connecting Mind and Body for Optimal Performance*
- **Hamill:** *Biomechanical Basis of Human Movement*
- **Hurley:** *Research Methods: A Framework for Evidence-Based Clinical Practice*
- **Kraemer:** *Exercise Physiology: Integrating Theory and Application*
- **Liguori:** *ACSM's Health-Related Physical Fitness Assessment Manual*
- **Nigg:** *ACSM's Behavioral Aspects of Physical Activity and Exercise*
- **Pire:** *ACSM's Career and Business Guide for the Fitness Professional*
- **Plowman:** *Exercise Physiology for Health, Fitness and Performance*
- **Potteiger:** *ACSM's Introduction to Exercise Science*
- **Ratamess:** *ACSM's Foundations of Strength Training and Conditioning*
- **Thompson:** *ACSM's Clinical Exercise Physiology*
- **Williamson:** *Exercise for Special Populations*

Additional Features

- **Regular content updates** ensure users receive the most up-to-date reference material
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- **Multiple chapter views** including full chapter, figures only, or tables only
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Who uses the LWW Health Library Exercise Science collection?

- **Students!** Access required readings and digital assets for class—easily navigate between materials and share with classmates and colleagues.
- **Instructors!** Create customized classroom materials and course packs and easily disseminate content to students.
- **Practitioners!** Use assessments and videos to prepare for working with patients and clients.

ACSM Certification Suite

This comprehensive selection of seven authoritative books offers targeted content chosen specifically to support the comprehension and preparation for taking the ACSM Certification examination.

- **ACSM's Health-Related Physical Fitness Assessment Manual, 5th Edition**
Gary Liguori
- **ACSM's Resources for the Personal Trainer, 5th Edition**
Rebecca A. Battista, Mindy Mayol, Trent Hargens, and Kenneth Lee Everett
- **ACSM's Resources for the Exercise Physiologist: A Practical Guide for the Health Fitness Professional, 2nd Edition**
Peter Magyari, Randi Lite, Marcus W. Kilpatrick, and James E. Schoffstall
- **ACSM's Certification Review, 5th Edition**
James R. Churilla, Andrew Bosak, Brittany Montes, and Paul Sorace
- **ACSM's Sports Medicine: A Comprehensive Review**
Francis G. O'Connor, Douglas J. Casa, Brian A. Davis, Patrick St. Pierre, Robert E. Sallis, and Robert P. Wilder
- **ACSM's Resources for the Group Exercise Instructor**
Grace DeSimone
- **ACSM's Exercise Testing and Prescription**
Madeline Paternostro Bayles and Ann M. Swank

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Sports & Exercise Science

Research Methods in Kinesiology and the Health Sciences

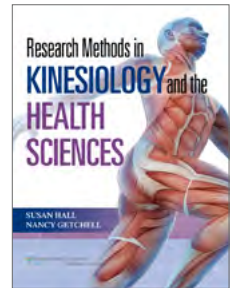
1st Edition

by **Susan Hall & Nancy Getchell**

ISBN: 978-0-7817-9774-0 / 385pp / February 2014

Wolters Kluwer Health is pleased to introduce this innovative First Edition by acclaimed authors Susan Hall and Nancy Getchell aimed at helping students learn vital research skills in an accessible manner. Designed for introductory research methods courses at the beginning graduate and undergraduate levels, **Research Methods in Kinesiology** includes all major topics conventionally addressed in introductory research methods texts. Taking a practical approach, this book focuses on topics directly related to development of research proposals, since these topics are most relevant to beginning researchers.

With unique chapters on research writing style and matching statistical tools with research protocols, readers will find this book written in a conversational tone intended to make the topic more readily understood by today's student. Problem-based learning activities help students apply the skills they've learned and prepare for actual research. An online suite of ancillaries rounds out this book and provides instructors with additional support in teaching this critical topic.



Sports & Exercise Science

Essentials of Exercise Physiology, International Edition

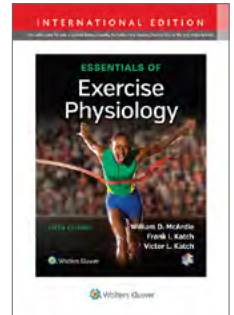
5th Edition

by **William McArdle, Frank Katch & Victor Katch**

ISBN: 978-1-4963-0909-9 / 972pp / October 2015

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

Based on feedback from students and instructors, this Fifth Edition maintains its hallmark pedagogy, writing style, graphics, and flow charts, while offering new and updated content. The text's organization makes it easy to cover its content in a one-semester course and adapt its materials to diverse interests. Each section also offers coverage of new and emerging topics in exercise physiology as well as the latest research findings.



Sports & Exercise Science

*Exercise Physiology: Energy, Nutrition and Human Performance, International Edition**

9th Edition

by **William McArdle, Frank I. Katch & Victor L. Katch**

ISBN: 978-1-9752-1730-3 / 1176pp / April 2023

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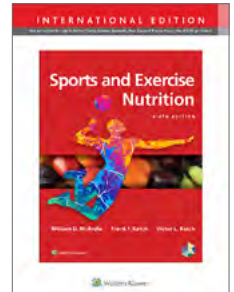
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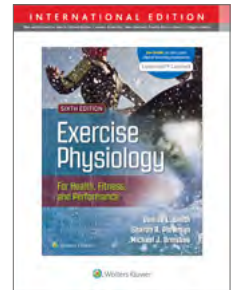
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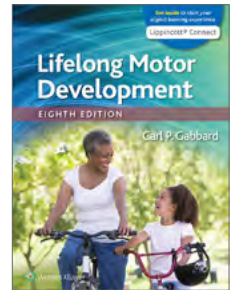
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Representatives

Ireland

Michael Darcy
Brookside Publishing Services Ltd
mob: +353 86 225 2380
email: sales@brookside.ie

Italy, Greece, France and Portugal

Gemma Gillen-Simpson
Sales Operations Manager
tel: +44 (0) 203 197 6517
email: gemma.gillen@wolterskluwer.com

Great Britain

Tim Stone
Key Account Manager, UK
mob: +44 (0) 782 504 8869
email: Tim.D.Stone@wolterskluwer.com

Julia Frost
Account Manager, Southern UK
tel: +44 (0) 779 001 7130
email: julia.frost@wolterskluwer.com

Stewart Fields
Account Manager Scotland and
Northern England/Wales
tel: +44 (0) 797 003 5604
email: Stewart.Fields@wolterskluwer.com

Netherlands, Belgium, Luxembourg

Ben Greig
Colin Flint Ltd
tel: +44 (0) 785 496 1315
email: ben@colinflintltd.co.uk

Germany, Austria and Switzerland

Tim Stone
Key Account Manager
mob: +44 (0) 782 504 8869
email: Tim.D.Stone@wolterskluwer.com

Stewart Fields
Account Manager
tel: +44 (0) 797 003 5604
email: Stewart.Fields@wolterskluwer.com

Eastern Europe

Jacek Lewinson
tel/fax: +48 2 2628 3956
mob: +48 5 0260 3290
email: Jacek@jaceklewinson.com

Spain

Pablo Blanco
tel: +34 9 1602 0000
mob: +34 6 7670 9286
email: pablo.blanco@wolterskluwer.com

Denmark, Finland, Iceland, Norway and Sweden

Ben Greig
Colin Flint Ltd
tel: +44 (0) 785 496 1315
email: ben@colinflintltd.co.uk

Middle East, Malta, Cyprus, Turkey, Northern Africa, Israel

IPR
tel: +357 2 287 2355
email: info@ipr-pub.com

Southern Africa

Jill Watson
tel: +27 (0) 1 1964 1144
fax: +27 (0) 1 1964 3196
mob: +27 (0) 8230 8607
email: sales@watsonmarketing.co.za

Nigeria

Femi Anulopo
Rombic Concepts Ltd.
tel: +234 (0) 80 3328 0593
email: ceo@rombicconcepts.com

Ghana and Rest of Africa

Amos Bampisaki
tel: +256 7 7292 7256
email: amos.bampisaki@booklinesafrica.com

Representatives (continued)

Japan

Toshiya Murayama
tel: +81 3 5427 1969
fax: +81 3 3451 2025
email: Toshiya.Murayama@wolterskluwer.com

China, Hong Kong, Macau

Tiky Liu
mob: +86 134 2603 1120
email: Tiky.Liu@wolterskluwer.com

Taiwan

Lilian Tsai
tel: +886 2 2391 4336
mob: +886 9 1539 9075
fax: +886 2 2391 4323
email: Lilian.Tsai@wolterskluwer.com

Korea

Kyung-Han Chung
tel: +82 2 2138 7779
mob: +82 10 2299 0975
fax: +82 2 6968 1700
email: khchung@igroupkorea.com

South East Asia

Kit Mei Wong
tel: +65 6211 3911
mob: +65 8128 7781
email: kitmei.wong@wolterskluwer.com

Philippines, Guam, Saipan, Palau

Tony Sagun and Alda Sagun
tel: +63 2 660 8430 / +63 2 660 5480
fax: +63 2 660 0342
email: tonysagun@crwbooks.com

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Dr Harry De La Cruz
mob: +1 787 390 6925
email: Harry.DeLaCruz@wolterskluwer.com

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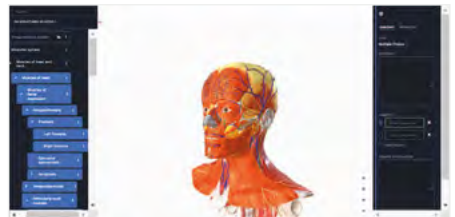
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