Health & Human Performance

McGraw Hill Education
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Activities & Sports ~ Contents

Weight Training................................................................. 4
This popular text for is a comprehensive, practical guide to developing a personalized weight-training program with both free weights and machines. Weight training concepts and specific exercises are grouped by body region, and many photographs, illustrations, diagrams, and figures demonstrate proper technique and form.

CONTENTS
1. Basic Weight Training
2. Weight Training and Your Body
3. Weight Training Guidelines
4. How Weight Training Improves Your Body
5. Getting Started: The Basics
6. Developing the Chest and Shoulders
7. Developing the Arms
8. Developing the Back and Neck
9. Developing the Abdominal Muscles
10. Developing the Lower Body
11. Exercises to Develop Speed and Power
12. Nutrition for Weight Training
13. Ergogenic Aids: Drugs and Supplements
APPENDIX 1: Muscular System
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APPENDIX 3: Weight Training Exercises for Machines and Free Weights
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2008 New Titles

- **BREHM**
  Creative Dance for Learning: The Kinesthetic Link .......... 6
Creative Dance for Learning: The Kinesthetic Link

Mary Ann Brehm, Lesley University
Lynne McNett, International Association for Creative Dance

2008 / 336 pages
Available: January 2007

Creative Dance for Learning: The Kinesthetic Link is a comprehensive teaching guide that addresses the “what”, “why” and “how” of creative dance. It provides theoretical and practical guidance on teaching creative dance, particularly in educational settings. The authors’ approach is heavily influenced by Barbara Mettler, Margaret H’Doubler, and Rudolph Laban, all legendary figures in the field of creative dance. Their theories are combined with the authors’ insights from thirty years of dance teaching experience to:

• validate dance as art education, adaptable to all ages and abilities
• explain a conceptual framework for teaching dance in common language
• highlight the kinesthetic sense as a guide for creating dance forms
• provide methods of linking movement across the curriculum
• address cultural material through creative dance
• outline teaching progressions that develop student skill and understanding
• guide readers into building and presenting lessons of their own
• provide models for assessing student learning
• relate creative dance instruction to achievement standards in dance and other disciplines
• offer over 25 well-tested lesson plans and 40 adaptations that extend the lesson material.

CONTENTS
Preface

Part I: A KINESTHETIC APPROACH TO DANCE AS CREATIVE ART ACTIVITY
1: Breaking Ground
2: Principles Of Dance as Creative Art Activity
3: Creative Dance: A Collage of Learning

Part II: A FRAMEWORK FOR TEACHING THE ELEMENTS OF DANCE
4: The Instrument of Dance: The Body
5: The Material of Dance: The Force Element
6: The Material of Dance: The Time Element
7: The Material of Dance: The Space Element
Table: Elements of Dance

Part III: LINKING DANCE ACROSS THE CURRICULUM
8: Linking into the Elements of Dance
Table: Inter-Disciplinary Links to the Elements of Dance and Linking Lessons
9: Connecting to World Cultures
10: Engaging Multiple Intelligences

Part IV: BUILDING MOVEMENT LESSONS
11: The Lesson Planning Process
12: Creating a Learning Environment for Dance
13: Assessing Student Progress

Part V: CREATIVE DANCE LESSONS
14: Foundation Lessons
15: Extension Lessons from the Body Element
16: Extension Lessons from the Force Element
17: Extension Lessons from the Time Element
18: Extension Lessons from the Space Element
19: Crossover Extension Lessons
Appendix A: Biographical Sketches of Influences
Appendix B: The Skeletal System
Appendix C: Formats for Group Work
Appendix D: Creative Dance Performance Objectives
Appendix E: Quick and Easy Activities
Appendix F: Teaching Resources
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2008–2009 NEW Health & Human Performance Title

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- COX
  Annual Editions: Aging 07/08, 20e ........................................... 14

- DANIEL
  Annual Editions: Health 08/09, 29e ......................................... 22, 27

- DANIEL
  Taking Sides: Clashing Views in Health and Society, 8e .......... 23

- DICKINSON
  Annual Editions: Dying, Death, and Bereavement 08/09, 10e ................................................................. 9

- FERRINI
  Health in the Later Years, 4e ................................................. 13

- GREENBERG
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- INSEL
  Core Concepts in Health Update, 10e ..................................... 19

- INSEL
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- KELLY
  Sexuality Today, 9e ............................................................. 16

- KSIR
  Drugs, Society and Human Behavior, 12e ......................... 9

- KOLANDER
  Contemporary Women’s Health Issues for Today and the Future, 3e ................................................................. 25

- TAVERNER
  Taking Sides: Clashing Views in Human Sexuality, 10e ........ 17

- WILSON
  Annual Editions: Drugs, Society, and Behavior 07/08, 22e ................................................................. 11

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- GOLDBERG
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- KINNEY
  Loosening the Grip: A Handbook of Alcohol Information, 9e ................................................................. 8

- WILSON
  Annual Editions: Drugs, Society, and Behavior 08/09, 23e ................................................................. 11
NEW TO THIS EDITION

• Presents the story of alcohol in two separate chapters for easier learning. Alcohol: History and Society’s View (Chapter 1) focuses on historical background and describes changing views over time. Alcohol Today (Chapter 2) highlights current attitudes toward alcohol and the latest approaches to treatment of alcoholism.

• Includes new “Focus on...” boxes that highlight a specific drug, comparing or contrasting that drug with alcohol. This feature broadens the text’s coverage of other drugs of abuse and offers stimulating topics for discussion.

• Highlights demographic changes in alcohol use (e.g., among teenage girls), the drug-free workplace, club drugs, painkillers (e.g., OxyContin), gambling addiction, the genetic basis for alcoholism, and drug use and cross-addiction, offering valuable information for new counselors.

• Presents a real-life view of alcoholism by addressing environmental and cultural influences, gender differences, and sexual orientation.

CONTENTS
1 Alcohol: History and Society’s View
2 Alcohol Today
3 Alcohol and the Body
4 Alcohol Dependence
5 Etiology of Alcohol Dependence
6 Medical Complications
7 The Behavior of Dependence
8 Effects of Alcohol Problems on the Family
9 Evaluation and Treatment Overview
10 Treatment Techniques and Approaches
11 Special Populations
12 Other Psychiatric Considerations
13 Drugs of Abuse Other Than Alcohol
14 Odds ‘n Ends

CONSUMER HEALTH
A GUIDE TO INTELLIGENCE DECISIONS
8th Edition
Stephen Barrett, Quackwatch, Inc
William M London, Charles Drew University
Robert S Baratz, National Council Against Health Fund
Manfred Kroger
2007 / 608 pages
Available: March 2006

This new edition of the most comprehensive text available in the field continues to provide a vast amount of information to enable consumers to make wise choices regarding health products and services. It offers a panoramic view of the health marketplace, while explaining the scientific methods that are essential for validating claims about how products and services affect health.

CONTENTS
Part I: DYNAMICS OF THE HEALTH MARKETPLACE
1 Consumer Health Issues
2 Separating Fact from Fiction
3 Frauds and Quackery
4 Advertising and Other Promotional Activities

Part II: HEALTH-CARE APPROACHES
5 Science-Based Health Care
6 Mental and Behavioral Help
7 Dental Care
8 The “CAM” Movement
9 Self-Care
10 Health-Care Facilities

Part III: NUTRITION AND FITNESS
11 Basic Nutrition Concepts
12 Nutrition Fads, Fallacies, and Scams
13 Weight Control
14 Fitness Concepts, Products, and Services

Part IV: MAJOR HEALTH PROBLEMS
15 Cardiovascular Diseases
16 Cancer
17 HIV / AIDS

Part V: OTHER PRODUCTS AND SERVICES
18 Drug Products
19 Skin Care and Image Enhancement
20 Sexual and Reproductive Health
21 Health Devices
22 Coping with Death

Part VI: PROTECTION OF THE CONSUMER
23 Health Insurance
24 Health-Care Economics
25 Consumer Laws, Agencies, and Strategies
ANNUAL EDITIONS: DYING, DEATH, AND BEREAVEMENT 08/09
10th Edition
George E Dickinson, College of Charleston and Michael R Leming, Saint Olaf College
2008 / 240 pages
Available: November 2007
Website: http://www.mhcls.com/text-data/catalog/0073397717.mhtml

This Tenth Edition of ANNUAL EDITIONS: DYING, DEATH, AND BEREAVEMENT provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor’s resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM, ISBN 0073301906, is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.mhcls.com/online.

CONTENTS
UNIT 1. Issues in Dying and Death
1. Finding Better Ways to Die
New! 2. Organ Transplantation in a Globalised World
New! 3. Into the Oblivion
New! 4. Moving Toward Peace
5. Technology and Death Policy
New! 6. A Survey of End-of-Life Care in Care Homes
8. The Unsettled Question of Brain Death
9. Studying the Black Death
UNIT 2. Dying and Death Across the Life Cycle
New! 11. Knowledge of Sudden Infant Death Syndrome Prevention Strategies in a Multicultural
New! 12. And Then the Dog Died
New! 13. To Live with No Regrets
New! 14. “Cast Me Not Off in Old Age”
15. Trends in Causes of Death Among the Elderly
UNIT 3. The Dying Process
16. Palliative Care
17. Placing Religion and Spirituality in End-of-Life Care
18. Spirituality and Religion in the "Art of Dying"
New! 19. Death in the Nursing Home
New! 20. Dying on the Streets
New! 21. Aging Prisoners’ Concerns Toward Dying in Prison

UNIT 4. Ethical Issues of Dying, Death, and Suicide
22. Death and the Law
23. Doctor, I Want to Die. Will You Help Me?
24. Competent Care for the Dying Instead of Physician-Assisted Suicide
25. Colleen’s Choice
26. Ethics and Life’s Ending
27. When Students Kill Themselves
28. Life Everlasting
29. Who Will Speak for You When You Can’t?
30. The Contemporary American Funeral
31. How Different Religions Pay Their Final Respects
32. The Arlington Ladies
33. Face to Face With Death
34. Six Feet Under
35. The Grieving Process
36. Disenfranchised Grief
37. Enhancing the Concept of Disenfranchised Grief
38. The Increasing Prevalence of Complicated Mourning
39. Those Left Behind
40. Till Death Do Us Part
41. Counseling With Children in Contemporary Society
42. Discussing Tragedy With Your Child.
43. Life Is Like the Seasons
NEW TO THIS EDITION

- Online Learning Center features updated and expanded supplements, including a completely revised test bank (more and better questions), a new image bank, expanded PowerPoint slides, additional online study tools for students (quizzes, key terms flashcards, links), audio chapter summaries, HealthQuest Activities, and Web Activities.

- Provides updated coverage of key topics, such as medical marijuana, steroids and nutritional ergogenic aids, prevention programs, smoking in film, abuse of legal pharmaceuticals, methamphetamine use, and treatment of bipolar disorder, insomnia, and ADHD

- Significantly expands the photo program.

- Includes updated information on statistics and trends for drug use and effects (Monitoring the Future, National Survey on Drug Use and Health, DAWN, SAMHSA treatment info), costs of drug control, and the prison population.

CONTENTS

Part I: DRUG USE IN MODERN SOCIETY
1: Drug Use: An Overview
2: Drug Use as a Social Problem
3: Drug Production and Regulation

Part II: HOW DRUGS WORK
4: The Nervous System
5: The Actions of Drugs

Part III: UPPERS AND DOWNERS
6: Stimulants
7: Depressants
8: Psychotherapeutic Drugs

Part IV: ALCOHOL
9: Alcohol

Part V: Familiar Drugs
10: Tobacco
11: Caffeine
12: Herbals, Dietary Supplements, and Over-the-Counter Drugs

Part VI: RESTRICTED DRUGS
13: Opioids
14: Hallucinogens
15: Marijuana and Hashish
16: Performance-Enhancing Drugs

Part VII: INTERVENTION STRATEGIES
17: Preventing Drug Misuse and Abuse
18: Treating Substance Dependence

DRUGS IN PERSPECTIVE

6th Edition
Richard Fields, Private Counseling Practice
2007 / 432 pages
Available: March 2006

Website: http://www.mhhe.com/fields6e

Drugs in Perspective is written for the drug and substance abuse counseling course designed to prepare future health professionals to work with patients, clients, and families of abusers. It is designed to provide perspective on the aspects and problems associated with addiction as well as provide the fundamentals on the dynamics of chemical dependency. This edition improves topic flow for easier understanding and brings the research base into the 21st century.

contents

section I: understanding substance abuse
1 putting drugs in perspective
2 why do people abuse drugs?
3 drug-specific information
4 definitions of substance abuse, dependence, and addiction

section II: family
5 substance abuse and family systems
6 parenting
7 growing up in an alcoholic family system

section III: prevention, intervention, and treatment
8 prevention of substance-abuse problems
9 change, motivation & intervention for substance-abuse problems
10 disorders co-occurring with substance abuse
11 alcohol/drug treatment and relapse prevention
appendix A: trends in annual prevalence of use of various drugs for eight, tenth, and twelfth graders
appendix B: alcohol/drug screening inventories
appendix C: medication examples
appendix D: at-risk factors for substance abuse
Health

Part 2 DRUGS AND SOCIAL POLICY
Issue 8. Are the Adverse Effects of Smoking Exaggerated?
Issue 9. Should Laws Prohibiting Marijuana Use Be Relaxed?
Issue 10. Are Psychotherapeutic Drugs Over-Prescribed for Treating Mental Illness?
Issue 11. Do the Consequences of Caffeine Outweigh Its Benefits?
Issue 12. Should School-age Children with Attention Deficit/Hyperactivity Disorder (ADHD) Be Treated with Ritalin and Other Stimulants?
Issue 13. Do Consumers Benefit When Prescription Drugs Are Advertised?

Part 3 DRUG PREVENTION AND TREATMENT
Issue 14. Does Secondhand Smoke Endanger the Health of Nonsmokers?
Issue 15. Is Alcoholism Hereditary?
Issue 16. Should Marijuana Be Approved for Medical Use?
Issue 17. Should Schools Drug Test Students?
Issue 18. Does Drug Abuse Treatment Work?
Issue 19. Is Abstinence an Effective Strategy for Drug Education?

ANNUAL EDITIONS: DRUGS, SOCIETY, AND BEHAVIOR 07/08
22nd Edition
Hugh T Wilson, California State University—Sacramento

2008 / 240 pages
Available: February 2007
Website: http://www.mhcls.com/text-data/catalog/0073397423.mhtml

This Twenty-Second Edition of ANNUAL EDITIONS: DRUGS, SOCIETY, AND BEHAVIOR 07/08 provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topical index; and an instructor’s resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.dushkin.com/online.

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UNIT 1. Living with Drugs
1. Hey, You Don’t Look So Good
2. Living the High Life: The Role of Drug Taking in Young People’s Lives
3. Methamphetamine Across America: Misconceptions, Realities and Solutions
4. Balding, Wrinkled and Stoned,
5. America’s Most Dangerous Drug
6. With Scenes of Blood and Pain, Ads Battle Methamphetamine in Montana
7. My Mother: The Narc
8. Pass the Weed, Dad
9. Did Prohibition Really Work?: Alcohol Prohibition as a Public Health Innovation

UNIT 2. Understanding How Drugs Work—Use, Dependency, and Addiction
10. Addiction Is a Brain Disease
11. Predicting Addiction
12. Staying Sober
13. The Effects of Alcohol on Physiological Processes and Biological Development
14. The Toxicity of Recreational Drugs
15. Structural Differences Found in Brains of Heavy Marijuana Users
16. Does Cannabis Cause Psychosis or Schizophrenia?
UNIT 3. The Major Drugs of Use and Abuse
17. A More Addictive Meth Emerges as States Curb Homemade Type
18. Just Say No? No Need Here
19. A Harvest of Treachery
20. An End to ‘Power Hour’
21. Helping Students Stay Clean and Sober
22. The Power of Potent Steroids
23. Cannabis-Related Problems and Their Management
24. Pot Farms Ravaging Park Land

UNIT 4. Other Trends in Drug Use
25. Resurgence of Teen Inhalant Use
26. New Study Shows 1.8 Million Youth Use Inhalants
27. The Changing Face of Teenage Drug Abuse—The Trend toward Prescription Drugs
28. OxyContin Acting as Pathway Drug for Adolescent Heroin Addiction
29. Club Drugs: Study Explores Reasons for Use by Young Adults
30. Rx for Trouble
31. Studies Identify Factors Surrounding Rise in Abuse of Prescription Drugs by College Students
32. The Best High They’ve Ever Had
33. Some Cold Medicines Moved Behind the Counter
34. Facing an Uncertain Twilight

UNIT 5. Measuring the Social Costs of Drugs
35. Meth Addicts’ Other Habit: Online Theft
36. Mothers Addicted to Meth Face Losing Their Children
37. The Role of Substance Abuse in U.S. Juvenile Justice Systems and Populations
38. My Spirit Lives
39. When Drinking Kills
40. What Alcohol Does to a Child
41. The Problem With Drinking
42. ADHD Drugs and Cardiovascular Risk
43. High on the Job

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44. Administration Announces Anti-Methamphetamine Plan
45. Court Upholds Federal Authority to Reject ‘Medical Marijuana’
46. Medical Marijuana, Compassionate use, and Public Policy: Expert Opinion or Vox Populi?
47. Is Drug Testing of Athletes Necessary?
48. Meth Madness
49. How to Stand Up to Big Tobacco
50. Cigarette Trafficking: Expanding Criminal Activity Attracts Law Enforcement Attention
51. Battles Won, A War Still Lost
52. The War on Thugs
53. Arresting the Drug Laws
54. State’s Evidence

UNIT 7. Prevention, Treatment, and Education
55. How to Quit the Cure
56. Drug Treatment and Reentry for Incarcerated Women
57. Combination Treatment of One Year Doubles Smokers’ Quit Rate
58. Medication & Counseling: The ‘New Paradigm’ in Alcoholism Treatment
59. A Teen Health Gap
60. Teens Caught in the Middle: Juvenile Justice System and Treatment
61. No Longer Theory: Correctional Practices That Work
62. Parent Power
63. What to Say When Your Child Asks: Did You Ever Do Drugs?
64. Exercise and Drug Detoxification
Health in the Later Years is geared to help people make better-informed health choices to increase the quality of their later life. Further, knowledge of health and aging assists individuals to better manage the aging process of their family members. Finally, the study of aging and health enhances professional opportunities in the field of gerontology. The text provides a comprehensive overview of the most important topics in health and aging. The latest edition of the textbook is completely revised to assure all information is up-to-date and accurate and well-referenced. This edition provides extensive and reputable web-associated resources to supplement the written material in the text, reflecting the needs of adult learners and allowing for more in-depth study of many topics. Interactive exercises, such as “What is your Opinion?” and end-of-chapter activities have been expanded to provide teachers and students an opportunity to expand their classroom reading into real-life experiences.

NEW TO THIS EDITION

• The Online Learning Center will be live on 5/5/07.
• The theories of why humans age and attempts to delay the aging process have been updated to reflect the current trends in science and popular thought.
• A new chapter has been added, Chronic Illnesses: The Major Killers, to give more attention to the five biggest killers of older people: cardiovascular diseases, cancer, stroke, chronic lung diseases and diabetes and how these diseases can be prevented, diagnosed and treated with both drugs and non-drug interventions.
• The text includes an extensive discussion of Medicare and its changes, including Medicare Part D and the important influence of health care financing in the care elders receive.
• New information has been added on selected areas of concern for individuals in nursing homes: physical restraints, chemical restraint, pressure ulcers, and institutional elder abuse. A new section describes how to use the Medicare site to assess the quality of local home health services and nursing homes.
• A new section on legal protection and advocacy for those who are mentally ill has been added.
• The physical activity and nutrition chapters incorporate the latest recommendations for elders with a focus on the role of exercise and nutrition in the prevention and treatment of disease and disability. This includes the latest information on strength training, core training, the new food pyramid, body composition analysis, and optimizing the exercise prescription.
• New sections are included on nutritional research, vitamin and mineral supplements, specialized therapeutic diets and artificial feeding, and suggestions to evaluate nutrition news in the media.
• The chapter on prevention addresses primary, secondary, and tertiary prevention and recommendations of the U.S. Preventive Task Force. A new section on body scans has been added.
• A new section entitled New Directions of Medical Care includes cybermedicine, the electronic medical record, Medicare demonstration projects, and more.
• The chapter on death, dying, and grief is updated to include the newest information on Oregon’s Death With Dignity Act, advance directives, and the Terri Schiavo case.
• This edition includes an extensive, updated bibliography and reputable web-associated resources to supplement the written material in the text to encourage the student to explore the topics in depth.
• Interactive exercises, such as “What is Your Opinion?”, and end-of-chapter activities provide students an opportunity to apply their knowledge to real-life experiences.
• New case studies illustrate the complexity of care involved in working with elders.
• Additional instructors’ resources are available at www.mhhe.com/ferrini4e.
• Demographics have been updated with the latest statistics, reflecting the aging of the population and its characteristics with a special focus on minority elders: black Americans, Native Americans, Asian-Americans, and Latinos.

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Introduction: The Study of Health and Aging
1: Our Nation’s Elders: The Facts
2: Biologic Aging Theories and Longevity
3: The Body and Its Age Changes
4: Chronic Illnesses: The Major Killers
5: Other Chronic Diseases and Conditions
6: Acute Illness and Accidents
7: Mental Health and Mental Disorders
8: Medication Use
9: Physical Activity
10: Nutrition
11: Sexuality
12: Prevention and Health Promotion
13: Medical Care
14: Long-Term Care
15: Dying, Death, and Grief
This Twenty-First Edition of ANNUAL EDITIONS: AGING provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor's resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM, ISBN 0073301906, is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.mhcls.com/online.

This Twentieth Edition of ANNUAL EDITIONS: AGING 07/08 provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor's resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.mhcls.com/online.
This guide features concise instructions for accessing and using SPSS for Windows. Ready, Set, Go! is more than a reference book for versions 13.0 and 14.0; through ten guided assignments, students learn about statistical analysis of data while also learning the steps in the research process. The students are guided through assignments such as using frequency distributions, performing the t test, using the one-way ANOVA procedure, computing a correlation, and computing chi-square function.

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Preface
Assignment 1 Learning the Basics of SPSS
Assignment 2 Looking at Frequency Distributions and Descriptive Statistics
Assignment 3 Presenting Data in Graphic Form
Assignment 4 Testing Research Hypotheses for Two Independent Samples
Assignment 5 Testing Research Hypotheses About Two Related Samples
Assignment 6 Comparing Independent Samples with One-Way ANOVA
Assignment 7 Comparing Related Samples with One-Way ANOVA
Assignment 8 Measuring the Simple Relationship Between Two Variables
Assignment 9 Describing the Linear Relationship Between Two Variables
Assignment 10 Assessing the Association Between Two Categorical Variables Appendix
Entering Data Using Programs Other Than SPSS
CONDUCTING AND READING RESEARCH IN
HEALTH AND HUMAN PERFORMANCE
4th Edition
Ted A Baumgartner, University of Georgia, Clinton H Strong, Prof. Emeritus, Indiana University-Bloomington and Larry D Hensley, University of Northern Iowa
2006 / 480 pages
Available: June 2005
Website: http://www.mhhe.com/baumgartner4e

Designed for the first course in research methods, this text shows students how to conduct and read research, design research tools, and evaluate results in health, kinesiology, exercise science, recreation, dance, and all other areas of human performance—providing comprehensive coverage of both quantitative and qualitative research methods.

CONTENTS
Part I: THE RESEARCH PROCESS
1 The Nature and Purpose of Research
2 The Research Problem
3 Searching the Literature
4 Developing the Research Plan
5 Ethical Concerns in Research
6 Selection of Research Participants: Sampling Procedures
7 Reading and Evaluating Research Reports

Part II: TYPES OF RESEARCH
8 Experimental Research
9 Descriptive Research
10 Qualitative Research
11 Meta-Analysis
12 Additional Research Approaches

Part III: DATA ANALYSIS
13 Descriptive Data Analysis
14 Inferential Data Analysis
15 Measurement in Research

Part IV: THE RESEARCH REPORT
16 Developing the Research Proposal
17 Writing the Research Report

SEXUALITY TODAY
9th Edition
Gary F Kelly, Clarkson University
2008 / 672 pages
Available: November 2007

The ninth edition of this trusted text carefully balances the psychological, biological/physiological, and social elements of human sexuality, integrating the latest research findings and social trends. The author’s balanced approach is also evident in his ability to present various sides of controversial topics in a neutral voice. This new edition features updated case studies, more emphasis on cross-cultural coverage and examples, and the new companion SexSource Online.

NEW TO THIS EDITION
• Over 500 new references have been added, offering the most up-to-date facts and research available from 2002 to 2004—including new tables on the latest statistics on HIV, the newest research findings on sexual arousal, and a comprehensive overview of STDs.
• The text includes many new boxes of relevant material from popular publications—including cross-cultural boxes on group dating activities in Japan, the new interest in Tantric sex, and first-person accounts of being HIV positive.
• SexSource Online, free with each new copy of the textbook, gives students access to the best of multimedia materials for sexuality courses. It includes short video clips that illustrate key concepts in the textbook and issues important to today’s students, as well as practice quizzes for each chapter. Through McGraw-Hill’s exclusive licensing agreement with The Discovery Channel™, several of the video clips are from Discovery programs offered for the first time on a student CD.

CONTENTS
Each chapter ends with a summary and Focus on Health questions.

Part 1: SOCIAL AND BIOLOGICAL FOUNDATIONS OF HUMAN SEXUALITY
Chapter 1 Cultural, Historical, and Research
Chapter 2 Female Sexual Anatomy and Physiology
Chapter 3 Male Sexual Anatomy and Physiology
Chapter 4 Human Sexual Response
Chapter 5 Developmental and Social Perspectives on Gender

Part 2: UNDERSTANDING SEXUALITY IN OURSELVES AND OUR RELATIONSHIPS
Chapter 6 Sexuality through the Life Cycle
Chapter 7 Adult Sexuality and Relationships
Chapter 8 Sexual Individuality and Sexual Values
Chapter 9 Sexuality, Communication, and Relationships

Part 3: HUMAN REPRODUCTION, CONTRACEPTION, AND ABORTION: SEXUALITY CONFRONTS SOCIAL POLICY
Chapter 10 Reproduction, Reproductive Technology, and Birthing
Chapter 11 Decision Making about Pregnancy and Parenthood
DISEASE: IDENTIFICATION, PREVENTION AND
CONTROL
3rd Edition
Barbara P Hamann
2007 / 480 pages
Available: August 2006

Website: http://www.mhhe.com/hamann3e

This text presents current information about infectious and non-infectious diseases and their histories, from a nonclinical point of view: it is written to support the needs of health education students and professionals, rather than clinicians. Including an overview of the principles of disease occurrence and of the body’s defenses, it provides key details and stimulating information regarding the body’s vulnerability to disease.

CONTENTS

UNIT 1: Introduction
1. The History of Disease
2. Principles of Disease Occurrence
3. Cells, Aging, and the Immune System

UNIT 2: Infectious Diseases
4. Bacterial Diseases Acquired through the Respiratory Route
5. Bacterial Diseases Acquired through the Alimentary Route
6. Bacterial Infections Acquired through Skin, Mucosa, and Bloodstream from Human and Endogenous Sources
7. Bacterial Diseases Acquired through Skin and Mucosa from Arthropod Vectors, Animal Sources, and the Soil
8. Viral Diseases Acquired through the Respiratory Route
9. Viral Diseases Acquired through the Alimentary and Other Routes
10. Diseases Caused by Fungi
11. Diseases Caused by Protozoa and Metazoa

UNIT 3: Chronic Diseases and Disorders
12. Cardiovascular and Cerebrovascular Disease
13. Cancers with the Highest Fatality Rates
14. Other Cancers
15. Chronic Respiratory, Digestive, and Excretory Diseases
16. Chronic Skin and Musculoskeletal Disorders
17. Sensory, Nervous, and Endocrine Disorders
18. Genetic and Pediatric Disorders

Glossary
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TAKING SIDES: CLASHING VIEWS IN HUMAN SEXUALITY
10th Edition
William J Taverner, Fairleigh Dickinson University
2008 / 368 pages
Available: March 2007

Website: http://www.mhcls.com/text-data/catalog/007339719.mhtml

This Tenth Edition of TAKING SIDES: HUMAN SEXUALITY presents current controversial issues in a debate-style format designed to stimulate student interest and develop critical thinking skills. Each issue is thoughtfully framed with an issue summary, an issue introduction, and a postscript. An instructor’s manual with testing material is available for each volume. USING TAKING SIDES IN THE CLASSROOM is also an excellent instructor resource with practical suggestions on incorporating this effective approach in the classroom. Each TAKING SIDES reader features an annotated listing of selected World Wide Web sites and is supported by our student website, www.mhcls.com/online.

CONTENTS

UNIT 1. The Nature of Sex
Issue 1. Can Sex Be Addictive?
Issue 2. Is Oral Sex Really Sex?
Issue 3. Is Masters and Johnson’s Model an Accurate Description of Sexual Response?
Issue 4. Is the G Spot a Myth?
Issue 5. Is the Testosterone Patch the Right Cure for Low Libido in Women?

UNIT 2. Sex and Schools
Issue 6. Does the Availability of “Sexual Health Services” Make Some College Campuses Healthier than Others?
Issue 7. Should Sex Ed Teach About Abstinence?
Issue 8. Should Children Have an HPV Vaccination Before they Enroll in School?
Issue 9. Is there a Gender Bias?

UNIT 3. Reproduction Technology
Issue 10. Should Parents be Allowed to Select the Sex of Their Baby?
Issue 11. Should Emergency Contraception be Available Over the Counter?
Issue 12. Should Federal Funding of Stem Cell be Restricted?

UNIT 4. Sex and Society
Issue 13. Should Same-Sex Marriage be Legal?
Issue 15. Is Pedophilia Always Harmful?
Issue 16. Should Female Circumcision be Banned?
Issue 17. Should the FCC Restrict Broadcast “Indecency”? Issue 18. Should Sexual Content on the Internet be Restricted?
This THIRTIETH EDITION of ANNUAL EDITIONS: HUMAN SEXUALITY provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor’s resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.mhcls.com/online.

CONTENTS

UNIT 1. Sexuality and Society
Part A. Historical and Cross-Cultural Perspectives
1. Vox Populi: Sex, Lies, and Blood Sport
2. Women’s Ideal Bodies: Then and Now
3. Sex Around the World
4. The Beauty Pageant Prevails
5. How AIDS Changed America
6. Remembering Bayard Rustin
Part B. Changing Society/Changing Sexuality
7. The Magdalene Mystique: Why Her Archetype Matters
8. The Manliness of Men
9. The Trouble with Boys
10. The Gender Quotient Test

UNIT 2. Sexual Biology, Behavior, and Orientation
Part A. The Body and Its Responses
11. The New Sex Scorecard
12. Sudden Infertility
Part B. Hygiene and Sexual Health Care
13. Battling a Black Epidemic
14. Positive Thinking
15. Prison Outbreak: An Epidemic of Hepatitis C
16. When Sex Hurts
Part C. Human Sexualities and Orientations
17. Everyone’s Queer
18. Why Are We Gay?
19. The Battle over Gay Teens
20. The End of Gay Culture

UNIT 3. Interpersonal Relationships
Part A. Establishing Sexual Relationships
21. Great Expectations
22. In Search of Erotic Intelligence
23. 24 Things Love and Sex Experts Are Dying to Tell You
24. How to Tell Your Potential Love About Your Chronic STD
Part B. Responsible Quality Sexual Relationships
25. The Viagra Dialogues
26. Save Your Relationship
27. Be a Better Couple
28. How to Talk About Sex

UNIT 4. Reproduction
Part A. Fertility, Contraception, and Abortion
29. Access Denied
30. You Can’t Do That on Television
31. Sex, Politics, and Morality at the FDA: Reflections on the Plan B Decision
32. A Late Decision, a Lasting Anguish
33. Condoms, Contraceptives and Nonoxynol-9: Complex Issues Obscured by Ideology
Part B. Pregnancy, Childbirth, and Parenthood
34. Sex Without Sex? Keeping Passion Alive
35. A Tale of Two Mothers
36. The Birds and the Bees and Curious Kids

UNIT 5. Sexuality Through the Life Cycle
Part A. Youth and Their Sexuality
37. The Sexual Revolution Hits Junior High
38. The Cuddle Puddle of Stuyvesant High School
39. Your Turn: Give Students the Knowledge to Make Wise Choices About Sex
Part B. Sexuality and the Adult Years
40. Sex and Love: The New World
41. Staying Up Late with Sue

UNIT 6. Old/New Sexual Concerns
Part A. Sexual Abuse and Violence
42. The Sex Offender Next Door
43. Silent No More
44. Where Girls Marry Rapists for Honor
45. A Cruel Edge
Part B. Sexual Relationship Crises
46. Sexual Heroin
47. The Secret Lives of Wives
48. My Cheatin’ Heart
49. The New “Mixed” Marriage
Part C. Focus: Valuing Sexuality
50. Good Sex: Why We Need More of It and a Lot Less of the Bad Stuff
51. Pillow Talk
52. The Merry-Go-Round of Desire
The most reliable and widely used personal health text, Core Concepts in Health utilizes the theme of personal responsibility to teach and motivate students about health and wellness. The Tenth Edition Update provides current, accurate, scientifically based information about a wealth of health and wellness topics and issues.

NEW TO THIS EDITION

• Instructor’s Manual DVD. This resource provides instructors with the ancillaries they need to teach the course. The DVD includes High Definition video clips and accompanying instructor’s guides with critical thinking questions and follow-up discussion questions. The DVD also has a Course Integrator Guide, Test Bank (word files and EZ Test Computerized Test Bank), Image Bank, and PowerPoint Presentations. This DVD will help instructors to identify which ancillaries best fit the needs of their course and their students.

The IMDVD will be available 5/18/07.

CONTENTS

Part One: ESTABLISHING A BASIS FOR WELLNESS
1: Taking Charge of Your Health
2: Stress: The Constant Challenge
3: Psychological Health

Part Two: UNDERSTANDING SEXUALITY
4: Intimate Relationships and Communication
5: Sex and Your Body
6: Contraception
7: Abortion
8: Pregnancy and Childbirth

Part Three: MAKING RESPONSIBLE DECISIONS: SUBSTANCE USE AND ABUSE
9: The Use and Abuse of Psychoactive Drugs
10: The Responsible Use of Alcohol
11: Toward a Tobacco-free Society

Part Four: GETTING FIT
12: Nutrition Basics
13: Exercise for Health and Fitness
14: Weight Management

Part Five: PROTECTING YOURSELF FROM DISEASE
15: Cardiovascular Health
16: Cancer
17: Immunity and Infection
18: Sexually Transmitted Diseases

Part Six: ACCEPTING PHYSICAL LIMITS
19: Aging: A Vital Process
20: Dying and Death

Part Seven: LIVING WELL IN THE WORLD
21: Conventional and Complementary Medicine: Skills for the Health Care Consumer
22: Personal Safety: Protecting Yourself from Unintentional Injuries and Violence
23: Environmental Health

Appendix A: Nutritional Content of Popular Items from Fast-Food Restaurants
Appendix B: A Self-Care Guide for Common Medical Problems
• **Key topic updates and additions.** Examples include USDA dietary guidelines; physical activity guidelines from the USDA, WHO, and other organizations; trans fat food labeling requirements; research on low-fat and low-carb diets; dietary supplement safety and labeling issues; diabetes and pre-diabetes; cholesterol guidelines; links between lifestyle and quality and quantity of life; and avian influenza, mad cow disease, and other emerging infections.

• **Updated “In the News” boxes.** More than half of the “In the News” boxes are new to this edition; new topics include medical technologies in the twenty-first century, antidepressants and suicide risk, same-sex marriage, and factors influencing eating habits among Americans.

• **Updated statistics and Internet resources.** Examples of updated statistics include those for leading causes of death, life expectancy, cardiovascular disease and cancer, and more. In addition, the lists of recommended Internet resources and suggested readings have been updated throughout the text.

• **Updated and expanded supplements.** The Online Learning Center and Instructor’s Interactive CD-ROM provide updated and expanded instructor and student tools. New video and image library CDs provide new resources for enhancing lectures.

• **Resource Presentation Manager.** A new video and image library CD, it provides new resources for enhancing lectures.

• **A new boxed feature, “Gender Matters.”** These boxes examine issues of particular importance to women and men and address key gender differences; topics include gender differences in such areas as responses to stress, risk of depression and suicide, communication styles, health effects from tobacco and alcohol use, dietary needs, body image, and risk of unintentional injuries and violence.

**CONTENTS**

1: Taking Charge of Your Health
2: Stress: The Constant Challenge
3: Psychological Health
4: Intimate Relationships and Communication
5: Sexuality, Pregnancy, and Childbirth
6: Contraception and Abortion
7: The Use and Abuse of Psychoactive Drugs
8: Alcohol and Tobacco
9: Nutrition Basics
10: Exercise for Health and Fitness
11: Weight Management
12: Cardiovascular Disease and Cancer
13: Immunity and Infection
14: The Challenge of Aging
15: Conventional and Complementary Medicine: Skills for the Health Care Consumer
16: Personal Safety: Protecting Yourself from Unintentional Injuries and Violence
17: Environmental Health
Appendix: Nutritional Content of Popular Items from Fast-Food Restaurants
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Study Guide

**FOCUS ON HEALTH WITH ONLINE LEARNING CENTER BIND-IN CARD**

**8th Edition**
Dale B Hahn, Ball State University
Wayne A Payne, Ball State University
Ellen B Lucas, Ball State University
2007 / 544 pages
Available: February 2005

**Website:** http://www.mhhe.com/hahn8e

This text offers an exciting and practical approach to the teaching of the traditional content areas of personal health. Its two key themes—the six dimensions of health and the five developmental tasks—help students apply the text’s content to their own lives by improving their decision-making skills. The companion Online Learning Center offers a wealth of pedagogical and assessment features, including quizzes, Web links, a comprehensive study guide, and more.

**CONTENTS**

*Chapter 1: Shaping Your Health*

**Part One: THE MIND**

Chapter 2: Achieving Psychological Health
Chapter 3: Managing Stress

**Part Two: THE BODY**

Chapter 4: Becoming Physically Fit
Chapter 5: Understanding Nutrition and Your Diet
Chapter 6: Maintaining a Healthy Weight

**Part Three: PREVENTING DRUG ABUSE AND ADDICTION**

Chapter 7: Making Decisions About Drug Use
Chapter 8: Taking Control of Alcohol Use
Chapter 9: Rejecting Tobacco Use

**Part Four: PREVENTING DISEASES**

Chapter 10: Reducing Your Risk of Cardiovascular Disease
Chapter 11: Living with Cancer and Chronic Conditions
Chapter 12: Preventing Infectious Diseases

**Part Five: SEXUALITY AND REPRODUCTION**

Chapter 13: Understanding Sexuality
Chapter 14: Managing Your Fertility

**Part Six: CONSUMER AND SAFETY ISSUES**

Chapter 15: Becoming an Informed Health Care Consumer
Chapter 16: Protecting Your Safety
Chapter 17: The Environment and Your Health

**Part Seven: COMPLETING LIFE’S JOURNEY**

Chapter 18: Accepting Dying and Death
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UNDERSTANDING YOUR HEALTH WITH ONLINE LEARNING CENTER BIND-IN CARD

9th Edition
Wayne A Payne, Ball State University
Dale B Hahn, Ball State University
Ellen B Lucas, Ball State University
2007 / 746 pages
Available: February 2006
Website: http://www.mhhe.com/payne9e

This text offers an exciting and practical approach to the teaching of the traditional content areas of personal health. Its two key themes—the six dimensions of health and the five developmental tasks—hep students apply the text’s content to their own lives by improving their decision-making skills. The new PowerWeb: Personal Health, linked by chapter in the Online Learning Center (and available free with every new copy of the text) provides students with the latest information in the constantly changing field of health.

CONTENTS
Preface
A Visual Guide to Understanding Your Health
Chapter 1: Shaping Your Health

Part One: THE MIND
Chapter 2: Achieving Psychological Health
Chapter 3: Managing Stress

Part Two: THE BODY
Chapter 4: Becoming Physically Fit
Chapter 5: Understanding Nutrition and Your Diet
Chapter 6: Maintaining a Healthy Weight

Part Three: PREVENTING DRUG ABUSE AND DEPENDENCE
Chapter 7: Making Decisions About Drug Use
Chapter 8: Taking Control of Alcohol Use
Chapter 9: Rejecting Tobacco Use

Part Four: PREVENTING DISEASES
Chapter 10: Enhancing Your Cardiovascular Health
Chapter 11: Living with Cancer
Chapter 12: Managing Chronic Conditions
Chapter 13: Preventing Infectious Diseases

Part Five: SEXUALITY AND REPRODUCTION
Chapter 14: Exploring the Origins of Sexuality
Chapter 15: Understanding Sexual Behavior and Relationships
Chapter 16: Managing Your Fertility
Chapter 17: Becoming a Parent

Part Six: CONSUMER AND SAFETY ISSUES
Chapter 18: Becoming an Informed Health Care Consumer
Chapter 19: Protecting Your Safety
Chapter 20: The Environment and Your Health

Part Seven: COMPLETING LIFE’S JOURNEY
Chapter 21: Accepting Dying and Death
Appendix A: First Aid
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Appendix D: Canada’s Food Guide to Healthy Eating
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YOUR HEALTH TODAY: CHOICES IN A CHANGING SOCIETY, BRIEF
Michael L Teague, University of Iowa—Iowa City
Sara L C Mackenzie, University of Washington
David M Rosenthal, Lower East Side Harm Reduction Center
2007 / 512 pages
Available: March 2006
Website: http://www.mhhe.com/teaguebrief1e

This exciting new brief text presents personal health in the context of a changing social and cultural environment. Going beyond behavior change and individual responsibility, it offers a broadened view of health that includes the impact of family, community, and society. It’s a new way of looking at health: “It’s not just personal...”

“Choice” is another key theme in Your Health Today. Emphasizing the importance of making informed health choices, this text demonstrates how these choices affect an individual’s health—for today and for a lifetime.

The brief version of Your Health Today contains five fewer chapters than the big book, but it still offers in-depth coverage of key topics such as nutrition and fitness and presents complete chapters on genetics, sleep, body image, and spirituality.

CONTENTS
1 Health in a Changing Society

Part 1: YOUR MIND AND BODY
2 Genetics: You and Your Family Health History
3 Mental Health and Stress: A Balanced Life
4 Spirituality: Finding Meaning in Life and Death
5 Sleep: Renewal and Restoration

Part 2: YOUR LIFESTYLE AND HEALTH
6 Nutrition: Healthy Food Choices
7 Fitness: Physical Activity for Life
8 Body Weight and Body Composition: The Healthy Balance
9 Body Image: Viewing Yourself

Part 3: YOUR HEALTH AT RISK
10 Alcohol and Tobacco: Making Responsible Choices
11 Drugs and Addictive Behavior: Use, Abuse, and Control

Part 4: YOUR RELATIONSHIPS AND SEXUALITY
12 Relationships and Sexual Health: Communication, Sexuality, and Society
13 Reproductive Choices: Contraception, Pregnancy, and Childbirth

Part 5: PROTECTING YOUR HEALTH
14 Injury and Violence: Prevention and Protection
15 Infectious Diseases: Prevention and Management
16 Cardiovascular Disease: Risks, Prevention, and Treatment
17 Cancer: Understanding a Complex Condition
This exciting new text presents personal health in the context of a changing social and cultural environment. Going beyond behavior change and individual responsibility, it offers a broadened view of health that includes the impact of family, community, and society. It’s a new way of looking at health: “It’s not just personal...”

“Choice” is another key theme in *Your Health Today*. Emphasizing the importance of making informed health choices, this text demonstrates how these choices affect an individual’s health—for today and for a lifetime.

**CONTENTS**

**Part 1: YOUR MIND AND BODY**
1. Genetics: You and Your Family Health History
2. Mental Health: Creating a Balance
4. Stress: Managing Pressure
5. Sleep: Renewal and Restoration

**Part 2: YOUR LIFESTYLE AND HEALTH**
6. Nutrition: Healthy Food Choices
7. Fitness: Physical Activity for Life
8. Body Weight and Body Composition: Achieving a Healthy Balance

**Part 3: YOUR HEALTH AT RISK**
10. Alcohol: Responsible Approaches to Drinking
11. Drugs and Addictive Behavior: Use, Abuse, and Control
12. Tobacco: The Smoking Challenge

**Part 4: YOUR RELATIONSHIPS AND SEXUALITY**
13. Relationships: Connection and Communication
14. Sexual Health: Biology, Society, and Culture
15. Reproductive Choices: Contraception, Pregnancy, and Childbirth

**Part 5: CHALLENGES TO YOUR HEALTH**
16. Violence: Prevention and Protection
17. Injury: Creating Safe Environments
18. Environmental Issues: Making a Difference

**Part 6: PROTECTING YOUR HEALTH**
19. Infectious Diseases: Prevention and Management
20. Cardiovascular Disease: Risks, Prevention, and Treatment
21. Cancer: Understanding a Complex Condition
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Assignment 1 Learning the Basics of SPSS
Assignment 2 Looking at Frequency Distributions and Descriptive Statistics
Assignment 3 Presenting Data in Graphic Form
Assignment 4 Testing Research Hypotheses for Two Independent Samples
Assignment 5 Testing Research Hypotheses About Two Related Samples
Assignment 6 Comparing Independent Samples with One-Way ANOVA
Assignment 7 Comparing Related Samples with One-Way ANOVA
Assignment 8 Measuring the Simple Relationship Between Two Variables
Assignment 9 Describing the Linear Relationship Between Two Variables
Assignment 10 Assessing the Association Between Two Categorical Variables
Appendix
Entering Data Using Programs Other Than SPSS

NEW TO THIS EDITION
• An additional 10 new Lab Assessments provide more opportunity for students to explore their own stressors and related behaviors, and ensures that there is at least one Lab Assessment per chapter.
• New full-color design engages students with content and facilitates learning.
• Updated key new information throughout includes coverage of current research findings on locus of control demonstrating the relationship between locus of control and breast cancer, chronic fatigue syndrome, sick leave from work, and response to a diagnosis of human papillomavirus; findings related to autogenics and cancer, multiple sclerosis, coronary angioplasty, anxiety, drug abuse, menstrual discomfort, scoliosis, and dyspnea (painful breathing), and the new MyPyramid and nutrition guidelines.
• Two new scales help students apply concepts to their own lives. In Chapter 6, a new scale helps readers identify how satisfied they are with their lives, which challenges readers to take action to improve their lives so they are more satisfied resulting in less stress. In Chapter 8, a new scale measures readers perceptions of their purpose and meaning in life, innerness or inner resources, unifying interconnectedness, and transcendence.
• References have been updated throughout the book. Over 120 current references—most from the year 2000 and later—have been added, and outdated references omitted.
• The online companion workbook, Your Personal Stress Profile and Activity Workbook, 4th edition, includes a wealth of activities for managing stress. Workbook icons in the text margin let students know when to refer to the workbook.

CONTENTS
Part 1: SCIENTIFIC FOUNDATIONS
1: What is Stress?
2: Stress Psychophysiology
3: Stress and Illness/Disease

Part 2: GENERAL APPLICATIONS: LIFE SITUATION AND PERCEPTION INTERVENTIONS
4: Intervention
5: Life-Situation Interventions: Intrapersonal
6: Life-Situation Interventions: Interpersonal
7: Perception Interventions
8: Spirituality and Stress

Part 3: GENERAL APPLICATIONS: PHYSIOLOGICAL AROUSAL AND BEHAVIOR CHANGE INTERVENTIONS
9: Meditation
10: Autogenic Training and Imagery
11: Progressive Relaxation
12: Other Relaxation Techniques

Part 4: GENERAL APPLICATIONS: SPECIFIC DOMAINS INTERVENTIONS
13: Physiological Arousal Interventions: Exercise
14: Strategies for Decreasing Stressful Behaviors
15: Diversity and Stress

Part 5: SPECIFIC APPLICATIONS
16: Occupational Stress
17: Stress and the College Student
18: Family Stress
19: Stress and Older Adults
Appendix A: Stress Information Resources
Appendix B: Stress Management Audio and Video Tapes
COPING WITH STRESS IN A CHANGING WORLD
4th Edition
Richard Blonna, William Paterson University
2007 / 432 pages
Available: June 2006
Website: http://www.mhhe.com/blonna4e

Practical, thorough, and student-friendly, this text empowers readers to take control of their lives by recognizing stressors and implementing effective strategies to combat them.

CONTENTS

Part I: STRESS & WELLNESS
1. What is Stress?
2. The Emotional and Intellectual Basis of Stress
3. The Environmental and Occupational Basis of Stress
4. The Social and Spiritual Basis of Stress
5. The Physical Basis of Stress
6. The Effects of Stress on the Body and Mind

Part II: THE FIVE RS OF COPING WITH STRESS
7. Rethink: Changing the Way You View Things
8. Reduce: Finding Your Optimal Level of Stimulation
9. Relax: Using Relaxation Techniques to Offset the Effects of Stress
10. Release: Using Physical Activity to Dissipate the Effects of Stress
11. Reorganize: Becoming More Stress-Resistant by Improving Your Health

Part III: STRESS: A DEVELOPMENTAL PERSPECTIVE
12. Childhood and Adolescent Stress
13. Young Adulthood: Relationships, College, and Other Challenges
14. Stress in Adulthood and Older Adulthood

Epilogue

Contemporary Women’s Health provides a balanced, comprehensive understanding of the health issues affecting women. Health information is presented within the context of the social and political forces affecting women of all ages, races, and ethnicities. Prevention, health promotion and becoming a wise health care consumer are emphasized throughout the text, while the impact of lifestyle issues and relationships throughout the lifespan on women’s health are explored.

NEW TO THIS EDITION
• A new feature – “Women Making a Difference” – spotlights famous women in each chapter who exemplify the challenges and rewards of women leaders in our contemporary society.

CONTENTS

Part 1: FOUNDATIONS OF WOMEN’S HEALTH
1: Introducing Women’s Health
2: Becoming a Wise Consumer
3: Developing a Healthy Lifestyle

Part 2: MENTAL AND EMOTIONAL WELLNESS
4: Enhancing Emotional Well-Being
5: Managing the Stress of Life

Part 3: SEXUAL AND RELATIONAL WELLNESS
6: Preventing Abuse against Women
7: Building Healthy Relationships
8: Examining Gynecological Issues
9: Designing Your Reproductive Life Plan

Part 4: CONTEMPORARY LIFESTYLE AND SOCIAL ISSUES
10: Eating Well
11: Keeping Fit
12: Using Alcohol Responsibly
13: Making Wise Decisions about Tobacco, Caffeine, and Drugs

Part Five: COMMUNICABLE AND CHRONIC CONDITIONS
14: Preventing Sexually Transmitted and Other Infectious Diseases
15: Managing Cardiovascular Health and Chronic Health Conditions
16: Reducing Your Risk of Cancer

CONTEMPORARY WOMEN’S HEALTH
ISSUES FOR TODAY AND THE FUTURE
3rd Edition
Cheryl A Kolander, University of Louisville
Danny Ramsey Ballard, Texas A&M University
Cynthia Kay Chandler, University of North Texas
2008 / 512 pages
Available: June 2007
Website: http://www.mhhe.com/kolander3e

A market leader, this book continues to be the most thorough text and resource for preparing elementary-, middle-, and secondary-school teachers to teach health. Students who use this text in a methods class keep it as a reference for student-teaching and throughout their teaching career. They rely on the practical strategies and methods that the book provides, as well as on its comprehensive Curriculum Guide: an organized, sequential K-12 plan for teaching students the information and skills they need to become health-literate, to maintain and improve their health, to prevent disease, and to reduce risky health-related behaviors.

Elementary & Secondary School Health Methods

COMPREHENSIVE SCHOOL HEALTH EDUCATION
5th Edition
Linda Meeks and Philip Heit of Ohio State University (Emeritus) and Randy M Page, Brigham Young University-Provo
2007 / 1056 pages
Available: March 2006
Website: http://www.mhhe.com/meeks5e
CONTENTS

Section 1: Comprehensive School Health Education
Chapter 1: A Nation at Risk: The Need for Comprehensive School Health Education
Chapter 2: School Health Services: Promoting and Protecting Student Health
Chapter 3: A Healthful and Safe School Environment: Protecting the Health and Safety of Students, Faculty, and Staff
Chapter 4: The Comprehensive School Health Education Curriculum: A Blueprint for Implementing the National Health Education Standards
Chapter 5: Instructional Strategies and Technologies: Motivating Students to Learn

Section 2: Health Content
Chapter 6: Mental and Emotional Health
Chapter 7: Family and Social Health
Chapter 8: Growth and Development
Chapter 9: Nutrition
Chapter 10: Personal Health and Physical Activity
Chapter 11: Alcohol, Tobacco, and Other Drugs
Chapter 12: Communicable and Chronic Diseases
Chapter 13: Consumer and Community Health
Chapter 14: Environmental Health
Chapter 15: Injury Prevention and Safety

Section 3: Totally Awesome Teaching Strategies™
Chapter 16: Using the Totally Awesome Teaching Strategies™

Section 4: The Meeks Heit K-12 Health Education Curriculum Guide: A Model for Implementing the National Health Education Standards
Chapter 17: Using the Meeks Heit K-12 Health Education Curriculum Guide

Appendices
A: National Health Education Standards: Teaching Masters
B: Healthy People 2010
C: The Teacher’s Encyclopedic Guide for Health Concerns of School-Age Youth...from A-Z
D: Health Resources
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HEALTH EDUCATION: ELEMENTARY AND MIDDLE SCHOOL APPLICATIONS
5th Edition
Susan K Telljohann, University of Toledo-Toledo
Cynthia W Symons, Kent State University-Kent
Beth Pateman, University of Hawaii-Manoa
2007 / 448 pages
Available: April 2006
Website: http://www.mhhe.com/telljohann5e

This state-of-the art health education methods book provides pre-service and current elementary and middle-level teachers with solid background information about health as well as practical, theory-based health education activities that encourage students to adopt health-enhancing behaviors. All the suggested teaching activities are aligned with the National Health Education Standards and include sample assessment strategies.

CONTENTS

SECTION I FOUNDATIONS OF HEALTH EDUCATION
1. The Coordinated School Health Program: A Foundation for Health Promotion in the Academic Environment
2. Comprehensive School Health Education: Applying the Science of Education to Improving Health Instruction
3. Standards-Based Planning, Teaching, and Assessment in School Health Education
4. Building and Managing the Safe and Positive Classroom Environment: Cues for Time Management

SECTION II HELPING STUDENTS DEVELOP SKILLS FOR POSITIVE HEALTH HABITS
5. Promoting Mental and Emotional Health
6. Promoting Healthy Eating
7. Promoting Physical Activity
8. Promoting Safety and Preventing Unintentional Injury
9. Promoting Personal Health and Wellness

SECTION III HELPING STUDENTS TRANSLATE THEIR SKILLS TO MANAGE HEALTH RISKS
10. Preventing Violence
11. Promoting a Tobacco-Free Lifestyle
12. Promoting an Alcohol- and Other Drug-Free Lifestyle
13. Promoting Sexual Health
14. Managing Loss, Death, and Grief
Appendix A 2006 National Health Education Standards for Grades K-8
Appendix B Rubrics for the National Health Education Standards

MENTAL HEALTH

International Edition

HEALTH PSYCHOLOGY WITH POWERWEB
5th Edition
Shelley E Taylor, University of California-Los Angeles
2006 / 576 pages
(with PowerWeb, Mandatory Package)
[IE without PowerWeb]
Available: August 2005

The sixth edition of this trusted text continues to set the standard for the Health Psychology market. One of the foremost researchers in health psychology, author Shelley Taylor incorporates the latest research findings in the field; the result is a text that conveys the increasing sophistication and complexity of the connection between the mind and the body, in an accessible and exciting manner. The flexible organization and emphasis on many relevant areas of psychology make Health Psychology appropriate for courses in Health Psychology, Health and Human Behavior, and allied health and pre-med/pharmacy programs.

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Part One: INTRODUCTION TO HEALTH PSYCHOLOGY
CHAPTER 1: What is Health Psychology?
CHAPTER 2: The Systems of the Body
Health

ANNUAL EDITIONS: HEALTH 08/09
29th Edition
Eileen L Daniel, Suny – Brockport
2008 / 240 pages
Available: October 2007
Website: http://www.mhcls.com/text-data/catalog/0073397598.mhtml

This Twenty-Ninth Edition of ANNUAL EDITIONS: HEALTH provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor’s resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM, ISBN 0073301906, is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.mhcls.com/online.

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2. Is Health Promotion Relevant Across Cultures and the Socioeconomic Spectrum?
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6. Love is Real Medicine
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New! 8. Seasonal Affective Disorder
9. Attention Deficit Disorder: Old Questions, New Answers
10. Dealing with Demons
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  Concepts of Physical Fitness: Active Lifestyles for Wellness, 14e .................. 37
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- ANSPAUGH
  Wellness: Concepts And Applications, 7e .................. 53
- PRENTICE
  Arheim’s Principles of Athletic Training: A Competency-based Approach, 13e .................. 31
- RINK
  Physical Education Curriculum .................. 55
- WUEST
  Foundations of Physical Education, Exercise Science and Sport, 16e .................. 40
This book offers a solid foundation of management concepts, skills, and techniques that enable students to develop and test the leadership, decision-making, and problem-solving required for their role in the profession of physical education and sport. The thirteenth edition continues to focus on the management and administration of physical education, sport, and recreational programs in educational settings, as well as in the public and private domains.

CONTENTS

Part 1: THE MANAGEMENT PROCESS
1 The Management Process
2 Management Organization to Achieve Objectives of Physical Education and Sport

Part 2: MANAGEMENT OF PHYSICAL EDUCATION AND SPORT PROGRAMS
3 Physical Education Instructional Programs
4 Recreational Sports: Intramural, Fitness, Open, and Sport Club Programs
5 Interscholastic, Intercollegiate, and Other Competitive Sport Programs

Part 3: MANAGEMENT OF PHYSICAL EDUCATION AND SPORT PROGRAMS IN THE PUBLIC AND PRIVATE SECTOR
6 Physical Education and Sport Programs in the Public and Private Sector

Part 4: MANAGEMENT FUNCTIONS
7 Human Resource Management and Supervision
8 Program Development
9 Fiscal Management
10 Purchase and Care of Supplies and Equipment
11 Management and the Athletic Training Program
12 Legal Liability, Risk, and Insurance Management
13 Public Relations and Marketing
14 Office Management
Appendix A Physical Education and Sport With a Purpose
Appendix B The Role of the Parent
Appendix C Approaches to Crowd Control
Appendix D Drugs and Alcohol
Appendix E Selected Associations for Athletes with Disabilities
Appendix F Checklist for Facility Planners
Appendix G Sample Budgets

NEW TO THIS EDITION

• New co-author, Wendi Weimar, is the Director of the Sports Biomechanics Laboratory at Auburn University. Her related experiences, along with her academic background in physics, chemistry, and secondary education, combine to bring an educational approach to the science.
• Analysis examples are updated throughout the text to help better explain anatomical and biomechanical concepts to undergraduates.
• Applications have been expanded to include more examples with the young, the elderly, and the disabled, and are not only sport-specific.
• Less common activities (such as synchronized swimming) are replaced to focus on more common ones.
• The coverage of bone in the elderly population and the implications of bone loss has been updated and expanded.
• New graphical representations of projectile motion help readers make the connection between seeing something move and what the motion looks like on a series of graphs (i.e. position versus time; velocity versus time; and acceleration versus time).
• Numerical examples of impulse demonstrate the application of formulas.
• A new summary of levers is provided to give the student a visual representation of the relationship between the components of the levers and the order those components must assume to fulfill the role of the lever.
• A new discussion of balance with regard to the center of gravity and the base of support is included to reinforce the importance of this relationship to remaining upright.
• Postural sway and balance strategies have been added to identify two methods human’s employ to remain upright
• New sections on ground reaction force, friction, and postural stability are included.
• A new section on protective equipment indicates how technology is enhancing sport safety.
• The role of stored elastic potential energy is explored to help the student understand how this concept which forms the basis of plyometrics is applied in other movements.
• Students can purchase a cost-saving alternative to their traditional printed textbook with a Zinio ebook.

CONTENTS
1 Introduction to the Study of Kinesiology
Part I Anatomical and Physiological Fundamentals of Human Motion
2 The Musculoskeletal System: The Skeletal Framework and Its Movements
3 The Musculoskeletal System: The Musculature
4 The Neuromuscular Basis of Human Motion
5 The Upper Extremity: The Shoulder Region
6 The Upper Extremity: The Elbow, Forearm, Wrist, and Hand
7 The Lower Extremity: The Hip Region
8 The Lower Extremity: The Knee, Ankle, and Foot
9 The Spinal Column and Thorax
Part II Fundamentals of Biomechanics
10 Terminology and Measurement in Biomechanics
11 The Description of Human Motion
12 The Conditions of Linear Motion
13 The Conditions of Rotary Motion
14 The Center of Gravity and Stability
Part III Motor Skills: Principles and Applications
15 The Standing Posture
16 Kinesiology of Fitness and Exercise
17 Moving Objects: Pushing and Pulling
18 Moving Objects: Throwing, Striking, and Kicking
19 Locomotion: Solid Surface
20 Locomotion: The Aquatic Environment
21 Locomotion: When Suspended and Free of Support
22 Impact
23 Instrumentation for Motion Analysis
Appendix A Classification of Joints and Their Movements
Appendix B Joint Range of Motion
Appendix C Muscular Attachments and Nerve Supply
Appendix D Mathematics Review
Appendix E Table of Trigonometric Functions
Appendix F U.S.–Metric Equivalents
Appendix G Exercises for Kinesiological Analysis
Appendix H Answers to Problems in Part II
Glossary

International Edition

BASIC BIOMECHANICS
5th Edition
Susan Hall, University of Delaware
2007 / 576 pages
Available: May 2006

This outstanding introduction to biomechanics uses the latest findings from the research literature to support and exemplify the concepts presented. Quantitative as well as qualitative examples of problems illustrate biomechanical principles; quantitative aspects are presented in a manageable, progressive fashion to make biomechanical principles accessible to all students, regardless of their mathematical skills.

CONTENTS
1 What Is Biomechanics?
2 Kinematic Concepts for Analyzing Human Motion
3 Kinetic Concepts for Analyzing Human Motion
4 The Biomechanics of Human Bone Growth and Development
5 The Biomechanics of Human Skeletal Articulations
6 The Biomechanics of Human Skeletal Muscle
7 The Biomechanics of the Human Upper Extremity
8 The Biomechanics of the Human Lower Extremity
9 The Biomechanics of the Human Spine
10 Linear Kinematics of Human Movement
11 Angular Kinematics of Human Movement
12 Linear Kinetics of Human Movement
13 Equilibrium and Human Movement
14 Angular Kinetics of Human Movement
15 Human Movement in a Fluid Medium
Appendices
A Basic Mathematics and Related Skills
B Trigonometric Functions
C Common Units of Measurement
D Anthropometric Parameters for the Human Body

Care and Prevention of Athletic Injuries Allied Health Majors

NEW

ARHEIM’S PRINCIPLES OF ATHLETIC TRAINING: A COMPETENCY-BASED APPROACH
13th Edition
William E Prentice, University of NC-Chapel Hill
Daniel D Arnheim (deceased)
2009 / 1056 pages
Available: January 2008
This market-leading text emphasizes the prevention and management of athletic injuries and remains the only text to cover all aspects of the profession of athletic training. It is a valuable resource in seeking professional certification. The text provides practical, career-oriented content for students in athletic training, sports medicine, physical education, physical therapy, and coaching.

NEW TO THIS EDITION
- Completely revised and updated discussion and illustration of pool extraction of the injured athlete according to American Red Cross instruction in Chapter 12.
- Chapter 14 looks at the signs, symptoms, prevention, and treatment of Hepatitis C, one of the most common bloodborne pathogens in the U.S. today.
- Updates musculoskeletal injuries to the body regions in Chapters 18-28.
- Chapter 11 expands upon the athletic trainer’s role in providing social support to the injured athlete with helpful, practical suggestions.

CONTENTS
I Professional Development and Responsibilities
1 The Athletic Trainer and the Sports Medicine Team
2 Health Care Administration in Athletic Training
3 Legal Concerns and Insurance Issues
II Risk Management
4 Training and Conditioning Techniques
5 Nutritional Considerations
6 Environmental Considerations
7 Protective Sports Equipment
8 Bandaging and Taping
III Pathology of Sports Injury
9 Mechanisms and Characteristics of Sports Trauma
10 Tissue Response to Injury
IV Management Skills
11 Psychosocial Intervention for Sports Injuries and Illnesses
12 On-the-Field Acute Care and Emergency Procedures
13 Off-the-Field Injury Evaluation
14 Bloodborne Pathogens
15 Using Therapeutic Modalities
16 Using Therapeutic Exercise in Rehabilitation
17 Pharmacology, Drugs, and Sports
V Musculoskeletal Conditions
18 The Foot
19 The Ankle and Lower Leg
20 The Knee and Related Structures
21 The Thigh, Hip, Groin, and Pelvis
22 The Shoulder Complex
23 The Elbow
24 The Forearm, Wrist, Hand, and Fingers
25 The Spine
VI General Medical Conditions
26 The Head, Face, Eyes, Ears, Nose, and Throat
27 The Thorax and Abdomen
28 Skin Disorders
29 Additional General Medical Conditions
Appendix A NATA Code of Ethics
Appendix B Canada’s Food Guide
Appendix C NATA Position Statement: Exertional Heat Illnesses
Appendix D NATA Position Statement: Fluid Replacement for Athletes
Appendix E NATA Position Statement: Lightning Safety for Athletics and Recreation
Appendix F NATA Position Statement: Emergency Planning in Athletics
Appendix G NATA Position Statement: NATA Helmet Removal Guidelines
Appendix H NATA Bloodborne Pathogens Guidelines for Athletic Trainers
Appendix I NATA Position Statement: Management of Sport-Related Concussion
Appendix J Official Statement from NATA on Commotio Cordis
Appendix K Sample Resume

Care & Prevention of Athletic
– Physical Education Majors

ESSENTIALS OF ATHLETIC INJURY MANAGEMENT
(Reinforced NASTA Binding for Secondary Market)
7th Edition
William E Prentice, University of NC-Chapel Hill
Daniel D Arnheim (deceased)
2008 / 672 pages
Available: November 2006

Website: http://www.mhhe.com/prentice7e

This basic text is written for courses focusing on introductory care and prevention of athletic injuries in athletic training courses. It is designed to meet the needs of students studying to be coaches and teachers.

NEW TO THIS EDITION
- New chapter on Substance Abuse, dedicated solely to the problems of substance abuse in the physically active population. (Ch. 24)
- Clearly defines who this book is written for, and provides a deeper discussion of the roles of the fitness professional (i.e. personal fitness trainers, strength and condition coaches), recreation specialists, athletic administrators, and coaches in the sport medicine team and how that information can be used to effectively manage athletic healthcare. (Chapter 1)
- Includes a discussion of the Family Education Rights and Privacy Act (FERPA) and how these protections affect the sports medicine team. (Chapter 2)
- Incorporates 2005 American Heart Association Guidelines for emergency care, which is designed to simplify and improve effectiveness of CPR and ECC. (Chapter 7)
- Provides new information on Methicillin-resistant staphylococcus aureus (MRSA) infections, providing a stronger understanding of the infection, its management and safety factors. (Ch. 23)
- Illustrations and photographs have been significantly updated, with many dated line drawings being replaced by photographs.

NEW
CONTENTS

Part 1: ORGANIZING AND ESTABLISHING AN EFFECTIVE ATHLETIC HEALTH CARE SYSTEM
1: Putting Together a Sports Medicine Team and Defining Their Roles
2: Organizing and Administering and Athletic Health Care Program
3: Legal Liability and Insurance
4: Preventing Injuries Through Fitness Training
5: Nutritional Considerations

Part 2: TECHNIQUES FOR PREVENTING AND MINIMIZING SPORT-RELATED INJURIES
6: Selecting and Using Protective Sports Equipment
7: Emergency Situations and Injury Assessment
8: Bloodborne Pathogens, Universal Precautions, and Wound Care
9: Helping the Injured Athletic Psychologically
10: Understanding the Potential Dangers of Adverse Environmental Conditions
11: Bandaging and Taping Techniques
12: Understanding the Basics of Injury Rehabilitation

Part 3: RECOGNITION AND MANAGEMENT OF SPECIFIC INJURIES AND CONDITIONS
13: Recognizing Different Sports Injuries
14: The Foot
15: The Ankle and Lower Leg
16: The Knee and Related Structures
17: The Thigh, Hip, Groin, and Pelvis
18: The Shoulder Complex
19: The Elbow, Forearm, Wrist, and Hand
20: The Spine
21: The Thorax and Abdomen
22: The Head, Face, Eyes, Ears, Nose, and Throat
23: Additional Health Concerns and General Medical Conditions
24: Preventing and Managing Injuries in Young Athletes

Appendix A: Recognition of the Athletic Trainer as an Allied Health Professional
Appendix B: Employment Settings for the Athletic Trainer
Appendix C: Requirements for Certification as an Athletic Trainer
Glossary
Credits
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NEW

ESSENTIALS OF ATHLETIC INJURY MANAGEMENT WITH eSIMS
7th Edition

William E Prentice, University of NC-Chapel Hill
Daniel D Arnheim (deceased)

2008 / 640 pages
Available: November 2006
Website: http://www.mhhe.com/prentice7e

Essentials of Athletic Training continues its focus on the basic principles in the care and prevention of athletic injury. It gives coaches, teachers, and students the essential information they need to work with individuals participating in sport. The seventh edition comes with additional helpful resources available on the Online Learning Center.

NEW TO THIS EDITION

• New chapter on Substance Abuse, dedicated solely to the problems of substance abuse in the physically active population. (Chapter 25)
• Clearly defines who this book is written for, and provides a deeper discussion of the roles of the fitness professional (i.e. personal fitness trainers, strength and condition coaches), recreation specialists, athletic administrators, and coaches in the sport medicine team and how that information can be used to effectively manage athletic healthcare. (Chapter 1)
• Includes a discussion of the Family Education Rights and Privacy Act (FERPA) and how these protections affect the sports medicine team. (Chapter 2)
• Fully reorganized chapter 5 on sports nutrition and supplements that expands the emphasis of dietary supplement use, the lack of FDA regulation of supplements, explains the new MyPyramid, which replaces the Food Guide Pyramid, and provides new information on popular low carbohydrate diets. (Chapter 5)
• Incorporates 2005 American Heart Association Guidelines for emergency care, which is designed to simplify and improve effectiveness of CPR and ECC. (Chapter 7)
• Provides new information on Methicillin-resistant staphylococcus aureus (MRSA) infections, providing a stronger understanding of the infection, its management and safety factors. (Chapter 23)
• Illustrations and photographs have been significantly updated, with many dated line drawings being replaced by photographs.

CONTENTS

Part 1: ORGANIZING AND ESTABLISHING AN EFFECTIVE ATHLETIC HEALTH CARE SYSTEM
1: Fitness Professionals, Coaches and the Sports Medicine Team; Defining Roles
2: Organizing and Administering a Comprehensive Athletic Health Care Program
3: Legal Liability and Insurance
4: Preventing Injuries Through Fitness Training
5: Sports Nutrition and Supplements

Part 2: TECHNIQUES FOR PREVENTING AND MINIMIZING SPORT-RELATED INJURIES
6: Selecting and Using Protective Sports Equipment
7: Emergency Situations and Injury Assessment
8: Bloodborne Pathogens, Universal Precautions, and Wound Care
9: Helping the Injured Athletic Psychologically
10: Understanding the Potential Dangers of Adverse Environmental Conditions
11: Bandaging and Taping Techniques
12: Understanding the Basics of Injury Rehabilitation

Part 3: RECOGNITION AND MANAGEMENT OF SPECIFIC INJURIES AND CONDITIONS
13: Recognizing Different Sports Injuries
14: The Foot
15: The Ankle and Lower Leg
16: The Knee and Related Structures
17: The Thigh, Hip, Groin, and Pelvis
18: The Shoulder Complex
19: The Elbow, Forearm, Wrist, and Hand
20: The Spine
21: The Thorax and Abdomen
22: The Head, Face, Eyes, Ears, Nose, and Throat
23: General Medical Conditions and Additional Health Concerns
24: Substance Abuse
25: Preventing and Managing Injuries in Young Athletes
Appendix A: Employment Settings for the Athletic Trainer
Appendix B: Requirements for Certification as an Athletic Trainer
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Elementary Physical Education Methods – Elementary Education Majors

International Edition

CHILDREN MOVING: A REFLECTIVE APPROACH TO TEACHING PHYSICAL EDUCATION WITH MOVING INTO THE FUTURE 2/E AND MOVING ANALYSIS WHEEL
7th Edition
George M Graham, Penn State University-University Park
Shirley Ann Holt/Hale, Linden Elementary School-Oak Ridge
Melissa A Parker, University of Northern Colorado
2007 / 768 pages
Available: March 2006
Website: http://www.mhhe.com/graham7e

Soundly based in the research literature and theory, this comprehensive introductory text is a practical guide to teaching physical education to the elementary school child. Its skill theme approach guides teachers in the process of assisting children develop their motor skills and physical fitness through developmentally appropriate activities.

CONTENTS
Part I: INTRODUCTION AND CONTENT OVERVIEW
1. The Value and Purpose of Physical Education for Children
2. The Skill Theme Approach
3. Skill Themes, Movement Concepts, and the National Standards
4. Physical Fitness and Wellness for Children
5. Reflective Teaching
6. Teaching Children with Special Needs

Part II: TEACHING SKILLS
7. Determining Generic Levels of Skill Proficiency
8. Planning
9. Establishing an Environment for Learning
10. Maintaining Appropriate Behavior
11. Developing the Content
12. Observing Student Responses
13. Instructional Approaches
14. Assessing Student Learning
15. Understanding Your Teaching

Part III: MOVEMENT CONCEPTS DEFINED
16. Space Awareness
17. Effort
18. Relationships

Part IV: SKILL THEME DEVELOPMENT
19. Traveling
20. Chasing, Fleeing, and Dodging
21. Jumping and Landing
22. Balancing
23. Transferring Weight and Rolling
24. Kicking and Punting
25. Throwing and Catching
26. Volleying and Dribbling
27. Striking with Rackets and Paddles
28. Striking with Long-Handled Implements

Part V: MOVEMENT CONCEPTS AND SKILL THEMES IN THE CONTENT AREAS
29. The Skill Theme Approach in Dance
30. The Skill Theme Approach in Gymnastics
31. The Skill Theme Approach in Games
32. Integrating the Skill Theme Approach Across the Curriculum

Part VI: THE FUTURE
33. Building Support for Your Program
34. Physical Education for Tomorrow’s Children
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ELEMENTARY CLASSROOM TEACHERS AS MOVEMENT EDUCATORS WITH MOVING INTO THE FUTURE
2nd Edition
Susan K Kovar, Wichita State University
Cindy A Combs, Newton – Kansas Public Schools
Kathy Campbell, Arizona State University—East Campus
Gloria Napper-Owen, University of New Mexico-Albuquerque
Vicki J Worrell, Emporia State University
2007 / 624 pages
Available: March 2006
Website: http://www.mhhe.com/kovar2e

Written specifically for the elementary classroom teacher (not for the physical educator), this practical guide is designed to inform future elementary classroom teachers, as movement educators, about the discipline of physical education and the role they can play in producing physically active and healthy children. The text covers the variety of situations in which elementary classroom teachers may find themselves involved in physical education, from supporting a physical education teacher to managing a physical education program on their own. It provides a strong introduction to fundamental physical education concepts, as well as hundreds of sample activities and lessons.

CONTENTS
1. What Is Physical Education?
2. Motor Development and Motor Learning for Children
3. Movement Components and Skills Development
4. Exercise Concepts and Fitness Education
5. Planning for Children with Diverse and Special Needs
6. Physical Education Curriculum
7. Managing and Teaching the Physical Education Lesson
8. Curriculum Integration in the Classroom
9. Motivating Children to Be Physically Active
10. Sociological Aspects of Children Moving
11. Creating a Physically Safe Movement Environment
12. Recess as Quality Movement Time
Physical Education / Exercise Science

- Modified forms make using selected worksheets easier and reinforces student learning.
- New illustrations stimulate students' interest in the lab activities and reinforces the manual's content.

CONTENTS

Part 1: ORIENTATION TO MEASUREMENT IN EXERCISE PHYSIOLOGY
1: Terminology
2: Scientific Units of Measure
3: Collection of Basic Data

Part 2: STRENGTH TESTING
4: Dynamic Strength
5: Static Strength
6: Isokinetic Strength

Part 3: ANAEROBIC EXERCISE
7: “Horizontal Power”-Sprinting
8: Vertical Power-Jumping
9: Anaerobic Cycling
10: Anaerobic Stepping
11: Anaerobic Treadmill Running

Part 4: AEROBIC ACTIVITY
12: Aerobic Running and Walking
13: Aerobic Stepping
14: Aerobic Cycling
15: Maximal Oxygen Consumption

Part 5: CARDIOVASCULAR TESTS
16: Resting Blood Pressure
17: Exercise Blood Pressure
18: Resting Electrocardiogram
19: Exercise Electrocardiogram

Part 6: PULMONARY TESTING
20: Resting Lung Volumes
21: Exercise Ventilation

Part 7: RANGE OF MOTION
22: Flexibility

Part 8: BODY COMPOSITION
23: Body Mass Index
24: Girth
25: Skinfolds
26: Hydrostatic Weighing
Appendix A: Cardiopulmonary Resuscitation (CPR)
Appendix B: Reporting Units and Symbols
Appendix C: Sample Problems and Solutions
Appendix D: Informed Consent for Participating in Exercise Physiology Laboratory

Exercise Prescription

EXERCISE TESTING & PRESCRIPTION
6th Edition
David C. Nieman, Appalachian State University
2007 / 816 pages
Website: http://www.mhhe.com/nieman6e

This comprehensive text provides coverage of fitness assessment concepts, hands-on prescription applications, and a thorough preparation for ACSM certification exams. Exercise testing and prescription are presented within a health-related context that provides the latest research findings on exercise and nutrition, obesity, heart disease, diabetes, cancer, and aging.

CONTENTS

Preface

Part I: TRENDS AND DEFINITIONS
1. Health and Fitness Trends
2. Physical Fitness Defined

Part II: SCREENING AND TESTING
3. Testing Concepts
4. Cardiorespiratory Fitness
5. Body Composition
6. Musculoskeletal Fitness

Part III: CONDITIONING FOR PHYSICAL FITNESS
7. The Acute and Chronic Effects of Exercise
8. Exercise Prescription
9. Nutrition and Performance

Part IV: PHYSICAL ACTIVITY AND DISEASE
10. Heart Disease
11. Cancer
12. Diabetes
13. Obesity
14. Psychological Health
15. Aging, Osteoporosis, and Arthritis
16. Exercise Risks
Appendix A Physical Fitness Test Norms
Appendix B Calisthenics for Development of Flexibility and Muscular Strength and Endurance
Appendix C Major Bones, Muscles, and Arteries of the Human Body
Appendix D Compendium of Physical Activities
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Concepts of Physical Fitness: Active Lifestyles for Wellness

14th Edition
Charles B Corbin, Arizona State University East
Gregory Welk, Iowa State University
William R Corbin, Yale University
Karen A Welk, Mary Greeley Medical Center

2008 / 480 pages
Available: December 2006

Website: http://www.mhhe.com/corbin14e

Concepts of Physical Fitness: Active Lifestyles for Wellness provides readers with self-management skills necessary to adopt a healthy lifestyle. This well established text uses a proven conceptual format, brief concepts rather than chapters, to provide information in a useful and concise way, and is organized to focus on "process" or lifestyle changes with early coverage of planning so students can apply the concepts immediately.

NEW TO THIS EDITION
• Reinforces the importance of self-management skills for behavior change with expanded Strategies for Action sections throughout the text.
• Integrates coverage of lifestyle change (formerly Concept 2) with concepts of program planning (formerly Concept 6) to facilitate the application of decision-making skills for different lifestyle behaviors.
• Includes expanded coverage of environmental issues that influence health, such as policies on nutrition and the development of more "walkable" communities.
• Combines coverage of safe exercise practice (formerly Concept 12) with information on body mechanics (formerly Concept 13) to provide a more efficient presentation of these related concepts.
• Highlights the new 2005 Dietary Guidelines and MyPyramid to help students adopt and maintain healthier nutrition choices.
• Provides new Technology Update and In the News sections to help students understand and interpret new health-related information and resources.
• Provides thoroughly updated and new information in several areas, such as stretching; exercising in the heat; exercise injuries and treatment; fitness zones; movement disciplines (yoga, t’ai chi, and Pilates); "core" strength; functional balance training; and body composition.
• Includes latest information on physical activity guidelines from several organizations, including ACSM and highlights most recent statistics concerning participation in physical activity, prevalence of overweight, life expectancy, causes of death, and health disparities.

CONTENTS
Section 1: Lifestyles for Health, Wellness, and Fitness
1: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction
2: Self-Management and Self-Planning Skills for Health Behavior Change

Section II: An Introduction to Physical Activity
3: Preparing for Physical Activity
4: The Health Benefits of Physical Activity
5: How Much Physical Activity Is Enough?

Section III: The Physical Activity Pyramid
6: Lifestyle Physical Activity: Being Active in Diverse Environments
7: Cardiovascular Fitness
8: Active Aerobics, Sports, and Recreational Activities
9: Flexibility and Stretching Exercises
10: Muscle Fitness and Resistance Exercises

Section IV: Physical Activity: Special Considerations
11: Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck
12: Performance Benefits of Physical Activity

Section V: Nutrition and Body Composition
13: Body Composition
14: Nutrition
15: Managing Diet and Activity for Healthy Body Fatness

Section VI: Stress Management
16: Stress and Health
17: Stress Management, Relaxation, and Time Management

Section VII: Making Informed Choices
18: Recognizing Quackery: Becoming an Informed Consumer
19: Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change
A FIT WAY OF LIFE WITH EXERCISE BAND
Gwen Robbins, Ball State University
Debbie Powers, Ball State University
Sharon Burgess, Ball State University

2008
Available: January 2007
Website: http://www.mhhe.com/robbinsfit1e

The purpose of A Fit Way of Life is to help you pursue your wellness potential by providing you with a road map for this exciting journey. The road map includes two essential components: (1) knowledge, and (2) tools for action. The authors have sorted through the array of confusing and sometimes contradictory health information to provide information that is based on solid research. To make lifestyle changes, you need to take knowledge and move into action. A Fit Way of Life sets the stage for this by providing many useful tools for action so you can apply the information to your everyday life.

CONTENTS
1: Developing and Assessing Physical Fitness
2: Maximizing Cardiorespiratory Fitness
3: Developing Muscular Fitness
4: Changing Behavior
6: Exploring Special Exercise Considerations
7: Preventing Common Injuries and Caring for the Lower Back
8: Maximizing Heart Health
9: Eating for Wellness
10: Achieving a Healthy Weight

FIT & WELL BRIEF WITH ONLINE LEARNING CENTER BIND-IN CARD AND DAILY FITNESS AND NUTRITION JOURNAL
7th Edition
Thomas D Fahey, California State University—Chico
Paul M Insel, Stanford University
Walton T Roth, Stanford University
2007 / 336 pages
Available: February 2006
Website: http://www.mhhe.com/fahey

Fit and Well Brief offers an outstanding text and teaching package designed to help students incorporate fitness and wellness into their daily lives. It provides accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

CONTENTS
1. Introduction to Wellness, Fitness, and Lifestyle Management
2. Basic Principles of Physical Fitness
3. Cardiorespiratory Endurance
4. Muscular Strength and Endurance
5. Flexibility and Low-Back Health
6. Body Composition
7. Putting Together a Complete Fitness Program
8. Nutrition
   Appendix A Injury Prevention and Personal Safety
   Appendix B Nutritional Content of Common Foods
   Appendix C Nutritional Content of Popular Items from Fast-Food Restaurants
   Appendix D Monitoring Your Progress
Index

GET FIT, STAY FIT
4th Edition
William E Prentice, University of NC-Chapel Hill
2007 / 320 pages
Available: February 2006

This brief, user-friendly text is designed for students with little or no background in developing a personal fitness program. Topics covered in Get Fit, Stay Fit include principles of cardiorespiratory fitness, muscular strength and endurance, flexibility, limiting body fat, and nutrition. Key points have been emphasized to explain why certain aspects of physical fitness should be important to individuals, and how to become an informed consumer of physical fitness equipment and services.

CONTENTS
1 Getting Fit: Why Should You Care?
2 Creating A Healthy Lifestyle
3 Starting Your Own Fitness Program
4 Developing Cardiorespiratory Fitness
5 Improving Muscular Strength, Endurance, and Power
6 Increasing Flexibility Through Stretching
7 Limiting Your Body Fat Through Diet and Exercise
8 Eating Right
9 Practicing Safe Fitness
10 Becoming A Wise Consumer
Epilogue: Now Do You See Why You Should Care About Getting Fit?
Appendix A: Food Composition Table
LABS
1-1 Importance of Physical Activity
1-2 Daily Fitness Schedule
2-1 Your Personal Stress Inventory
2-2 Health Style: A Self-Test
3-1 Medical History Questionnaire
3-2 Planning for a Physical Activity Program
4-1 Calculating Target Heart Rate
4-2 The Rockport Fitness Walking Test
4-3 Cooper’s 12 -minute Walking/Running Test
5-1 Push-ups
5-2 Bent-Knee Sit-ups
5-3 Muscular Endurance Test
6-1 Trunk Flexion
6-2 Trunk Extension
6-3 Shoulder Lift Test
7-1 Nutritional Knowledge Survey
7-2 Assessing Your Nutritional Habits
7-3 7-Day Diet Analysis
7-4 Calculating Caloric Intake
8-1 Calculating Body Mass Index (BMI)
8-2 Assessing Your Nutritional Habits
8-3 Determining Your Basal Metabolic Rate (BMR)
8-4 Calculating Caloric Expenditure
8-5 Calculating Caloric Intake
8-6 Worksheet for Estimating Caloric Balance

CONCEPTS OF FITNESS AND WELLNESS: A COMPREHENSIVE LIFESTYLE APPROACH
7th Edition
Charles B Corbin, Arizona State University East
Gregory J Welk, Iowa State University
William R Corbin, Yale University
Karen A Welk, Mary Greeley Medical Center

2008 / 544 pages
Available: December 2006
Website: http://www.mhhe.com/corbin7e

Contents

Section I: Lifestyles for Health, Wellness, and Fitness
1: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction
2: Self-Management and Self-Planning Skills for Health Behavior Change

Section II: An Introduction to Physical Activity
3: Preparing for Physical Activity
4: The Health Benefits of Physical Activity
5: How Much Physical Activity Is Enough?

Section III: The Physical Activity Pyramid
6: Lifestyle Physical Activity: Being Active in Diverse Environments
7: Cardiovascular Fitness
8: Active Aerobics, Sports, and Recreational Activities
9: Flexibility and Stretching Exercises
10: Muscle Fitness and Resistance Exercises

Section IV: Physical Activity: Special Considerations
11: Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck
12: Performance Benefits of Physical Activity

Section V: Nutrition and Body Composition
13: Body Composition
14: Nutrition
15: Managing Diet and Activity for Healthy Body Fatness

Section VI: Stress Management
16: Stress and Health
17: Stress Management, Relaxation, and Time Management

Section VII: Avoiding Destructive Behaviors
18: The Use and Abuse of Tobacco
19: The Use and Abuse of Alcohol
20: The Use and Abuse of Other Drugs
21: Preventing Sexually Transmitted Infections

Section VIII: Making Informed Choices
22: Cancer, Diabetes, and Other Health Threats
23: Evaluating Fitness and Wellness Products: Becoming an Informed Consumer
24: Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change

Appendix A: Metric Conversion Chart
Appendix B: Calorie, Fat, Saturated Fat, Cholesterol, and Sodium Content of Selected Fast-Food Items
Appendix C: Calorie Guide to Common Foods
Appendix D: Calories of Protein, Carbohydrates, and Fats in Foods
Appendix E: Canada’s Food Guide to Healthy Eating
A FIT AND WELL WAY OF LIFE
WITH EXERCISE BANK

Gwen Robbins, Ball State University
Debbie Powers, Ball State University
Sharon Burgess, Ball State University

2008
Available: January 2007
Website: http://www.mhhe.com/robbinsfitwell1e

The purpose of A Fit and Well Way of Life is to help you pursue your wellness potential by providing you with a road map for this exciting journey. The road map includes two essential components: (1) knowledge, and (2) tools for action. The authors have sorted through the array of confusing and sometimes contradictory health information to provide information that is based on solid research. To make lifestyle changes, you need to take knowledge and move into action. A Fit and Well Way of Life sets the stage for this by providing many useful tools for action so you can apply the information to your everyday life.

CONTENTS
1: Understanding Wellness
2: Changing Behavior
3: Developing and Assessing Physical Fitness
4: Maximizing Cardiorespiratory Fitness
5: Developing Flexibility
6: Developing Muscular Fitness
7: Exploring Special Exercise Considerations
8: Preventing Common Injuries and Caring for the Lower Back
9: Maximizing Heart Health
10: Coping with Stress
11: Eating for Wellness
12: Achieving a Healthy Weight

FIT & WELL ALTERNATE WITH ONLINE LEARNING CENTER BIND-IN CARD AND DAILY FITNESS AND NUTRITION JOURNAL
7th Edition
Thomas D Fahey, California State University—Chico
Paul M Insel, Stanford University
Walton T Roth, Stanford University
2007 / 432 pages
Available: January 2008
Website: http://www.mhhe.com/fahey

The Alternate edition of Fit and Well offers an outstanding text and teaching package designed to help students incorporate fitness and wellness into their daily lives. It provides accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition, stress, cardiovascular health, and injury prevention. In addition, it gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

CONTENTS
1. Introduction to Wellness, Fitness, and Lifestyle Management
2. Basic Principles of Physical Fitness
3. Cardiorespiratory Endurance
4. Muscular Strength and Endurance
5. Flexibility and Low-Back Health
6. Body Composition
7. Putting Together a Complete Fitness Program
8. Nutrition
9. Weight Management
10. Stress
11. Cardiovascular Health
Appendix A Injury Prevention and Personal Safety
Appendix B Nutritional Content of Common Foods
Appendix C Nutritional Content of Popular Items from Fast-Food Restaurants
Appendix D Monitoring Your Progress
Behavior Change Workbook
Index

NEW TO THIS EDITION
• Presents updated information on the physical activity patterns of children, youth and adults as well as information on the obesity epidemic confronting our society.
• Includes the most current statistics on race and gender in professional sports.
• Features new boxes and tables throughout the text that clarify difficult concepts for students.
• Offers expanded coverage of European and American contributions to the history of sport.
• Provides updates on the progress of Healthy People 2010 objectives and No Child Left Behind as it pertains to physical education.
• Discusses new technological advances and equipment in the Exercise Physiology chapter.
• Offers new photos throughout.
• May be packaged with NASPE’s Moving into the Future: National Standards for Physical Education, Second Edition, for a minimal fee.

CONTENTS

Part I Nature and Scope of Physical Education, Exercise Science, and Sport
1 Meaning and Philosophy
2 Objectives
3 Role in Society and Education

Part II Foundations
4 Historical Foundations
5 Motor Behavior
6 Biomechanical Foundations
7 Exercise Physiology
8 Sociological Foundations
9 Foundations of Sport and Exercise Psychology

Part III Careers and Professional Considerations
10 Career and Professional Development
11 Teaching and Coaching Careers
12 Fitness- and Health-Related Careers
13 Sport Careers

Part IV Issues, Challenges, and the Future
14 Issues and Challenges
15 Future Trends

NEW TO THIS EDITION
• Enhanced photos throughout the text
• Updated content addresses new NATA Code of Ethics; sport marketing and promotions; program adherence factors; competencies for teachers; Title IX; intercollegiate athletics; drug testing, and much more!
• Chapter 6 outlines examples of how to prepare a career portfolio in anticipation of a job search.
• Career perspectives include new perspectives from a founder, business owner and physical therapist, a university vice president for student affairs, a university director of strength and conditioning, and a business co-owner and executive director.
• Added boxes on components and principles of physical fitness, professional organizations, sport managers competences, and exercise and sport sciences research resources.
• Definition boxes have been clarified and expanded with existing and additional key terms.
• The appendixes provide updated listings of professional journals and certifying organizations.
• Moving into the Future: National Standards for Physical Education, 2e may be packaged with this text for a minimal fee.

CONTENTS

UNIT 1: Principles and Scope of Physical Education, Exercise Science, and Sport Studies
1: Physical Education, Exercise Science, and Sport Studies—Dynamic Fields
2: Exercise and Sport Sciences
3: The Profession of Physical Education, Exercise Science, and Sport Studies
4: Philosophy of Physical Education, Exercise Science, and Sport
5: Selecting a Career
6: Preparation for a Career

UNIT 2: History and Development of Physical Education, Exercise Science, and Sport
7: Sport in the Ancient World and Our European Heritage
8: Early American Physical Education and Sport
9: Twentieth Century Physical Education, Exercise Science, and Sport

UNIT 3: The Changing Nature of Physical Education, Exercise Science, and Sport
10: Opportunities and Challenges in Physical Education and Exercise Science
11: Issues in Sports
12: Living Actively in the Twenty-First Century
Appendix A: Professional Journals Relating to Physical Education, Exercise Science, and Sport
Appendix B: Certifying Organizations

INTRODUCTION TO PHYSICAL EDUCATION, EXERCISE SCIENCE AND SPORT STUDIES
7th Edition

Angela Lumpkin, University of Kansas—Lawrence

2008 / 480 pages
Available: January 2007

Website: http://www.mhhe.com/lumpkin7e

This accessible introductory text explores the history, philosophies, and principles of today’s physical education programs within a practical, career-oriented framework. The text explores the wide variety of career opportunities available, and includes a greater focus on non-teaching related careers in physical education and sport.
INTRODUCTION TO PHYSICAL EDUCATION, FITNESS AND SPORT
6th Edition
Daryl Siedentop, Ohio State University-Columbus
2007 / 456 pages
Available: April 2006
Website: http://www.mhhe.com/siedentop6e

Authored by one of the leading experts in the field, this comprehensive text introduces students to the fields of physical education, exercise science, and allied health—presenting the history and trends in physical education and the human movement sciences. The text includes a discussion of careers and professional issues in all areas of physical education and kinesiology, as well as an introduction to the major subfields, including exercise physiology; biomechanics; motor learning, control, and development; sport sociology; sport and exercise psychology; sport pedagogy; sport humanities; and related areas in athletic training, sport management, and allied health. In addition, this title provides students with instant access to an Online Learning Center. This ancillary sets them up for success with articles and research on physical education, interactive quizzes and activities, test preparation flashcards, and other resources.

CONTENTS

UNIT 1. UNDERSTANDING THE CONTEXT OF LIFESPAN SPORT, FITNESS, AND PHYSICAL EDUCATION
1. Lifespan Sport, Fitness, and Physical Education
2. The Emergence of a Profession: 1885–1930
3. Consolidation and Specialization: 1930–Present
4. Changing Philosophies for Sport, Fitness, and Physical Education

UNIT II: SPORT
5. Basic Concepts of Sport
6. Sport Programs and Professions
7. Problems and Issues in Sport

UNIT III: FITNESS
8. Basic Concepts of Fitness
9. Fitness Programs and Professions
10. Problems and Issues in Fitness

UNIT IV: PHYSICAL EDUCATION
11. Basic Concepts of Physical Education
12. Physical Education Programs and Professions
13. Problems and Issues in Physical Education

UNIT V: PUTTING IT ALL TOGETHER: BUILDING A NATIONAL INFRASTRUCTURE TO SUPPORT PHYSICAL ACTIVITY AND HEALTHY LIFESTYLES
14. Developing an Infrastructure to Support Physical Activity and Healthy Lifestyles
15. The Crucial Themes Defining Our Present and Future
16. The Physical Science Subdisciplines Supporting the Professions
17. The Social Science Sub Disciplines Supporting the Professions
18. Themes Defining Our Present and Future

Glossary
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ANNUAL EDITIONS: HEALTH 07/08
28th Edition
Eileen L Daniel, SUNY-Brockport
2007 / 224 pages
Available: October 2006
Website: http://www.mhcls.com/text-data/catalog/007351621x.mhtml

This TWENTY-EIGHTH EDITION of ANNUAL EDITIONS: HEALTH provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor’s resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.mhcls.com/online.

CONTENTS

UNIT 1. Promoting Healthy Behavior Change
1. The Perils of Higher Education
2. Is Health Promotion Relevant Across Cultures and the Socioeconomic Spectrum?
3. Putting a Premium on Health
4. Fix Your Worst Health Habits-Fast

UNIT 2. Stress and Mental Health
5. Love Is Real Medicine
6. Enough to Make You Sick?
7. Are You OK?
8. Attention Deficit Disorder: Old Questions, New Answers
9. Dealing with Demons
10. Too Young to be Stressed

UNIT 3. Nutritional Health
11. Diet and Genes
12. When It Pays to Buy Organic
13. The Future of Foods?
14. What Does Science Say You Should Eat?
15. Food News Blues

UNIT 4. Exercise and Weight Management
16. Exercise Abuse: Too Much of a Good Thing
17. The Female Triad
18. How Sleep Affects Your Weight
19. Fat Chance
20. Why We’re Losing the War Against Obesity

UNIT 5. Drugs and Health
18. How Sleep Affects Your Weight
19. Fat Chance
20. Why We’re Losing the War Against Obesity

UNIT 5. Drugs and Health
21. Rx for Fraud
22. Drinking Too Much: Too Young
23. Just Say No Again: The Old Failures of New and Improved Anti-Drug Education
24. Strategies to Reduce Medication Errors
25. The Price of Pain

UNIT 6. Sexuality and Relationships
26. You, Me, and Porn Make Three
27. Sex Ed for the Stroller Set
28. It’s Just Mechanics
29. Promiscuous Plague
UNIT 7. Preventing and Fighting Disease
30. 'Diabesity,' a Crisis in an Expanding Country
31. The Battle Within: Our Anti-Inflammation Diet
New! 32. Why We Are Still Losing the Winnable Cancer War
New! 33. How AIDS Changed America
34. The Puzzling Origins of AIDS

UNIT 8. Health Care and the Health Care System
New! 35. Pharmacist Refusals: A Threat to Women's Health
36. A High Dose of Tech
New! 37. Medicine's Turf Wars
38. Putting a Value on Health

UNIT 9. Consumer Health
New! 39. Dentists Frown at Overuse of Whiteners
40. Making an Informed Decision about Breast Implants
41. How to Ease Your Pain
New! 42. Deep Into Sleep

UNIT 10. Contemporary Health Hazards
New! 43. Avian Flu: The Uncertain Threat
New! 44. 'Vintage' Bugs Return: Mumps! Whooping Cough? Rickets? What Year Is It?
45. Agencies Work to Corral Mad Cow Disease
New! 46. In Katrina’s Wake

Kinesiology

NEW
International Edition

KINESIOLOGY: SCIENTIFIC BASIS OF HUMAN MOTION
11th Edition
Nancy Hamilton, University of Northern Iowa
Wendi Weimar, Auburn University
Kathryn Luttgens, Northeastern University-Emerita

2008 / 640 pages
Available: June 2007

This introductory text provides undergraduate students with the basics of anatomy, physiology, and the applications of kinesiology. It uses a qualitative approach with an easy-to-follow writing style. Theory is balanced with many sport and real-world applications to promote the integrated nature of kinesiology, including the anatomical and biomechanical concepts.

NEW TO THIS EDITION
• New co-author, Wendi Weimar, is the Director of the Sports Biomechanics Laboratory at Auburn University. Her related experiences, along with her academic background in physics, chemistry, and secondary education, combine to bring an educational approach to the science.
• Analysis examples are updated throughout the text to help better explain anatomical and biomechanical concepts to undergraduates.
• Applications have been expanded to include more examples with the young, the elderly, and the disabled, and are not only sport-specific.
• Less common activities (such as synchronized swimming) are replaced to focus on more common ones.
• The coverage of bone in the elderly population and the implications of bone loss has been updated and expanded.
• New graphical representations of projectile motion help readers make the connection between seeing something move and what the motion looks like on a series of graphs (i.e. position versus time; velocity versus time; and acceleration versus time).
• Numerical examples of impulse demonstrate the application of formulas.
• A new summary of levers is provided to give the student a visual representation of the relationship between the components of the levers and the order those components must assume to fulfill the role of the lever.
• A new discussion of balance with regard to the center of gravity and the base of support is included to reinforce the importance of this relationship to remaining upright.
• Postural sway and balance strategies have been added to identify two methods human’s employ to remain upright
• New sections on ground reaction force, friction, and postural stability are included.
• A new section on protective equipment indicates how technology is enhancing sport safety.
• The role of stored elastic potential energy is explored to help the student understand how this concept which forms the basis of plyometrics is applied in other movements.

CONTENTS
1 Introduction to the Study of Kinesiology
Part I: ANATOMICAL AND PHYSIOLOGICAL FUNDAMENTALS OF HUMAN MOTION
2 The Musculoskeletal System: The Skeletal Framework and Its Movements
3 The Musculoskeletal System: The Musculature
4 The Neuromuscular Basis of Human Motion
5 The Upper Extremity: The Shoulder Region
6 The Upper Extremity: The Elbow, Forearm, Wrist, and Hand
7 The Lower Extremity: The Hip Region
8 The Lower Extremity: The Knee, Ankle, and Foot
9 The Spinal Column and Thorax
Part II: FUNDAMENTALS OF BIOMECHANICS
10 Terminology and Measurement in Biomechanics
11 The Description of Human Motion
12 The Conditions of Linear Motion
13 The Conditions of Rotary Motion
14 The Center of Gravity and Stability
Part III: MOTOR SKILLS: PRINCIPLES AND APPLICATIONS
15 The Standing Posture
16 Kinesiology of Fitness and Exercise
17 Moving Objects: Pushing and Pulling
18 Moving Objects: Throwing, Striking, and Kicking
19 Locomotion: Solid Surface
20 Locomotion: The Aquatic Environment
21 Locomotion: When Suspended and Free of Support
22 Impact
23 Instrumentation for Motion Analysis
This book provides a straightforward look at human anatomy and its relation to movement. The text identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. The Manual of Structural Kinesiology makes important information readily available to students through a combination of logical presentation and concise writing style.

CONTENTS
Preface
1 Foundations of Structural Kinesiology
2 Neuromuscular Fundamentals
3 Basic Biomechanical Factors and Concepts
4 The Shoulder Girdle
5 The Shoulder Joint
6 The Elbow and Radioulnar Joints
7 The Wrist and Hand Joints
8 Muscular Analysis of Upper Extremity Exercises
9 The Hip Joint and Pelvic Girdle
10 The Knee Joint
11 The Ankle and Foot Joints
12 The Trunk and Spinal Column
13 Muscular Analysis of Trunk and Lower Extremity Exercises
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**Middle School Physical Education Methods**

**INSTRUCTIONAL STRATEGIES FOR SECONDARY SCHOOL PHYSICAL EDUCATION WITH NASPE MOVING INTO THE FUTURE**

6th Edition

Marilyn M Buck, Ball State University
Jacalyn L Lund, Georgia State University
Joyce M Harrison, Brigham Young University—Provo
Connie L Blakemore Cook, Brigham Young University—Provo

2007 / 448 pages
Available: December 2005

**Website:** http://www.mhhe.com/buck6e

In an easy-to-read, fluent style, this text’s expert author team provides a comprehensive overview of secondary level physical education teaching methods as well as program and curriculum design. This revision retains the strong theoretical background with extensive applications and examples. Up-to-date legal information is a hallmark of the text.

**CONTENTS**

Preface
1 The Roles of Education and Physical Education
2 The Responsibilities of the Physical Educator
3 Physical Education and the Law
4 Understanding the Learner
5 Understanding Learning
6 Planning the Instructional Program—Basic Principles of Curriculum Design
7 Unit and Lesson Planning
8 Performance Objectives, Content Analysis, and Preassessment
9 Instructional Styles and Strategies
10 Program Materials and Activities
11 Assessing Student Performance
12 Organizing and Managing Instruction
13 Motivation and Discipline
14 Accountability and Teacher Evaluation
15 Evaluating and Revising the Instructional Program
Appendix A Sample Unit Plan and Lesson Plan
Appendix B Sample Portfolios
Index

**Motor Development**

**NEW**

**HUMAN MOTOR DEVELOPMENT A LIFESPAN APPROACH**

7th Edition

V Gregory Payne, San Jose State University
Larry D Isaacs, Wright State University-Dayton

2008 / 552 pages
Available: January 2007

**Website:** http://www.mhhe.com/payne7e

Now in its seventh edition, this topically organized text provides a comprehensive introduction to lifespan motor development and includes the most current research findings available in the field. The text takes a lifespan approach to development, with thorough coverage of prenatal, childhood, adolescent, and adult development. Theoretical concepts are conveyed through language appropriate for undergraduate students. This is the only lifespan motor development text that presents both the component approach and the total body approach for analyzing the basic fundamental and object control skills of childhood.

**NEW TO THIS EDITION**

- Thoroughly updated, the text offers the latest research throughout. In addition, the expanded photo program and improved design help hold student interest.
- New and updated coverage is included in the areas of Fragile X Syndrome, overweight and obesity, contraindications during pregnancy, parental influence on childhood activity levels, and more!
- Student learning objectives have been added to each chapter, reinforcing key points with measurable learning outcomes.

**CONTENTS**

Preface

Part I: AN OVERVIEW OF DEVELOPMENT
1: Introduction to Motor Development
2: Cognitive and Motor Development
3: Social and Motor Development

Part II: FACTORS THAT AFFECT DEVELOPMENT
4: Prenatal Development Concerns
5: Effects of Early Stimulation and Deprivation

Part III: PHYSICAL CHANGES ACROSS THE LIFESPAN
6: Growth and Maturation
7: Physiological Changes: Health-Related Physical Fitness
8: Movement and the Changing Senses
UNIT 4. Adolescence
15 Adolescent Growth, Puberty, and Reproductive Maturity
16 Specialized Movement Abilities
17 Fitness Changes During Adolescence
18 Adolescent Socialization

UNIT 5. Adulthood
19 Physiological Changes in Adults
20 Motor Performance in Adults
21 Psychosocial Development in Adults

UNIT 6. Programming
22 Assessing Motor Behavior
23 Programming for Developmental Physical Activity

Motor Learning

MOTOR LEARNING AND CONTROL
CONCEPTS AND APPLICATIONS
8th Edition
Richard A Magill, Louisiana State University—Baton Rouge
2007 / 496 pages
Available: August 2006
Website: http://www.mhhe.com/magill8e

Designed for introductory students, this text provides the reader with a solid research base and defines difficult material by identifying concepts and demonstrating applications for each of those concepts. Motor Learning and Control: Concepts and Applications also includes references for all relevant material to encourage students to examine the research for themselves.

CONTENTS
UNIT I: Introduction to Motor Skills and Abilities
1 The Classification of Motor Skills
2 The Measurement of Motor Performance
3 Motor Abilities

UNIT II: Introduction to Motor Control
4 Neuromotor Basis for Motor Control
5 Motor Control Theories
6 Touch, Proprioception, and Vision
7 Performance and Motor Control Characteristics of Functional Skills
8 Action Preparation

UNIT III: Attention and Memory
9 Attention as a Limited Capacity Resource
10 Memory Components, Forgetting, and Strategies

UNIT IV: Introduction to Motor Skill Learning
11 Defining and Assessing Learning
12 The Stages of Learning
13 Transfer of Learning

UNIT V: Instruction and Augmented Feedback
14 Demonstration and Verbal Instructions
15 Augmented Feedback
Creative Dance for Learning: The Kinesthetic Link

Mary Ann Brehm, Lesley University
Lynne McNett, International Association for Creative Dance

2008 / 336 pages
Available: January 2007

Creative Dance for Learning: The Kinesthetic Link is a comprehensive teaching guide that addresses the “what”, “why” and “how” of creative dance. It provides theoretical and practical guidance on teaching creative dance, particularly in educational settings. The authors’ approach is heavily influenced by Barbara Mettler, Margaret H’Doubler, and Rudolph Laban, all legendary figures in the field of creative dance. Their theories are combined with the authors’ insights from thirty years of dance teaching experience to:

– validate dance as art education, adaptable to all ages and abilities
– explain a conceptual framework for teaching dance in common language
– highlight the kinesthetic sense as a guide for creating dance forms
– provide methods of linking movement across the curriculum
– address cultural material through creative dance
– outline teaching progressions that develop student skill and understanding
– guide readers into building and presenting lessons of their own
– provide models for assessing student learning
– relate creative dance instruction to achievement standards in dance and other disciplines
– offer over 25 well-tested lesson plans and 40 adaptations that extend the lesson material.

CONTENTS
Preface

Part I: A KINESTHETIC APPROACH TO DANCE AS CREATIVE ART ACTIVITY
1: Breaking Ground
2: Principles Of Dance as Creative Art Activity
3: Creative Dance: A Collage of Learning

Part II: A FRAMEWORK FOR TEACHING THE ELEMENTS OF DANCE
4: The Instrument of Dance: The Body
5: The Material of Dance: The Force Element
6: The Material of Dance: The Time Element
7: The Material of Dance: The Space Element
Table: Elements of Dance

Part III: LINKING DANCE ACROSS THE CURRICULUM
8: Linking into the Elements of Dance
Table: Inter-Disciplinary Links to the Elements of Dance and Linking Lessons
9: Connecting to World Cultures
10: Engaging Multiple Intelligences

Part IV: BUILDING MOVEMENT LESSONS
11: The Lesson Planning Process
12: Creating a Learning Environment for Dance
13: Assessing Student Progress

Part V: CREATIVE DANCE LESSONS
14: Foundation Lessons
15: Extension Lessons from the Body Element
16: Extension Lessons from the Force Element
17: Extension Lessons from the Time Element
18: Extension Lessons from the Space Element
19: Crossover Extension Lessons

Appendix A: Biographical Sketches of Influences
Appendix B: The Skeletal System
Appendix C: Formats for Group Work
Appendix D: Creative Dance Performance Objectives
Appendix E: Quick and Easy Activities
Appendix F: Teaching Resources
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Psychology of Sport

International Edition

SPORT PSYCHOLOGY
CONCEPTS AND APPLICATIONS
6th Edition
Richard H Cox, University of Missouri-Columbia
2007 / 544 pages
Available: April 2006
Website: http://www.mhhe.com/cox6e

This introduction to sport and exercise psychology shows how principles supported by current scientific research can be used by physical educators, coaches, and athletes in everyday situations. It also addresses practical issues, such as dealing with anxiety, arousal, and stress; developing coping, relaxation, and energizing strategies; understanding the effects of an audience on human performance; building team cohesion; and preventing burnout.

CONTENTS
Part I: UNDERSTANDING SPORT PSYCHOLOGY
1 Foundations of Sport Psychology
2 Psychology of the Athlete
3 Leadership and Communication in Sport
Part II: MOTIVATION IN SPORT AND EXERCISE
4 Causal Attribution in Sport
5 Self-Confidence and Intrinsic Motivation
6 Goal Perspective Theory
Part III: EFFECTS OF AROUSAL AND ANXIETY ON PERFORMANCE
7 Neurophysiology of Arousal and Attention
8 Anxiety, Arousal, and Stress Relationships
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9 Coping and Intervention Strategies in Sport
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Part V: SOCIAL PSYCHOLOGY OF SPORT
13 Aggression and Violence in Sport
14 Audience and Self-Presentation Effects in Sport
15 Team Cohesion in Sport
Part VI: PSYCOBIOLOGY OF SPORT AND EXERCISE
16 Exercise Psychology
17 Burnout in Athletes
18 The Psychology of Athletic Injuries
19 Drug Abuse in Sport and Exercise

International Edition

APPLIED SPORT PSYCHOLOGY
PERSONAL GROWTH TO PEAK PERFORMANCE
5th Edition
Jean M Williams, University of Arizona
2006 / 704 pages
Available: August 2005
Website: http://www.mhhe.com/williams5e
This is a comprehensive and practical guide to psychological concepts and theories as well as to strategies and techniques designed to help future coaches and sport psychologists cultivate peak performance and personal growth through recent advances in sport psychology. The text’s five-part organization focuses on motivation and leadership, social interactions, mental training, program implementation, and issues that go beyond performance enhancement. Contributing authors are experts in their topic, and each chapter has been written specifically for this collection.

CONTENTS
1 Sport Psychology: Past, Present, Future
Part I: LEARNING, MOTIVATION, AND EFFECTIVE LEADERSHIP
2 Motor Skill Learning for Effective Coaching and Performance
3 Positive Reinforcement, Performance Feedback, and Performance Enhancement of Control
4 Toward Optimal Motivation in Sport: Fostering Athletes’ Competence and Sense of Control
5 The Self-Fulfilling Prophecy Theory: When Coaches’ Expectations Become Reality
6 Leadership Effectiveness
7 Styles of Decision Making in Coaching
Part II: SOCIAL INTERACTIONS
8 The Sport Team as an Effective Group
9 Communicating Effectively
10 Enhancing Coach-Parent Relationships in Youth Sports: Increasing Harmony and Minimizing Hassle

Part III: MENTAL TRAINING FOR PERFORMANCE ENHANCEMENT
11 Psychological Characteristics of Peak Performance
12 Increasing Awareness for Sport Performance
13 Goal Setting for Peak Performance
14 Arousal-Performance Relationships
15 Relaxation and Energizing Techniques for Regulation of Arousal
16 Seeing is Believing: Understanding and Using Imagery in Sport
17 Cognitive Techniques for Building Confidence and Enhancing Performance
18 Concentration and Attention Control Training

Recreational Activities

SPORTS AND RECREATIONAL ACTIVITIES
14th Edition
Dale P Mood, University of Colorado-Boulder
Frank F Musker, Peabody Public Schools
Judith E Rink, University of South Carolina
2007 / 736 pages
Available: June 2006
Website: http://www.mhhe.com/mood14e
This comprehensive text offers fundamental information on forty-two different sports and recreational activities. Up-to-date material includes an overview of all aspects of the sport, including history, equipment, rules, fundamental skills, techniques, etiquette, strategy, teaching considerations, leadup games, and reference materials, including videos. This textbook can be used effectively by participants, instructors, and instructors-to-be.

CONTENTS
1 Introduction
2 Health-Related Physical Fitness
3 Aerobic Dance (Group Exercise)
4 Archery
5 Backpacking
6 Badminton
7 Basketball
8 Bicycling
9 Bowling
10 Dance: Concert and Recreational Forms
11 Disc Sports: Ultimate and Disc Golf
12 Fencing
13 Field Hockey
14 Golf
15 Gymnastics and Tumbling
16 In-Line Skating  
17 Jogging and Walking  
18 Karate  
19 Kayaking and Canoeing  
20 Lacrosse  
21 Mountaineering  
22 Orienteering  
23 Pickle-ball  
24 Racquetball, Paddleball, and Handball  
25 Rugby  
26 Self-Defense  
27 Skiing: Alpine  
28 Skiing: Cross-Country  
29 Skin and Scuba Diving  
30 Soccer  
31 Softball (Slow Pitch)  
32 Speedball  
33 Springboard and Platform Diving  
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Research Methods

International Edition

READY, SET, GO! A STUDENT GUIDE TO SPSS®  
13.0 AND 14.0 FOR WINDOWS®  
2nd Edition  
Thomas Pavkov, Purdue University—Calumet—Hammond  
Kent Pierce, Purdue University—Calumet—Hammond  
2007 / 96 pages  
[IE, CD not included]  
Available: February 2006  

This guide features concise instructions for accessing and using SPSS for Windows. Ready, Set, Go! is more than a reference book for versions 13.0 and 14.0; through ten guided assignments, students learn about statistical analysis of data while also learning the steps in the research process. The students are guided through assignments such as using frequency distributions, performing the t test, using the one-way ANOVA procedure, computing a correlation, and computing chi-square function.  

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Assignment 3 Presenting Data in Graphic Form  
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CONDUCTING AND READING RESEARCH IN HEALTH AND HUMAN PERFORMANCE  
4th Edition  
Ted A Baumgartner, University of Georgia  
Clinton H Strong, Prof. Emeritus, Indiana University—Bloomington  
Larry D Hensley, University of Northern Iowa  
2006 / 480 pages  
Available: July 2005  
Website: http://www.mhhe.com/baumgartner4e  

Designed for the first course in research methods, this text shows students how to conduct and read research, design research tools, and evaluate results in health, kinesiology, exercise science, recreation, dance, and all other areas of human performance—providing comprehensive coverage of both quantitative and qualitative research methods.  

CONTENTS  
Part I: THE RESEARCH PROCESS  
1 The Nature and Purpose of Research  
2 The Research Problem  
3 Searching the Literature  
4 Developing the Research Plan  
5 Ethical Concerns in Research  
6 Selection of Research Participants: Sampling Procedures  
7 Reading and Evaluating Research Reports  
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14 Inferential Data Analysis  
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Part IV: THE RESEARCH REPORT  
16 Developing the Research Proposal  
17 Writing the Research Report
INSTRUCTIONAL STRATEGIES FOR SECONDARY SCHOOL PHYSICAL EDUCATION WITH NASPE MOVING INTO THE FUTURE

6th Edition
Marilyn M Buck, Ball State University
Jacalyn L Lund, Georgia State University
Joyce M Harrison, Brigham Young University-Provo
Connie L Blakemore Cook, Brigham Young University—Provo
2007 / 448 pages
Available: December 2005

Website:  http://www.mhhe.com/buck6e

In an easy-to-read, fluent style, this text’s expert author team provides a comprehensive overview of secondary level physical education teaching methods as well as program and curriculum design. This revision retains the strong theoretical background with extensive applications and examples. Up-to-date legal information is a hallmark of the text.

CONTENTS
Preface
1 The Roles of Education and Physical Education
2 The Responsibilities of the Physical Educator
3 Physical Education and the Law
4 Understanding the Learner
5 Understanding Learning
6 Planning the Instructional Program—Basic Principles of Curriculum Design
7 Unit and Lesson Planning
8 Performance Objectives, Content Analysis, and Preassessment
9 Instructional Styles and Strategies
10 Program Materials and Activities
11 Assessing Student Performance
12 Organizing and Managing Instruction
13 Motivation and Discipline
14 Accountability and Teacher Evaluation
15 Evaluating and Revising the Instructional Program
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SPORTS IN SOCIETY: ISSUES AND CONTROVERSIES

9th Edition
Jay Coakley, University of Colorado
2007 / 696 pages
(with Online Learning Center Bind-In Card)
[IE with OLC Bind-In Card]
Available: March 2006

Website: http://www.mhhe.com/coakley9e

Sports in Society is the definitive text for the sport sociology course. Taking a global, issues-oriented approach to the study of the role of sport in society, this text encourages the discussion of current sports-related controversies and helps students develop critical thinking skills.

CONTENTS
1 The Sociology of Sport: What is it and why study it?
2 Using Social Theories: How can they help us study sports in society?
3 Studying the Past: Does it help us understand sports today?
4 Sports and Socialization: Who plays and what happens to them?
5 Sports and Children: Are organized programs worth the effort?
6 Deviance in Sports: Is it out of your control?
7 Violence in Sports: How does it affect our lives?
8 Gender and Sports: Does equity require ideological changes?
9 Race and Ethnicity: Are They Important in Sports?
10 Social Class: Do Money and Power Matter in Sports?
11 Sports and the Economy: What Are the Characteristics of Commercial Sports?
12 Sports and the Media: Could They Survive Without Each Other?
13 Sports and Politics: How Do Governments and Globalization Influence Sports?
14 Sports in High School and College: Do Varsity Sport Programs Contribute to Education?
15 Sports and Religion: Is It a Promising Combination?
16 Sports in the Future: What Can We Expect?
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Strength & Conditioning

BASIC WEIGHT TRAINING FOR MEN AND WOMEN
6th Edition
Thomas D Fahey, California State University—Chico
2007 / 264 pages
Available: February 2006
Website: http://www.mhhe.com/faheyweighttraining6e
This popular text for is a comprehensive, practical guide to developing a personalized weight-training program with both free weights and machines. Weight training concepts and specific exercises are grouped by body region, and many photographs, illustrations, diagrams, and figures demonstrate proper technique and form.

CONTENTS
1. Basic Weight Training
2. Weight Training and Your Body
3. Weight Training Guidelines
4. How Weight Training Improves Your Body
5. Getting Started: The Basics
6. Developing the Chest and Shoulders
7. Developing the Arms
8. Developing the Back and Neck
9. Developing the Abdominal Muscles
10. Developing the Lower Body
11. Exercises to Develop Speed and Power
12. Nutrition for Weight Training
13. Ergogenic Aids: Drugs and Supplements
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Tests and Measurement

MEASUREMENT FOR EVALUATION IN PHYSICAL EDUCATION AND EXERCISE SCIENCE
8th Edition
Ted A Baumgartner, University of Georgia
Andrew (Tony) S Jackson, University of Houston
Matthew T Mahar, East Carolina University
David A Rowe, East Carolina University
2007 / 560 pages
Available: August 2006
Website: http://www.mhhe.com/baumgartner8e
Developed to help students master the essential content, principles, and concepts that will make them effective evaluators, this text provides the practical skills and materials they will need—whether they become teachers or work in exercise science.

CONTENTS
Part 1: INTRODUCTION
1 Measurement and Evaluation in a Changing Society
Part 2: QUANTITATIVE ASPECTS OF MEASUREMENT
2 Statistical Tools in Evaluation
3 Reliability and Objectivity
4 Validity
5 Test Characteristics, Administration, and Interpretation
Part 3: MEASURING AND EVALUATING PHYSICAL ATTRIBUTES
6 School-Based Evaluation
7 Authentic and Alternative Assessment
8 Evaluating Skill Achievement
9 Measuring Physical Activity
10 Measuring Physical Abilities
11 Evaluating Aerobic Fitness
12 Evaluating Body Composition
13 Evaluating Youth Fitness and Physical Activity
14 Adult and Older Adult Fitness
15 Applications to Persons with Disabilities
Part 4: COGNITIVE AND AFFECTIVE TESTING
16 Evaluating Knowledge
17 Exercise Psychological Measurement
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Glossary

Teaching Physical Education

TEACHING PHYSICAL EDUCATION FOR LEARNING
5th Edition
Judith E Rink, University of South Carolina
2006 / 416 pages
Available: July 2005
Website: http://www.mhhe.com/rink5e
Focusing on physical education for kindergarten through grade 12, this user-friendly text emphasizes teaching strategies and theories to give students a foundation for designing an effective learning experience.

CONTENTS
Part 1: UNDERSTANDING THE TEACHING/LEARNING PROCESS
1 Teaching Physical Education: An Orientation
2 Factors That Influence Learning
3 Research on Teaching Physical Education
Part 2: EFFECTIVE TEACHING SKILLS
4 Designing Learning Experiences and Tasks
5 Task Presentation
6 Content Analysis and Development
7 Developing and Maintaining a Learning Environment
8 Teacher Functions During Activity
9 Teaching Strategies
10 Student Motivation, Personal Growth, and Inclusion
11 Planning
12 Assessment in the Instructional Process
Part 3: CONTEXT AND REFLECTION
13 Content-Specific Pedagogy
14 The Professional Teacher and the Continuous Learner
15 Observation Techniques and Tools
This guide features concise instructions for accessing and using SPSS for Windows. Ready, Set, Go! is more than a reference book for versions 13.0 and 14.0; through ten guided assignments, students learn about statistical analysis of data while also learning the steps in the research process. The students are guided through assignments such as using frequency distributions, performing the t test, using the one-way ANOVA procedure, computing a correlation, and computing chi-square function.

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Weight Management & Nutrition – Readers

ANNUAL EDITIONS: HEALTH 07/08
28th Edition
Eileen L Daniel, SUNY-Brockport
2007 / 224 pages
Available: October 2006
Website: http://www.mhcls.com/text-data/catalog/007351621x.mhtml

This TWENTY-EIGHTH EDITION of ANNUAL EDITIONS: HEALTH provides convenient, inexpensive access to current articles selected from the best of the public press. Organizational features include: an annotated listing of selected World Wide Web sites; an annotated table of contents; a topic guide; a general introduction; brief overviews for each section; a topical index; and an instructor’s resource guide with testing materials. USING ANNUAL EDITIONS IN THE CLASSROOM is offered as a practical guide for instructors. ANNUAL EDITIONS titles are supported by our student website, www.mhcls.com online.

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New! 2. Is Health Promotion Relevant Across Cultures and the Socioeconomic Spectrum?
3. Putting a Premium on Health
New! 4. Fix Your Worst Health Habits-Fast

UNIT 2. Stress and Mental Health
New! 5. Love Is Real Medicine
6. Enough to Make You Sick?
7. Are You OK?
New! 8. Attention Deficit Disorder: Old Questions, New Answers
9. Dealing with Demons
10. Too Young to be Stressed
UNIT 3. Nutritional Health
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New! 12. When It Pays to Buy Organic
New! 13. The Future of Foods?
14. What Does Science Say You Should Eat?
New! 15. Food News Blues

UNIT 4. Exercise and Weight Management
New! 16. Exercise Abuse: Too Much of a Good Thing
17. The Female Triad
New! 18. How Sleep Affects Your Weight
New! 19. Fat Chance
20. Why We’re Losing the War Against Obesity

UNIT 5. Drugs and Health
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New! 22. Drinking Too Much: Too Young
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New! 24. Strategies to Reduce Medication Errors
New! 25. The Price of Pain

UNIT 6. Sexuality and Relationships
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New! 27. Sex Ed for the Stroller Set
28. It’s Just Mechanics
29. Promiscuous Plague

UNIT 7. Preventing and Fighting Disease
30. ‘Diabesity,’ a Crisis in an Expanding Country
31. The Battle Within: Our Anti-Inflammation Diet
New! 32. Why We Are Still Losing the Winnable Cancer War
New! 33. How AIDS Changed America
34. The Puzzling Origins of AIDS

UNIT 8. Health Care and the Health Care System
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36. A High Dose of Tech
New! 37. Medicine’s Turf Wars
38. Putting a Value on Health

UNIT 9. Consumer Health
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40. Making an Informed Decision about Breast Implants
41. How to Ease Your Pain
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45. Agencies Work to Corral Mad Cow Disease
New! 46. In Katrina’s Wake
A Wellness Way of Life is to help you pursue your wellness potential by providing you with a road map for this exciting journey. The road map includes two essential components: (1) knowledge, and (2) tools for action. The authors have sorted through the array of confusing and sometimes contradictory health information to provide information that is based on solid research. To make lifestyle changes, you need to take knowledge and move into action. A Wellness Way of Life sets the stage for this by providing many useful tools for action so you can apply the information to your everyday life.

NEW TO THIS EDITION

• Offers the latest information, such as MyPyramid and the 2005 Dietary Guidelines, clarification of the latest exercise guidelines (30, 60, and 90 minutes), a new activity pyramid, an expanded discussion of using pedometers, heart health information categorizing diabetes (type 1 and type 2) as a primary risk factor for heart disease, with a discussion of prediabetes, and more.

• Divides flexibility and muscular fitness into two separate chapters. Provides expanded coverage of flexibility, including a new discussion of factors that affect flexibility, principles and benefits of flexibility, and a new lab activity on yoga (sun salutation). Offers increased coverage of muscle fitness, with more information on building bone strength, stability balls, and three new lab activities (core-strengthening, use of stability ball, and partner resistance exercise).

• Provides a statistical look at chapter information with new The Numbers boxes, offering a big-picture view of issues such as how many people actually practice healthy habits, how much money is spent on preventable diseases, and how exercise and injury are related.

• Offers practical ideas for behavior change with Prescription for Action boxes. Each “self-prescription” includes a selection of daily actions that are small in themselves—such as walking an extra 2,000 steps, stretching while watching TV, or getting an extra hour of sleep—but targeted toward a larger goal.

• Strengthens coverage of behavior change through new examples and strategies for implementing successful behavior change, including many new Lab Activities.
Applied Sport Psychology
Personal Growth to Peak Performance
5th Edition
Jean M Williams, University of Arizona
2006 / 704 pages
Available: August 2005
Website: http://www.mhhe.com/williams5e

This is a comprehensive and practical guide to psychological concepts and theories as well as to strategies and techniques designed to help future coaches and sport psychologists cultivate peak performance and personal growth through recent advances in sport psychology. The text's five-part organization focuses on motivation and leadership, social interactions, mental training, program implementation, and issues that go beyond performance enhancement. Contributing authors are experts in their topic, and each chapter has been written specifically for this collection.

CONTENTS
1 Sport Psychology: Past, Present, Future
Part I LEARNING, MOTIVATION, AND EFFECTIVE LEADERSHIP
2 Motor Skill Learning for Effective Coaching and Performance
3 Positive Reinforcement, Performance Feedback, and Performance Enhancement of Control
4 Toward Optimal Motivation in Sport: Fostering Athletes Competence and Sense of Control
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17 Cognitive Techniques for Building Confidence and Enhancing Performance
18 Concentration and Attention Control Training
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Part IV IMPLEMENTING TRAINING PROGRAMS
20 Integrating and Implementing a Psychological Skills Training Program / Robert S. Weinberg, Jean M. Williams
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22 When to Refer Athletes for Counseling or Psychotherapy / Mark B. Anderson, David Tod
23 Drug Abuse in Sport: Causes and Cures / Mark H. Anshel
24 Burnout in Sport: Causes and Cures/ Kate Goodger, David Lavallee, Trish Gorely, Chris Harwood
25 Injury Risk and Rehabilitation: Psychological Considerations / Jean M. Williams, Carrie B. Scherzer
26 Career Transition Among Athletes: Is there Life After Sports? / Jim Taylor, Bruce Ogilvie, David Lavallee
27 Exercise Psychology / Rod K. Dishman, Janet Buckworth

Curriculum in Physical Education

Physical Education Curriculum
Judith E Rink, University of South Carolina
2009 / 384 pages
Available: January 2008

Using the national standards as a guide, Designing the Physical Education Curriculum: Promoting Active Lifestyles shows you how to plan and develop effective physical education curricula at the elementary, middle, and high school levels. Taking a practical approach, the text balances curriculum theory with strategies for planning and implementation. Designing the Physical Education Curriculum: Promoting Active Lifestyles will help you plan programs that achieve the goal of educating children for physically active lifestyles.

CONTENTS
1 Foundations for Curriculum
2 Physical Education for A Physically Active Lifestyle
3 The Process of Designing the Curriculum
4 Designing Units in Physical Education
5 Foundations of the Elementary School Curriculum
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