

Human Movement Textbook List

Course # and Name	Textbook	ISBN#
Core Curriculum Textbooks		
HM500 Motor Control	Magill, R.A. (2010). <i>Motor Learning and Control: Concepts and Applications</i> , (9th Edition). McGraw-Hill. Available for purchase at: www.barnesandnoble.com	9780073523804
	Motor Learning and Control: eTextbook from www.coursesmart.com	007732658X
HM501 Exercise Science	Kenney, Larry W., Wilmore, J.H., & Costill, D. (2011) <i>Physiology of Sport and Exercise</i> , (5th Edition). Human Kinetics Publishers	978-0-7360-9409-2
HM502 Functional Anatomy	<u>Any</u> human anatomy atlas, <i>such as</i> : 1) Clemente, C. D. (2006). <i>A regional atlas of the human body</i> , (5th Edition). Lippincott Williams & Wilkins. 2) Agur, A. M. R. & Dalley, A. F. (2005). <i>Grant's atlas of anatomy</i> . Lippincott Williams & Wilkins. 3) Netter, F. H. (1997) <i>Atlas of human anatomy</i> , (2nd Edition). Rittenhouse Book Distributors Inc.	1) 781751039 2) 0781742560 3) 0914168819
HM503 Functional Biomechanics	McGinnis, P. M. (2013). <i>Biomechanics of Sport and Exercise</i> (3rd ed.). Champaign, IL: Human Kinetics.	ISBN-13: 978-0736079662
HM504 Human Movement Dysfunction	Sahrmann, S. (2001). <i>Diagnosis and Treatment of Movement Impairment Syndromes</i> . Mosby	978-0801672057
HM506 Professional Practice & Responsibility	*Readings provided by the Instructor*	
HM509 Exercise and Sport Related Nutrition	McArdle, W. D., Katch, F.I, & Katch, V.L. (2012). <i>Sport and Exercise Nutrition</i> , (4th Edition). Lippincott, Williams, & Wilkins	ISBN-13: 9781451118063 eISBN: 9781451181425
HM604 Summer Institute	No readings required	

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HM706 Evidence-Based Practice and Research Methods	Baumgartner, T. , & Hensley, L. (2006). Conducting and Reading Research in Health and Human Performance, (4th Edition). McGraw-Hill. Available for purchase at: www.barnesandnoble.com	9780072972900
Core Elective Textbooks		
HM505 Functional Movement and Postural Assessment	*Readings provided by the Instructor*	
	*Suggested Supplement for HM505 (not required for class): Prentice, W.E., & Arnheim, D. (2009) Essentials of Athletic Injury Management. McGraw-Hill	9780073376578
HM510 Exercise and Law	*Readings provided by the Instructor*	
HM511 Advanced Fitness Nutrition	1) Fink H.H., Mikesky A.E., Burgoon. (2011). Practical Application in Sports Nutrition (3rd edition). Jones & Bartlett Learning publisher	978-1449646431
	2) Dan Benardot (2011). Advanced Sports Nutrition (2nd edition). Human Kinetics publisher.	978-1-4504-0161-6
HM512 Advanced Exercise Prescription	*Readings provided by the Instructor*	
HM513 Post Rehabilitation Exercise	*Readings provided by the Instructor*	
HM605 Current Topics	*Readings provided by the Instructor*	
Sports Conditioning Concentration Textbooks		
HM606 Measurement of Sport Fitness	Baechle, T.R., & Earle, R.W. (2008). Essentials of Strength Training and Conditioning, (3rd Edition). Human Kinetics	9780736058032
HM607 Muscular Fitness Development	1) Baechle, T.R., & Earle, R.W. (2008). Essentials of Strength Training and Conditioning, (3rd Edition). Human Kinetics	9780736058032
	2) Rhea, M. Exercise Strategies for Youth. RACE Rx Publishing (www.racerxstore.com is where you can purchase this book).	9780984437306

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	3)Vibration Exercise Authors: Marin, Tumminello, Rhea Cost: \$19.95 Available at: www.racerxstore.com	
HM608 Speed, Agility, and Quickness	Baechle, T.R., & Earle, R.W. (2008). Essentials of Strength Training and Conditioning, (3rd Edition). Human Kinetics	9780736058032
	<i>*Suggested Supplement for HM608 (not required for class):</i> Brown, L.E., & Ferrigno, V.A. (2005). Training for Speed, Agility, and Quickness, (2nd Edition). Human Kinetics	9780736058735
HM609 The Science of Metabolic Conditioning	Daniels, J. (2005). Daniels Running Formula, (2nd Edition). Human Kinetics	9780736054928
Exercise & Sport Psychology Concentration Textbooks		
HM610 Psychology, Physical Activity & Health	Sarafina, E.P., & Smith, T.W. (2010). Health Psychology: Biopsychosocial Interactions, (7th Edition). Wiley	978-0470646984
HM611 Exercise & Mental Health	*Readings provided by the Instructor*	
HM612 Applied Sports Psychology	Williams, J. (2009). Applied Sport Psychology: Personal Growth to Peak Performance, (6th Edition). McGraw-Hill Humanities/Social Sciences/Languages Available for purchase at: www.barnesandnoble.com	9780073376530
HM613 Principles of Adherence & Motivation	Robert, Glyn C., & Treasure, Darren C. (2012). Advances in Motivation in Sport and Exercise, (3rd Edition). Human Kinetics	978-0736090810
Geriatric Exercise Science Concentration Textbooks		
HM700 Physical Dimensions of Aging and Physical Activity	Physical Dimensions of Aging, 2nd Edition, Spirduso et al. Publisher: Human Kinetics	9780736033152
HM701 Psychosocial Dimensions of Aging and Physical Activity	Physical Dimensions of Aging, 2nd Edition, Spirduso et al. Publisher: Human Kinetics	9780736033152
HM702 Exercise Prescription for Older Adults	Signorile, Joseph. (2011). Bending the Aging Curve: The Complete Exercise Guide for Older Adults. Publisher: Human Kinetics	9780736074452

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HM703 Motivational Strategies for Physical Activity among Older Adults	Motivating People to Be Physically Active, 2nd Edition, by Marcus, Forsyth, and edited by Blair. Publisher: Human Kinetics	9780736072472
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