

## Human Movement Textbook List

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

## Human Movement Textbook List

<b>HM706 Evidence-Based Practice and Research Methods</b>	Baumgartner, T. , & Hensley, L. (2006). Conducting and Reading Research in Health and Human Performance, (4th Edition). McGraw-Hill. Available for purchase at: <b>www.barnesandnoble.com</b>	9780072972900
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### Core Elective Textbooks

<b>HM505 Functional Movement and Postural Assessment</b>	*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

<b>HM510 Exercise and Law</b>	*Readings provided by the Instructor*	
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<b>HM511 Advanced Fitness Nutrition</b>	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

<b>HM512 Advanced Exercise Prescription</b>	*Readings provided by the Instructor*	
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<b>HM513 Post Rehabilitation Exercise</b>	*Readings provided by the Instructor*	
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<b>HM605 Current Topics</b>	*Readings provided by the Instructor*	
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### Sports Conditioning Concentration Textbooks

<b>HM606 Measurement of Sport Fitness</b>	Baechle, T.R., & Earle, R.W. (2008). Essentials of Strength Training and Conditioning, (3rd Edition). Human Kinetics	9780736058032
<b>HM607 Muscular Fitness Development</b>	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 ( <b>www.racerxstore.com</b> is where you can purchase this book).	9780984437306

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	3)Vibration Exercise Authors: Marin, Tumminello, Rhea Cost: \$19.95 Available at: <a href="http://www.racerxstore.com">www.racerxstore.com</a>	
<b>HM608 Speed, Agility, and Quickness</b>	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

<b>HM609 The Science of Metabolic Conditioning</b>	Daniels, J. (2005). Daniels Running Formula, (2nd Edition). Human Kinetics	9780736054928
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### Exercise & Sport Psychology Concentration Textbooks

<b>HM610 Psychology, Physical Activity &amp; Health</b>	Sarafina, E.P., & Smith, T.W. (2010). Health Psychology: Biopsychosocial Interactions, (7th Edition). Wiley	978-0470646984
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<b>HM611 Exercise &amp; Mental Health</b>	*Readings provided by the Instructor*	
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<b>HM612 Applied Sports Psychology</b>	Williams, J. (2009). Applied Sport Psychology: Personal Growth to Peak Performance, (6th Edition). McGraw-Hill Humanities/Social Sciences/Languages Available for purchase at: <a href="http://www.barnesandnoble.com">www.barnesandnoble.com</a>	9780073376530
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<b>HM613 Principles of Adherence &amp; Motivation</b>	Robert, Glyn C., & Treasure, Darren C. (2012). Advances in Motivation in Sport and Exercise, (3rd Edition). Human Kinetics	978-0736090810
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### Geriatric Exercise Science Concentration Textbooks

<b>HM700 Physical Dimensions of Aging and Physical Activity</b>	Physical Dimensions of Aging, 2nd Edition, Spirduso et al. Publisher: Human Kinetics	9780736033152
<b>HM701 Psychosocial Dimensions of Aging and Physical Activity</b>	Physical Dimensions of Aging, 2nd Edition, Spirduso et al. Publisher: Human Kinetics	9780736033152

<b>HM702 Exercise Prescription for Older Adults</b>	Signorile, Joseph. (2011). Bending the Aging Curve: The Complete Exercise Guide for Older Adults. Publisher: Human Kinetics	9780736074452
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## Human Movement Textbook List

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