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About Human Kinetics Library Platform

What's Included

Human Kinetics Library Core Collection

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Human Kinetics Health Care in Sport and Exercise

Human Kinetics Physical and Health Education

Human Kinetics Sports Skills

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Human Kinetics Strength and Conditioning is an instructor-focused collection of ebooks and videos created by experts across the field of physical training and strength building. With 80 ebooks and 903 supplemental videos, the collection provides fitness instructors, physical trainers, coaches, athletes, and learners with practical instruction to help build and update training programs and fitness courses.



Collection highlights include:

- . Titles published in collaboration with the National Strength & Conditioning Association
- More than 7 hours of video providing expert guidance on individual exercises and drills, safety guidelines, weight lifting techniques, and a 30-minute high-intensity (HIIT) workout video for lower and upper body
- Instruction for sport-specific training including swimming, rugby, lacrosse, volleyball, martial arts, football, basketball, and more



Ebook topics include:

Anatomy for Conditioning Bodybuilding

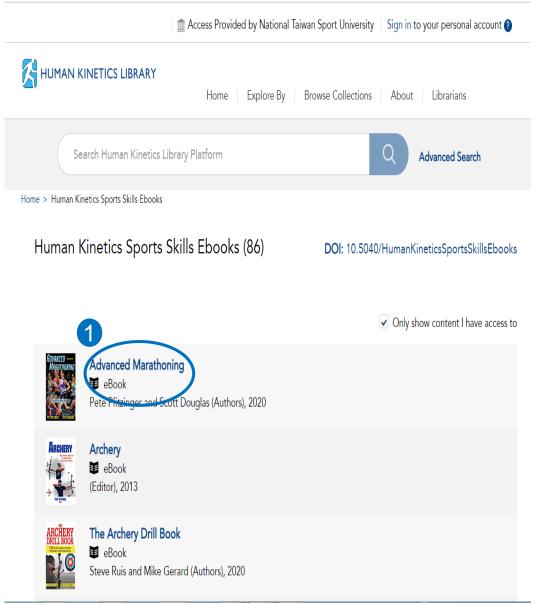
Endurance and Stamina Resistance Training

Speed and Agility Sport-Specific Training Programs

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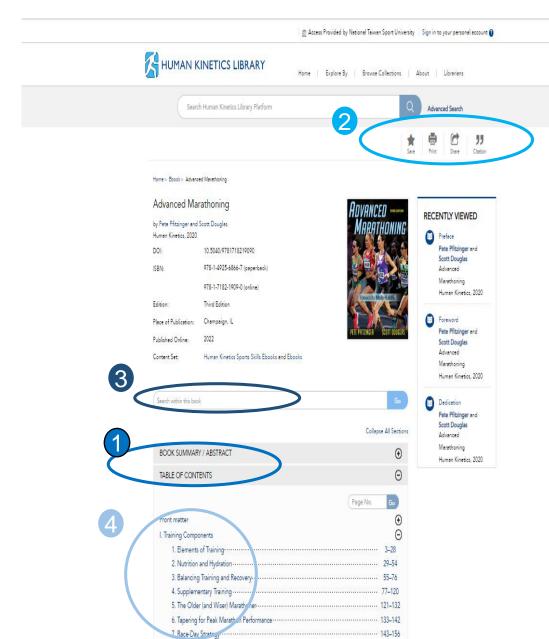
- 1 查看資料庫收錄所有電子書
- 2 查看資料庫收錄所有影片
- 3 下載收錄所有電子書清單
- 4 圖書館員專區 (可下載查看統計數據及編目檔)

Navigating Audio on Human Kinetics Library



1 點擊各電子書書名即可閱讀電子書全文資料頁面 (ex: 點擊 Advanced Marathoning)

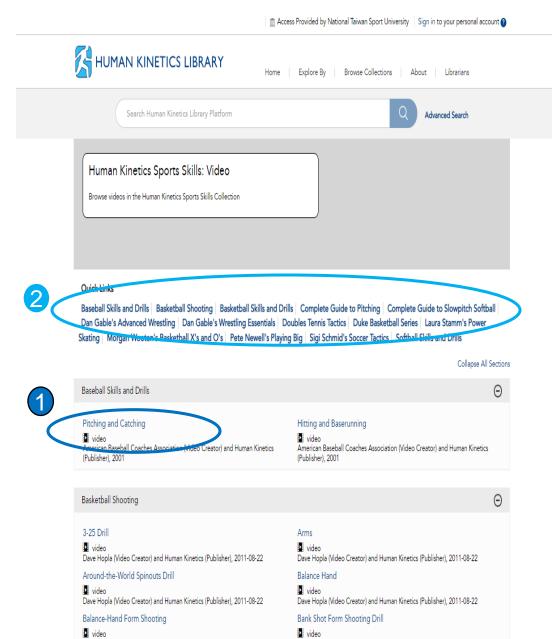
Navigating the Text on Human Kinetics Library



- 1 點擊Book Summary 可觀看此書簡介,點擊 table of contents 可看到收錄各章節名稱
- 可收藏、下載、引用及列印,並可透過電子郵件分享文字資料,另可透過列印功能將資料另存成PDF檔
- ③ 可輸入關鍵字搜尋此書相關的章節資料

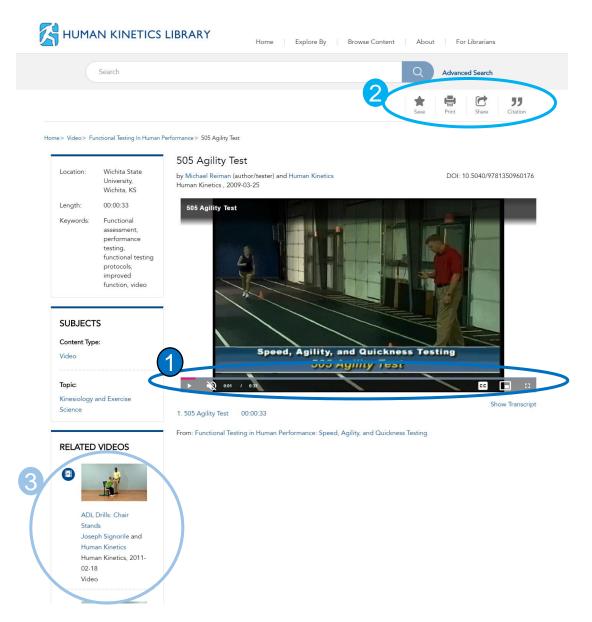
點選各章節名稱,及可閱讀該電子書章節資料

Navigating the Text on Human Kinetics Library



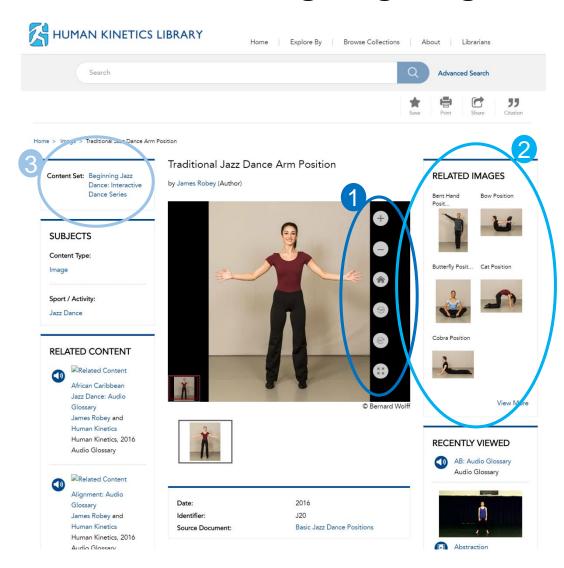
- 點擊各影片影片名稱即可觀看該影片 (ex:點擊 Pitching and Catching 即可觀看影片)
- 可透過Quick Links 點選想看的影片類別即可 觀看該類別所有影片

Navigating Videos on Human Kinetics Library



- 將滑鼠移動到影片上以調出用於控制影片的按 鈕。使用此欄可以播放/暫停、靜音、開啟字 幕以及全螢幕顯示
- 可收藏、下載、引用及列印
- ③ 會顯示相關的影片提供讀者參考

Navigating Images on Human Kinetics Library



- 1 可放大、縮小、旋轉或全螢幕顯示該照片
- 2 顯示與其相關的照片供使用者參考
- ③ 顯示此類別所有照片供使用者快速點擊觀看

Platform Highlights

- Access to market leading content including textbooks, supplementary monographs, and materials for practitioners
- User-friendly platform featuring an engaging, easy-to-navigate interface and sophisticated indexing and search tools, allowing for easy research and discoverability at the chapter level
- A bespoke taxonomy to allow the user to discover the most relevant content
- Highly visual content to create a rich and rewarding experience for instructors and students



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