

About Human Kinetics Library Platform

What's Included

- Human Kinetics Library Core Collection
- Human Kinetics Dance Technique
- Human Kinetics Health Care in Sport and Exercise
- Human Kinetics Physical and Health Education
- Human Kinetics Sports Skills
- Human Kinetics Strength and Conditioning

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HUMAN KINETICS LIBRARY  
STRENGTH AND CONDITIONING

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 86 ebooks and 393 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 (HIT) workout video for lower and upper body
- Instruction for sport-specific training including swimming, rugby, lacrosse, volleyball, martial arts, football, basketball, and more
- Strength training instruction for all ages
- Instructional support for strength training, core conditioning, balance training, and plyometrics

1 Browse Ebooks 2 Browse Videos 3 Download Title List 4 For Librarians

Ebook topics include:

- Anatomy for Conditioning
- Bodybuilding
- Endurance and Stamina
- Resistance Training
- Speed and Agility
- Sport-Specific Training Programs

# Search and Browse on Human Kinetics Library

- 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

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Search Human Kinetics Library Platform



[Advanced Search](#)

[Home](#) > [Human Kinetics Sports Skills Ebooks](#)

Human Kinetics Sports Skills Ebooks (86)

DOI: 10.5040/HumanKineticsSportsSkillsEbooks

Only show content I have access to

1



**Advanced Marathoning**

eBook

Pete Pfitzinger and Scott Douglas (Authors), 2020



**Archery**

eBook

(Editor), 2013



**The Archery Drill Book**

eBook

Steve Ruis and Mike Gerard (Authors), 2020

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

The screenshot displays the Human Kinetics Library website interface. At the top, there is a navigation bar with the logo and links for Home, Explore By, Browse Collections, About, and Librarians. Below this is a search bar with the text 'Search Human Kinetics Library Platform' and a magnifying glass icon. A blue circle with the number '2' highlights a set of icons: a star for 'Save', a printer for 'Print', a document for 'Share', and a quote for 'Citation'. Below the search bar, the page title 'Advanced Marathoning' is shown, along with the authors 'Pete Pfitzinger and Scott Douglas' and the publisher 'Human Kinetics, 2020'. A book cover image is visible. To the right, a 'RECENTLY VIEWED' section lists several items. Below the book information, there is a search box with the text 'Search within this book' and a 'Go' button, with a blue circle and the number '3' around it. Below the search box, there are two expandable sections: 'BOOK SUMMARY / ABSTRACT' and 'TABLE OF CONTENTS', both with blue circles and the number '1' around them. The 'TABLE OF CONTENTS' section is expanded, showing a list of chapters with page numbers. A blue circle with the number '4' highlights the first chapter, 'Front matter', and the first chapter, 'I. Training Components', which includes a list of sub-chapters: '1. Elements of Training', '2. Nutrition and Hydration', '3. Balancing Training and Recovery', '4. Supplementary Training', '5. The Older (and Wiser) Marathoner', '6. Tapering for Peak Marathon Performance', and '7. Race-Day Strategy'.

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

2 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

4 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

Access Provided by National Taiwan Sport University | Sign in to your personal account

**HUMAN KINETICS LIBRARY** Home | Explore By | Browse Collections | About | Librarians

Search Human Kinetics Library Platform  **Advanced Search**

Human Kinetics Sports Skills: Video  
Browse videos in the Human Kinetics Sports Skills Collection

**2** Quick Links  
Baseball Skills and Drills | Basketball Shooting | Basketball Skills and Drills | Complete Guide to Pitching | Complete Guide to Slowpitch Softball | Dan Gable's Advanced Wrestling | Dan Gable's Wrestling Essentials | Doubles Tennis Tactics | Duke Basketball Series | Laura Stamm's Power Skating | Morgan Wootton's Basketball X's and O's | Pete Newell's Playing Big | Sigi Schmid's Soccer Tactics | Softball Skills and Drills

Collapse All Sections

**1** Baseball Skills and Drills

Pitching and Catching video American Baseball Coaches Association (Video Creator) and Human Kinetics (Publisher), 2001	Hitting and Baserunning video American Baseball Coaches Association (Video Creator) and Human Kinetics (Publisher), 2001
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Basketball Shooting

3-25 Drill video Dave Hopla (Video Creator) and Human Kinetics (Publisher), 2011-08-22	Arms video Dave Hopla (Video Creator) and Human Kinetics (Publisher), 2011-08-22
Around-the-World Spinouts Drill video Dave Hopla (Video Creator) and Human Kinetics (Publisher), 2011-08-22	Balance Hand video Dave Hopla (Video Creator) and Human Kinetics (Publisher), 2011-08-22
Balance-Hand Form Shooting video	Bank Shot Form Shooting Drill video

**1** 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)

**2** 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

The screenshot displays the Human Kinetics Library website interface. At the top left is the logo and name 'HUMAN KINETICS LIBRARY'. Navigation links include 'Home', 'Explore By', 'Browse Content', 'About', and 'For Librarians'. A search bar is present with a magnifying glass icon and the text 'Advanced Search'. Below the search bar, a row of icons for 'Save', 'Print', 'Share', and 'Citation' is circled with a blue circle and the number '2'. The main content area shows a video titled '505 Agility Test' by Michael Reiman. The video player is circled with a blue circle and the number '1'. Below the video player, there is a 'Show Transcript' link. On the left side, there are sections for 'SUBJECTS' and 'RELATED VIDEOS'. The 'RELATED VIDEOS' section is circled with a blue circle and the number '3', showing a video titled 'ADL Drills: Chair Stands' by Joseph Signorile and Human Kinetics.

Home | Explore By | Browse Content | About | For Librarians

Search Advanced Search

2 Save Print Share Citation

Home > Video > Functional Testing In Human Performance > 505 Agility Test

505 Agility Test  
by Michael Reiman (author/tester) and Human Kinetics  
Human Kinetics , 2009-03-25  
DOI: 10.5040/9781350960176

Location: Wichita State University, Wichita, KS  
Length: 00:00:33  
Keywords: Functional assessment, performance testing, functional testing protocols, improved function, video

SUBJECTS  
Content Type: Video  
Topic: Kinesiology and Exercise Science

1

505 Agility Test  
Speed, Agility, and Quickness Testing  
505 Agility Test

1. 505 Agility Test 00:00:33 Show Transcript

From: Functional Testing in Human Performance: Speed, Agility, and Quickness Testing

RELATED VIDEOS

3

ADL Drills: Chair Stands  
Joseph Signorile and Human Kinetics  
Human Kinetics, 2011-02-18  
Video

1 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

2 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

The screenshot displays the Human Kinetics Library interface. At the top, there is a navigation bar with links for Home, Explore By, Browse Collections, About, and Librarians. Below this is a search bar with a search icon and the text 'Advanced Search'. A secondary navigation bar contains icons for Save, Print, Share, and Citation.

The main content area is titled 'Traditional Jazz Dance Arm Position' by James Robey (Author). The page is annotated with three numbered callouts:

- 1**: A vertical toolbar on the right side of the main image, containing icons for zoom in (+), zoom out (-), home, refresh, and full-screen modes.
- 2**: A 'RELATED IMAGES' section on the right, featuring a grid of thumbnail images for various dance positions: Bent Hand Posit..., Bow Position, Butterfly Posit..., Cat Position, and Cobra Position. A 'View More' link is located at the bottom right of this section.
- 3**: A 'Content Set' box on the left side of the page, containing the text: 'Beginning Jazz Dance: Interactive Dance Series'.

Additional elements on the page include a 'SUBJECTS' section with 'Image' and 'Jazz Dance', and a 'RELATED CONTENT' section with two audio glossary entries. A metadata table at the bottom provides details such as Date (2016), Identifier (J20), and Source Document (Basic Jazz Dance Positions).

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



**HUMAN KINETICS LIBRARY**

**HumanKineticsLibrary.com**