

LWW Health Library

Exercise Science and ACSM Certification Suite

Why LWW Health Library?

LWW Health Library: Exercise Science supports instructors and lifelong learners at every stage of their career. Content and quizzes cover nutrition, training techniques, rehabilitation therapies, and the principles and theories behind the science.

Supports students, instructors, and practitioners at any stage of their career.



LWW Health Library Exercise Science includes:

- 22 core textbooks for the student and practitioner (full list on reverse)
- Over 100 videos and audio files depicting common procedures and techniques
- More than 2,400 self-assessment questions for identifying areas where users need the most support
- Instructor PowerPoints, lab manuals, and worksheets to supplement comprehension
- Content updated regularly!
- Key titles: Exercise Physiology: Integrating Theory and Application; Exercise Physiology for Health, Fitness, and Performance; ACSM's Introduction to Exercise Science

A single portal to foundational and basic sciences resources, as well as rich multimedia tools for teaching, learning, and practice.

- **Highly-rated references:** Trusted, core texts from Lippincott Williams & Wilkins, making it a one-stop, digital portal for authoritative content paired with industry-leading functionality
- **Account personalization:** Save content to a 'My Health Library', access Health Library from any computer, and set up email alerts for when new content is added
- **Quizzing:** Create custom quizzes organized by topic, keep track of responses, and link to relevant content to help with remediation
- **Ovid MEDLINE widget:** Connects students to valuable primary literature with an exclusive search widget, which returns targeted results and article previews
- **Advanced semantic search:** View results displayed by title, chapter, topic, and/or type of resource
- **Responsive Design:** Browse content on your computer, tablet, or smartphone with ease
- **Self-directed learning:** Simple, intuitive navigation and individualized self-assessments give residents control over their progress and motivation to learn
- **Sharing:** Much content, including technical videos, can be shared with colleagues and classmates
- **Print/save a chapter:** Download chapters via pdf, for easy access to content when offline — for note-taking or to print
- **Multimedia ancillary content:** Access videos, images, Q & A, patient education handouts, and more

LWW Health Library: Exercise Science and ACSM Certification Suite

LWW is a pioneer in medical and health science information, and the book collection features the following field-leading texts:

- **Abell:** *Taping and Wrapping Made Simple*
- **Armiger:** *Stretching for Functional Flexibility*
- **Armstrong:** *ACSM's Research Methods*
- **Bayles:** *ACSM's Exercise Testing and Prescription*
- **Benardot:** *ACSM's Nutrition for Exercise Science*
- **Brody:** *Therapeutic Exercise: Moving Toward Function*
- **Chodzko-Zajko:** *ACSM's Exercise for Older Adults*
- **Draper:** *Therapeutic Modalities: The Art and Science*
- **Farrell:** *ACSM's Advanced Exercise Physiology*
- **Gabbard:** *Lifelong Motor Development*
- **Ives:** *Motor Behavior: Connecting Mind and Body for Optimal Performance*
- **Hamill:** *Biomechanical Basis of Human Movement*
- **Hurley:** *Research Methods: A Framework for Evidence-Based Clinical Practice*
- **Kraemer:** *Exercise Physiology: Integrating Theory and Application*
- **Liguori:** *ACSM's Health-Related Physical Fitness Assessment Manual*
- **Nigg:** *ACSM's Behavioral Aspects of Physical Activity and Exercise*
- **Pire:** *ACSM's Career and Business Guide for the Fitness Professional*
- **Plowman:** *Exercise Physiology for Health, Fitness and Performance*
- **Potteiger:** *ACSM's Introduction to Exercise Science*
- **Ratamess:** *ACSM's Foundations of Strength Training and Conditioning*
- **Thompson:** *ACSM's Clinical Exercise Physiology*
- **Williamson:** *Exercise for Special Populations*

Additional Features

- **Regular content updates** ensure users receive the most up-to-date reference material
- **Clean, user-friendly display** of book pages, including tables, images, and linked references
- **Multiple chapter views** including full chapter, figures only, or tables only
- **Links to related content** in other chapters and assets in the collection for quick access, driven by powerful semantic tagging
- **Subject lists** are displayed on textbook browse page for easy navigation, allowing users to filter by subject in search results
- **Images downloadable directly** into a PPT template

Who uses the LWW Health Library Exercise Science collection?

- **Students!** Access required readings and digital assets for class—easily navigate between materials and share with classmates and colleagues.
- **Instructors!** Create customized classroom materials and course packs and easily disseminate content to students.
- **Practitioners!** Use assessments and videos to prepare for working with patients and clients.

ACSM Certification Suite

This comprehensive selection of seven authoritative books offers targeted content chosen specifically to support the comprehension and preparation for taking the ACSM Certification examination.

- **ACSM's Health-Related Physical Fitness Assessment Manual, 5th Edition**
Gary Liguori
- **ACSM's Resources for the Personal Trainer, 5th Edition**
Rebecca A. Battista, Mindy Mayol, Trent Hargens, and Kenneth Lee Everett
- **ACSM's Resources for the Exercise Physiologist: A Practical Guide for the Health Fitness Professional, 2nd Edition**
Peter Magyari, Randi Lite, Marcus W. Kilpatrick, and James E. Schoffstall
- **ACSM's Certification Review, 5th Edition**
James R. Churilla, Andrew Bosak, Brittany Montes, and Paul Sorace
- **ACSM's Sports Medicine: A Comprehensive Review**
Francis G. O'Connor, Douglas J. Casa, Brian A. Davis, Patrick St. Pierre, Robert E. Sallis, and Robert P. Wilder
- **ACSM's Resources for the Group Exercise Instructor**
Grace DeSimone
- **ACSM's Exercise Testing and Prescription**
Madeline Paternostro Bayles and Ann M. Swank

Purchase the collections individually or in a cost-effective package!

REQUEST YOUR FREE TRIAL TODAY!

Contact your Lippincott Representative to learn more or email:

MedicalEducation@WoltersKluwer.com.