

ISBN: 978-1-4925-6283-2

Copyright © 2019, 2014 by © Human Kinetics, Inc.

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

The video contents of this product are licensed for educational public performance for viewing by a traditional (live) audience, via closed circuit television, or via computerized local area networks within a single building or geographically unified campus. To request a license to broadcast these contents to a wider audience—for example, throughout a school district or state, or on a television station—please contact your sales representative (www.HumanKinetics.com/SalesRepresentatives).

Senior Acquisitions Editor: Michelle Maloney

Senior Developmental Editor: Cynthia McEntire

Senior Managing Editor: Amy Stahl

Copyeditor: Karla Walsh

Visual Production Assistant: Amy M. Rose

Video Director: Gregg Henness

Camera Operator: Gregg Henness, Nathan Blaylock

Video Editor: Amy M. Rose

Models: Felipe Castañeda, Joshua Gordon, Julio Hernandez, Alyssa Jensen, Sean Madill,

Isabella Mathesius, Peter Mathesius, Amanda Noyce

Resource Builder: Susan Huls

Art Director: Sean Roosevelt

Programmer: Mike Williams

We thank the Exercise Physiology Laboratory at the University of New Mexico, Albuquerque, New Mexico, for assistance in providing the location for the video shoot.

If you need customer support for the *Advanced Fitness Assessment and Exercise Prescription Online Video, Eighth Edition*, please call 1-800-747-4457 Monday through Friday (excluding holidays) between 8 A.M. and 5 P.M. (CST). Or, email us at support@hkusa.com.

When you call or email, please provide

- contact information;
- platform and operating system information;
- specific information on what HK online product you are using;
- the type of question you have (i.e., a question about a program error or about how to use the program);
- the exact text of the error message received, where in the program the error was received, and any steps you may have already taken to fix the problem.

Human Kinetics

P.O. Box 5076
Champaign, IL 61825-5076
Website: www.HumanKinetics.com

In the United States, email info@hkusa.com or call 800-747-4457.

In Canada, email info@hkcanada.com.

In the United Kingdom/Europe, email hk@hkeurope.com.

For information about Human Kinetics' coverage in other areas of the world, please visit our website: **www.HumanKinetics.com**

E7255