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PRESIDENT'S MESSAGE

IFAPA Achieves Goals for 2013

Claire Boursier, IFAPA president, INS HEA, Paris, France



Claire Boursier

This New Year's message is a special one. First of all, if I look at last year's message, I can see that many goals and wishes have been achieved or started.

The 19th ISAPA July 19 to 23, 2013, was held at Yeditepe University in Istanbul. It was a

tremendous event and the best one for many participants. Congratulations to Dilara Ozer and her colleagues.

During ISAPA 2013 we welcomed **Marin Block** as president-elect, **Martin Mansell** as vice president, and **Shayke Hutzler** as the new APAQ editor.

IFAPA participated in major international events and projects in 2013:

The Designed to Move project (www.designed-tomove.org).

The 5th Conference of Ministers and Senior Officials Responsible for Physical Education and Sport (MINEPS V) in the

international working group 1: Access to Sport as a Fundamental Right for All. All proposals were signed by the ministers in the scope of the Berlin Declaration.

Jonathan Livingstone the Seagull (Richard Bach, 1970).

The UNESCO expert consultation on quality physical education: Linking Practitioners to Policy on June 28 at UNESCO headquarters.

The Global Coalition for an Active World launched by TAFISA and ICSSPE; the kick-off meeting was held October 24 in Enschede, Netherlands.

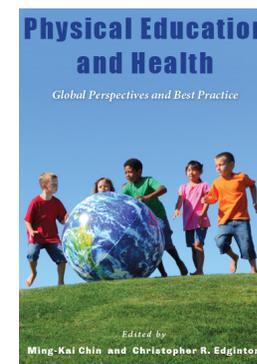
The 8th UNESCO Youth Forum October 28 to 31 at its headquarters on the theme Youth and Social Inclusion: Civic Engagement Dialogue and Skill Development.

The 8th FIEP European Congress August 29 to September 1 in Bratislava, Slovakia.

The ICSSPE board meeting in October at Tianjin University of Sport, China.

The endorsement of the book *Physical Education and Health: Global Perspectives and Best Practice* by Ming-Kai Chin

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IFAPA President's Message

and Christopher R. Edinton. Organized in 41 chapters, this book is authored by 109 educators, researchers, scholars, and professionals representing 67 universities, institutions, and schools and reflects the uniqueness of each country. A global perspective on health and physical education pedagogy is presented in the book.

I wish to express my warmest thanks to **Maria Dinold**, who represented IFAPA at the 8th FIEP European Congress and at the ICSSPE board meeting.

I also thank our student representative **Sean Healy** who, despite his PhD study, implemented a new Facebook page: International Federation of Adapted Physical Activity—Practical Tips. Feel free to join and contribute!

www.facebook.com/pages/International-Federation-of-Adapted-Physical-Activity-Practical-Tips/620179794681524?fref=ts



On January 14, 2014, I, on behalf of IFAPA, had the opportunity to take part in the Special Olympics new program providing inclusive APA programs for kids ages 2 to 7 and their families. Russian model **Natalia Vodianova**, **Marian Murphy**, and **Maureen Clarke** from SOEE joined this event and took part in the press conference.



“Objectives reached far beyond our expectations linked to the total and spontaneous participation of children with and without disabilities, the parents, and professionals. And because the mouth of kids comes the truth, let’s retain that of Noah (a young child without disability) who wondered at the end of the morning: ‘So what? Why kids with a disability didn’t come?’ In the eyes of the children, the handicap was neither existing nor visible. We can then consider that our mission is on the right tracks: “living together in an inclusive society.”



Marion and Fabrice, APA professionals who organized this event.

IFAPA needs to continue to play an active role with all our partners to promote active lifestyles in an inclusive society. I count on your full support and commitment.

The second reason why this New Year’s message is special is very personal. I dedicate these last words to my father. The year 2013 was punctuated with moments of encounters, projects, joys, hopes, sorrows, and many intense shared moments.

My father was much more than a dad. He was also my mentor. He taught me how to pursue my dreams and passions and trusted me. To reach them, he convinced me that encounters (sometimes unexpected) and exchanges are the components of their pursuit and achievement.

In the scope of APA and IFAPA, this has always been true. This comprises shared opportunities and moments with persons with disabilities, their families, professionals, and many colleagues and friends from all around the world.

I wish you a very positive and successful New Year with many projects to share and realize at personal and professional levels and new horizons to conquer!

INTERNATIONAL NEWS

The 2013 International Conference on Quality Physical Education, Sport for Better Life

By [Maria Dinold](#), IFAPA vice president, University of Vienna, Austria

(October 10-13, 2013), was held with the ICSSPE board meetings (President's Committee, Executive Board, Associations' Board, Editorial Board, and the International Committee of Sport Pedagogy, October 7 to 9, 2013) at the Tianjin Sports University in Tianjin, China. The conference was organized by ISCPES (International Society of Comparative Physical Education and Sport), ICSSPE (International Council for Sport Science and Physical Education), and the Science and Education Department of All-China Sports Federation.

Upon invitation of **Walter Ho**, president of ISCPES and vice president of ICSSPE, an open forum for quality physical education was included in the program. The representatives of the member associations of the International Committee of Sport Pedagogy (ICSP) and the working group of ICSSPE were invited to give an overview on the regional situation on the development of quality PE or benchmark issues. Representing IFAPA, **Maria Dinold** spoke about mastering challenges by diversity management in inclusive physical education. The conference topic of Sport for Better Life was addressed by honorable keynote speakers presenting their research, their fundamental opinions, and discussion contributions. Among them were **Margaret Talbot** (president of ICSSPE), **Darlene Kluka** (dean of Barry University, Miami, FL), **Anneliese**

Goslin (University of Pretoria, SA), **Walter Ho** (University of Macau), **Uwe Pühse** (director of the Institute of Exercise and Health Sciences, University of Basel, CH), **Qi Zheng** (president of Shanxi Normal University), and **Zhixue Jiang** (president of the science and education department of All-China Sports Federation). The conference was well organized and attended by many Chinese students.

The ICSSPE meetings (President's Committee, Editorial Board, ICSP, Associations' Board) discussed the future strategies of ICSSPE and how cooperation and improvement for sport and physical education in the global society could be enhanced. **Wolfgang Baumann** (TAFISA) spoke about the intention to form a Global Coalition for an Active World. He explained that this initiative



was not to be seen as a basis for a new organization but rather as a commitment of partnering organizations (so far almost 15, among them IFAPA!) to give physical activity for health more attention and explore the potential for cooperation with other coalition members. The first meeting that 13 organizations were agreed to attend was then held in Enschede, the Netherlands, October 25, 2013. Another topic was the discussion on follow-up measures of MINEPS V, where IFAPA had provided input in preparation and formulation of the Declaration of Berlin (<http://unesdoc.unesco.org/images/0022/002211/221114e.pdf>), especially in commission I: Access to Sport as a Fundamental Right for All. The Follow-Up Process of Moving from Policy Intent to Implementation had been started by UNESCO, and IFAPA was invited to play an active role in this. Other developments were raised in cooperation with WHO, IPC, and a recently approved idea of the ICSSPE president's committee of forming an ICSSPE working group on disabilities. ISDPA (**Eli Wolff**), IPC, and IFAPA, along with ICSSPE, were the first to be invited to participate.

ICSP Open Forum

We foresee that further cooperative work between IFAPA and ICSSPE/ICSP is intensified in 2014.

REGIONAL NEWS- ASIA

2013 Adapted Physical Activity & Education International Workshop in Hokkaido, Japan*

By Tomoyasu Okuda, Japanese Society for Adapted Physical Education and Exercise

* This article appeared in the ASAPE newsletter, 2013, Volume 23, Issue 1

The Adapted Physical Activity & Education International Workshop in Hokkaido was organized by the Japanese Society for Adapted Physical Education and Exercise (JASAPE) and was held August 23 to 26, 2013. A total of 40 people from Japan and overseas took part in the workshop.

On day 1 (August 24), a canoeing session took place at Chitose River using a tandem inflatable canoe ducky, which is easy for beginners. This canoe offers excellent stability, ensuring that children with disabilities can ride with confidence. While it started to rain during the session, Chitose River had absolute transparency, and all participants were able to enjoy their ride down the river in their ducky despite the unfortunate weather. That afternoon, participants visited A-Risada, a not-for-profit disability sport organization in Yubari, a city known for its melon production. An active discussion was held on how to reuse the closed junior high and elementary schools. I was impressed with the discussions and learned that Yubari is trying to develop the city so that all people (including those with disabilities) can enjoy outdoor activities in the natural environment that the city has to offer. I was also impressed

by the Yubari melon we all had at night, which was very juicy.

Panel discussions were held on day 2 (August 25). Participants discussed APA in the community, going well past the scheduled time. In the morning, the panelists were **Heaja Chun** (head of London Paralympic Korean players, Soon Chun Hyang University), **Saki Takakuwa** (Paralympic athlete, athletics 100-meter and 200-meter, Keio University), and **Hiroaki Taniguchi** (Vancouver Paralympics New Zealand national team alpine skiing coach, Hokkaido Bibai school for special needs). The panelists shared their experiences and reported the current status and issues in athletic training in each country. The afternoon session included several guests from the community reporting on the current status of support for their activities as well as how people with disabilities are benefiting from participating in community sports. Lively discussions between the panelists and participants took place.

On the final day (August 26), participants visited a special school, where they had an opportunity to see initiatives in working with children with disabilities. This international workshop concluded with great success, and I hope to see this workshop again next year as well as to see the continued development of adapted physical education and sports.



REGIONAL NEWS- EUROPE

The First International Sport Games for Children and Youth with Disability in Latvia

By [Aija Klavina](#), IFAPA European Representative, Chief of the Board Latvian Disabled Children and Youth Sport Federation

The Latvian Disabled Children and Youth Sport Federation, established in 1993, provides year-round recreational, competitive, and educational activities for youth with disabilities and sport and rehabilitation specialists. To celebrate the 20th anniversary of the federation, the 1st International Sport Games for Children and Youth with Disabilities were organized in Riga (capital city of Latvia) November 12 and 13, 2013. The program included competitions in three sports (swimming, athletics, and boccia) and the sport festival with more than 30 physical activities. Five teams including 53 participants from Lithuania and Estonia and about 60 young athletes from Latvia participated in the two-day competitions. Athletes were divided in two age groups (12 to 17 years and 18 to 25 years) in four classes: blind, visual impairments, physical disabilities, and intellectual impairments. The sport festival gathered about 380 participants aged 12 to 35 years. Most participants in athletics and swimming had visual impairment, while boccia athletes were students from special schools for children with physical disabilities in Latvia. More than 70 preservice sport and physical therapy students from the Latvian Academy of Sport Education contributed to the event as referees in sport disciplines and provided assistance during the sport festival. The practical experience was

a great asset for the course on adapted physical activity. Considering the short history of adapted physical activity in post-Soviet countries, the majority of the population with disabilities, including children, still has very limited access to physical education in schools and in municipality-based sport activities. The short survey done during the sport festival revealed that about 50% of participants spent less than 3 hours per week in organized physical activities, while 86% of them would like to be involved in physical activities more often. Therefore, in countries such as Latvia, it is essential to increase participation opportunities for children with disabilities.



Individual activities during the Sport Festival



REGIONAL NEWS- NORTH AMERICA

United States Department of Education Orders* Sports Access for Students with Disabilities

By Terri Lakowski, Inclusive Fitness Coalition, United States

* This article appeared in the journal *Palaestra*, 2013, Volume 27, issue 2.

On January 24, 2013, the Office for Civil Rights issued a "Dear Colleague" letter clarifying the obligation of schools under the Rehabilitation Act of 1973 to provide extracurricular athletic opportunities for students with disabilities. The guidance letter creates a road map for how schools can integrate students with disabilities into mainstream athletic programs and create adapted programs for students with disabilities. The guidance is a landmark moment for people with disabilities because it sends a message to educational institutions that students with disabilities must be provided opportunities for physical activity and sports equal to those afforded to students without disabilities.

The Guidance

The 2013 Dear Colleague letter calls for a holistic approach from schools seeking to comply with the Rehabilitation Act and ensures that schools look broadly and proactively to include students with disabilities in athletic programs in order to satisfy their civil rights obligations to provide equal educational opportunities. The policies apply to

all levels of education, including both interscholastic and intercollegiate athletic opportunities. This means that any educational institution that receives federal funding must adhere to these rules, from elementary schools to colleges and universities. Specifically, this guidance clarifies the responsibility of schools under Section 504 of the Rehabilitation Act to provide athletic opportunities for students with disabilities. It clarifies when and how schools must include students with disabilities in mainstream athletic programs, defines equal treatment of student-athletes with disabilities, and provides a road map for schools to create adapted programs for students with disabilities. Regarding the provision of equal opportunities, the guidance clarifies that schools, in order to provide equal opportunities, can and should provide reasonable accommodation for students with disabilities. Although reasonable accommodations has often been cited by critics of the measure as federal overreach, it means that schools need to use common sense to provide modifications that allow students with disabilities to participate without giving them a competitive advantage or changing the fundamental nature of the sport.

The guidance also acknowledges that there are some sports in which athletes with disabilities cannot be incorporated without changing

the fundamental nature of the sports, such as wheelchair basketball. In cases such as these, school districts need to offer students with disabilities adapted opportunities for athletic activities, such as creating a wheelchair basketball team or power soccer team. Critics of the guidance have voiced concerns about how this will affect existing school sport programs. The reasonable accommodations clause requires schools to conduct an individualized assessment of a student who is requesting to participate. A major part of the guidance gives examples of what this might look like, including the possibility of creating new sports such as wheelchair basketball or power soccer. We have also heard concerns regarding costs from school administrations.

Fantastic models have been working for years in terms of creating sport opportunities for students with disabilities. The American Association for Adaptive Sports Programs has been working alongside the Georgia High School Athletic Association for years, running comprehensive adaptive programs for students with disabilities throughout Georgia. They have used economical methods such as coop programs with multiple school districts to create one team for students with disabilities. Enough organizations have proved it is affordable and something that can be easily implemented with effort and coordination while

Continued from page 6

Regional News- North America

providing an immeasurable amount of self-worth to student-athletes with disabilities. That being said, under the guidance, schools are required to look beyond generalizations of what students with disabilities are capable of to determine their participation in sport programs. Additionally, schools must create a grievance process to quickly resolve a student's complaint when he or she is denied access to participation on the basis of disability.

What is important to remember is that this Dear Colleague letter is not a new mandate but a clarification of and guidance for the existing regulations and statute under the Rehabilitation Act of 1973. The Rehabilitation Act protects the rights of students with disabilities in schools, and it includes a provision that requires equal opportunity for participation in extracurricular activities. Not all schools have always met that obligation.

The Impact

The benefits of athletic programs are equally important for students with disabilities as they are for students without disabilities. Sports are an effective intervention for addressing the obesity epidemic that is especially problematic for people with disabilities. Also, it has been shown that individuals with disabilities who participate in sports have higher self-esteem, better body image, and higher rates of academic success; are more confident and more likely to graduate from high school and matriculate in

college; and have greater career success and more options than those who do not participate in sports. Despite these benefits, people with disabilities are not getting the same amount of physical activity and athletic opportunities as those without disabilities. In fact, studies have indicated that 56% of people with disabilities do not engage in any physical activity, compared to 36% of people without disabilities, and only 23% of people with disabilities are active for 30 minutes three or more times per week. Additionally, there are 1.5 million 1st- through 12th-graders with physical impairments who are not included in athletic competitions. Although individuals with disabilities have made significant gains since the passage of the Rehabilitation Act of 1973, students with disabilities are still facing pervasive inequities in physical activity programs and sport programs, particularly in educational institutions. Comprehensive change is needed to address the systemic exclusion and discrimination that students with disabilities face in terms of physical activity opportunities and resources for sport participation, and this guidance from the Department of Education is certainly a step in the right direction. The Office for Civil Rights' leadership and action will pave the way for students with disabilities in sports the same way that Title IX has done for women. As we look back on the sweeping ramifications of Title IX on its 40th anniversary last year, we are reminded of young girls hoping to play on

their local Little League team and high school girls losing out on college scholarships in favor of their male counterparts. Although even today Title IX faces new challenges, it has for the better transformed the way we view female athletics. The progress is felt in real numbers in terms of female participation in sports and across all areas of educational opportunities. I have full faith that 40 years from now, we will see the same vast expansion of opportunities for students with disabilities in athletics as we have for women and girls in Title IX.

New NAFAPA Mailing List

If you are interested in receiving updates related to NAFAPA, send an e-mail to nafapaboard@gmail.com requesting that you be added to the mailing list. This mailing list is maintained by the NAFAPA board and will be used only for NAFAPA-related information, specifically around the conferences.

Note: If you have received e-mails from NAFAPA in the past, your e-mail address has already been added to this new list. If you are new to NAFAPA and would like to be added to the mailing list, please do so by e-mailing the new address.

North American Federation of Adapted Physical Activity 2014 Symposium

“Generating New Scientific Knowledge in Adapted Physical Activity to Benefit Individuals with Disabilities”

Save the Date and Call for Abstracts

When: October 16-18, 2014

Where: University of Michigan, Ann Arbor MI



The North American Federation of Adapted Physical Activity (NAFAPA) is the North American branch of the International Federation of Adapted Physical Activity (IFAPA). It is an international organization dedicated to the promotion, dissemination and practical application of results and findings in the field of physical activity for the benefit of populations with disabilities and/or special needs. NAFAPA has a coordinating function with international, national and regional organizations, both governmental and non-governmental, which are concerned with the scientific aspects of adapted physical activity, physical education, rehabilitation therapy, recreation, sport and leisure activities for persons with disabilities or special needs.

The 2014 NAFAPA symposium will be held in Ann Arbor, Michigan at the Michigan Union on the campus of the University of Michigan. We are currently announcing the **Call for Abstracts** for research presentations and building sessions. Graduate students are encouraged to submit abstracts for the Greg Reid Outstanding Student Poster award and unpublished papers for the Patricia Austin Graduate Student Award. For the call for abstracts instructions, please visit:

<https://sites.google.com/site/nafapaorg/conference/call-for-abstracts>

Important Dates:

Abstract Submission Opens: **February 1, 2014**

Abstract Submission Deadline: **June 1, 2014**

Abstract Notification: **July 1, 2014**

Deadline to Apply for the Patricia Austin Graduate Student Award: **June 1, 2014**

Early Bird Registration Ends: **September 7, 2014**

Online Registration Ends: **October 10, 2014**

Conference Begins: **Thursday, October 16, 2014 at 5:00pm**

For more information on the 2014 NAFAPA symposium, please inquire at:

Website: www.nafapa.org

Email: kines-nafapa@umich.edu

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Calendar of Events for 2014 and Beyond

Please submit calendar information to editor at least three months before the date of the event.

2014

6th Exercise & Sports Science Australia Conference and Sports Dietitians Australia Update
April 10-12, 2014, Adelaide, South Australia
Translating Research to Practice
www.essa.org.au/2014conference

16th European Society of Sports Traumatology Knee Surgery and Arthroscopy (ESSKA) Congress
May 14-17, 2014, Amsterdam, Netherlands
www.esska-congress.org/esska2014/index.php
Contact esska@intercongress.de

61st Annual Meeting of the American College of Sports Medicine (ACSM) and 5th World Congress on Exercise is Medicine
May 27-31, 2014, Orlando, Florida, USA
www.acsmannualmeeting.org

6th IWG World Conference on Women and Sport
June 12-15, 2014, Helsinki, Finland
Lead the Change, Be the Change
www.iwg-gti.org/2014-world-conference

2nd International Conference and Exhibition on Physical Medicine & Rehabilitation
June 23-25, 2014, New Orleans, USA
Facing the Future of Health and Rehab Solution
Contact physicalmedicine2014@omicsonline.net

19th Annual Congress of the European College of Sport Science (ECSS)
July 2-5, 2014, Amsterdam, Netherlands
www.ecss-congress.eu/2014

13th Asian Society of Adapted Physical Education and Exercise (ASAPE) Symposium
August 1-3, 2014, Fuzhou, Fujian Province, People's Republic of China
www.fjnutky.cn/asape2014/index.html

European Congress of Adapted Physical Activity (EUCAPA)
September 29-October 2, 2014, Madrid, Spain
Inclusion into Action: Applications from Research
www.eucapa2014.eu
Contact info@eucapa2014.eu

North American Federation of Adapted Physical Activity (NAFAPA) 2014 Symposium
October 16-18, 2014, Ann Arbor, Michigan
Generating New Scientific Knowledge in Adapted Physical Activity to Benefit Individuals with Disabilities
www.sites.google.com/site/nafapaorg/conference

2015

International Conference on Sports Science
May 27-28, 2015, Montreal, Canada
www.waset.org/conference/2015/05/montreal/ICSS

International Symposium of Adapted Physical (ISAPA)
June 11-15, 2015, Netanya, Israel
www.isapa2015.wincol.ac.il

20th Annual Congress of the European College of Sport Science
June 24-27, 2015, Malmö, Sweden
Sustainable Sport , www.ecss-congress.eu/2015/15

International Conference on Sport Medicine and Sport Science
June 25-26, 2015, Paris, France
www.waset.org/conference/2015/06/paris/ICSMSS

14th European Congress of Sport Psychology
July 14-19, 2015, Bern, Switzerland
Sport Psychology: Theories and Applications for Performance, Health and Humanity
www.fepsac2015.ch

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