

PROFESSIONALS HANDBOOK

By Dr. Telly Kamelia

Key Decision Summary

- **Edition Fit:** ISBN 9781718217829 matches the eighth edition of *Fitness Professional's Handbook*.
- **Best Ownership Value:** The current print listing is lower than the sampled print comparators and well below common program-linked list prices.
- **Bundle Check:** Confirm whether your course actually requires HKPropel access before paying for a more expensive bundled path.
- **Professional Reuse:** Print makes strong sense when screening, testing, exercise prescription, and coaching skills will continue beyond one term.
- **Price Snapshot Date:** April 15, 2026

If you only need the buying answer

The current print listing at **\$75.98** is already below the sampled Walmart price of **\$92.31** and well below the **\$109.00** list price that appears on multiple training-program pages tied to this ISBN. That makes print the strongest straightforward value here unless your course explicitly requires HKPropel access.

Store	Format	Condition	Price	Link
Merybook	Print	New	\$75.98	Check listing
Walmart	Print	New	\$92.31	Check price
Program-linked list price	Print	List	\$109.00	Check reference

This book behaves more like a professional handbook than like a disposable class

reader. That changes the buying logic. If a student is on a pathway toward certification, coaching, or exercise prescription, the book can keep returning as a screening and programming reference long after the course itself is done.

What this book actually teaches

Fitness Professional's Handbook is built around practical fitness work: screening, testing, exercise prescription, program design, safety, and coaching-related judgment. Its value is not only informational. It is procedural. Readers use it to remember what to do, what to check, and how to think through a client's exercise plan in a structured way.

That is why ownership makes unusually strong sense here. Handbooks are most useful when they stay on the shelf and keep getting reopened. The only real caveat is bundled platform dependency: if your course needs HKPropel for grading, you need to confirm that before assuming print alone is sufficient.

When print is worth keeping

Unless a required digital platform changes the equation, the current print listing is the strongest value route here. The price is already lower than the sampled alternatives, and the book's professional-reference role gives ownership real long-term value.

Sources checked

- Human Kinetics product page for *Fitness Professional's Handbook*, 8th edition: [humankinetics.com](https://www.humankinetics.com)
- Current market pricing reviewed on April 15, 2026.