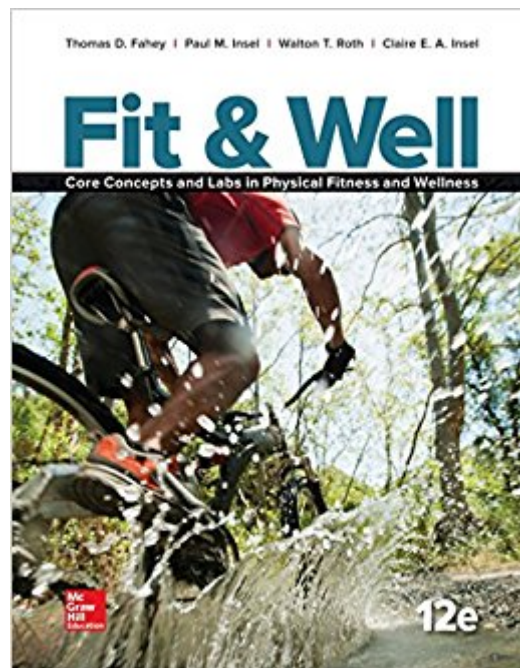




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Fit & Well: Core Concepts And Labs In Physical Fitness And Wellness, Loose Leaf Edition



Synopsis

Fit & Well gives students the knowledge and skills they need to make meaningful and lasting behavior change. The new edition combines proven science-based content and digital teaching and learning tools to help students improve their activity, eating, and stress management habits.

Fit & Well motivates students through science - Fit & Well provides accurate, reliable, current information on key health and fitness topics while also addressing issues related to mind-body health, research, diversity, gender, and consumer health. Fit & Well's authoritative, science-based information is written by experts who work and teach in the field of exercise science, physical education, and health education. Fit & Well motivates students through personal engagement - The Fit & Well learning system uses the digital tools that have become an integral part of student's college experience. Fit & Well builds research, critical thinking, and behavior change skills through engaging self-assessments, video activities, sample programs, and tools and tips for making positive changes. Fit & Well motivates students through Connect - Tied to core student learning outcomes and objectives, Connect provides a highly interactive learning environment designed to help students connect to the resources they need to achieve success in the course.

Book Information

Loose Leaf: 512 pages

Publisher: McGraw-Hill Education; 12 edition (January 15, 2016)

Language: English

ISBN-10: 1259406822

ISBN-13: 978-1259406829

Product Dimensions: 8.4 x 0.8 x 10.9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 74 customer reviews

Best Sellers Rank: #10,571 in Books (See Top 100 in Books) #114 in Books > Health, Fitness & Dieting > Exercise & Fitness #3623 in Books > Textbooks

Customer Reviews

Thomas D. Fahey, Ed.D., is professor of Kinesiology at California State University, Chico, where he teaches Exercise Physiology and Principles of Strength and Conditioning . He also volunteers as an assistant coach with the track and field team. He received his doctorate from the University of California, Berkeley. Dr. Fahey has written college textbooks and trade books on exercise

physiology, wellness, athletic training, weight training, personal training, golf, and ergogenic aids. He has also written hundreds of articles for scholarly journals and popular magazines. He is a contributing editor and writes monthly research columns for Muscular Development, Fitness RX for Women and Fitness RX for Men magazines. His interests include travel, skiing, golf, tennis, weight training, hiking, and discus throwing. Dr. Fahey is a world-class masters discus thrower and was an All-American discus thrower in college. He won eleven straight US National Masters Championships, five medals at the World Masters Championships (including world champion in 2003), and three gold medals in the World Masters Games. He is a former competitor in powerlifting, highland games, alpine skiing, and tennis. Walton T. Roth, M.D., is Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, and Chief of the Psychiatric Consultation Service at the VA Palo Alto Health Care System. He is author of over 150 research articles about how the body reacts to stress and psychological disorders. His clinical specialties are the treatment of anxiety disorders and psychiatric consultation in the general hospital. Paul Insel, PhD is Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has been the principal investigator of numerous NIH studies involving health education, mental health, blood pressure, cardiovascular disease and nutrition. He has authored 14 books and more than 100 articles.

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