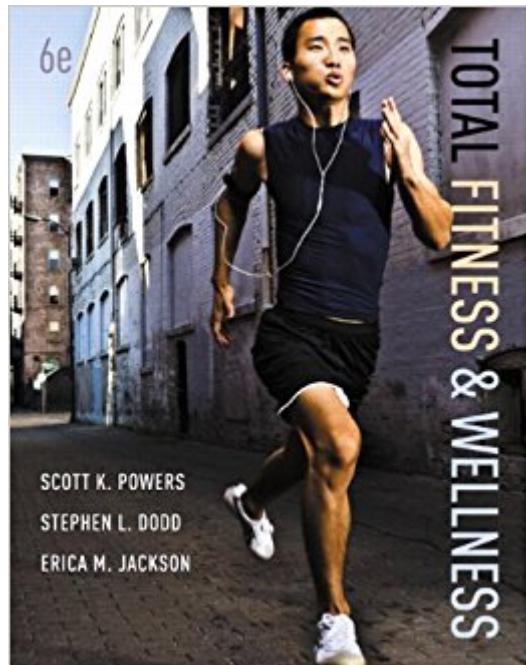


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Total Fitness & Wellness (6th Edition)



Synopsis

Total Fitness and Wellness gives you a solid foundation in fitness & lifetime wellness, while teaching and coaching you how to make healthy behavioral changes and lifestyle choices. Â The new edition combines the latest research and statistics in exercise science while coaching you through the best way to put better fitness into action. Unique to Total Fitness and Wellness, a new chapter on planning Fitness & Wellness programs (Chapter 7) guides you on building your complete programs for enhanced fitness & wellness. Furthermore, the coaching features and revised sample programs throughout the text offer you easy-to-follow, strategic guides to reaching all your fitness & wellness goals. QR codes in the book link to actual exercise videos, so you can quickly and easily see proper form and technique videos prior to your own workouts. Â For a focused presentation on fitness, the Brief Edition consists of Chapters 1â "11 from the big book so students receive the basics on fitness, nutrition, cardiovascular disease, and stress management. Note: If you are purchasing the standalone text or electronic version, MasteringHealth does not come automatically packaged with the text. To purchase MasteringHealth please visit www.masteringhealthandnutrition.com or you can purchase a package of the physical text + MasteringHealth by searching for 032198272X/ 9780321982728.Â MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor. Â

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Customer Reviews

Scott Powers holds the title of distinguished professor, and is also director of the Center for Exercise Science at the University of Florida. He has been teaching for over 20 years, and was named Teacher of the Year at UF in 1992. Scott served as president of the Southeastern Chapter of the

American College of Sports Medicine in 1986, and is the co-author of another textbook, Exercise Physiology: Theory and Application to Fitness and Performance, Eighth Edition, published by McGraw-Hill. As a member of the Gatorade Sports Science Institute (GSSI) Sports Medicine Review Board and the editorial board for the Journal of Applied Physiology, Medicine and Science in Sports and Exercise, the International Journal of Sports Medicine, and the International Journal of Sport Nutrition and Exercise Metabolism, he is a well-known and highly respected individual in the field of exercise physiology. Stephen Dodd is a professor in the Department of Applied Physiology and Kinesiology at the University of Florida. He has been teaching for more than 20 years, and has won numerous awards, including the Teacher of the Year award in 1997. He has won the annual "Instructional Resources Grant" from UF every year since 1991, allowing him to make innovations in use of multimedia in his classroom. He has held numerous chairs in committees at UF. Erica Jackson is an assistant professor in the Department of Public & Allied Health Sciences at Delaware State University. Erica teaches the fitness and wellness course, in addition to exercise psychology and kinesiology research. Erica is young, energetic, and in touch with her students. She brings both her expertise and first-hand knowledge of the challenges fitness and wellness instructors face in the classroom to the text book.

I couldn't believe it. I'm working in my class and guess what? I'm missing like nine pages that were torn out from this book. Unbelievable. I thought that I could save my money renting from but it turned out to be a complete mistake. I won't do it again after this. I ended up having to buy an emergency kindle edition for \$67.00 to save my hide so I could do my assignments on time. I'm disgusted. Thanks for checking the quality of the product before renting it out to people!

The condition of the book was okay, the first page that seem to be like and ad or something fell off the minute I opened the book, it has been usefull for my health and fitness class, but the condition of the book was okay, not very good nor perfect, just okay. And the option to manage the return of it (because I rented it) is not available, I don't know why, I rented other book as well, and this other book I can manage things in my account. I wonder how do they expect me to understand the returning of the book, I have never done that and it doesn't seem to be clear about it.

This book is amazing and reliable. I bought it el-cheapo for an online phys ed. credit and wow!--the information it contains was *precisely* what I needed to get an "A"!! Mostly I used the index, which lists things in alphabetical order according to subject. So, if a test question wanted to know about,

say, hypokinetic disease, I just went to the "h" section of the index (middle back), and after some distracted browsing, sure enough there it was! And hey presto--a page number was provided that directed me to the information I wanted. Who ever thought of an index? What an idea! Thanks index creator person!!

great

Even though some infos are missing it did help me pass my midterm

Half of the labs in my textbook were torn out! This is so frustrating I am unable to do my homework!

exactly the book I needed for college and was a much more appropriate price then the college bookstore.I saved quite a bit ordering it through so thanks.was in perfect condition and came with the fitness lab access card which was required for class.Was quick shipping as well.thanks

Great book! Learned a lot will keep for reference.

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