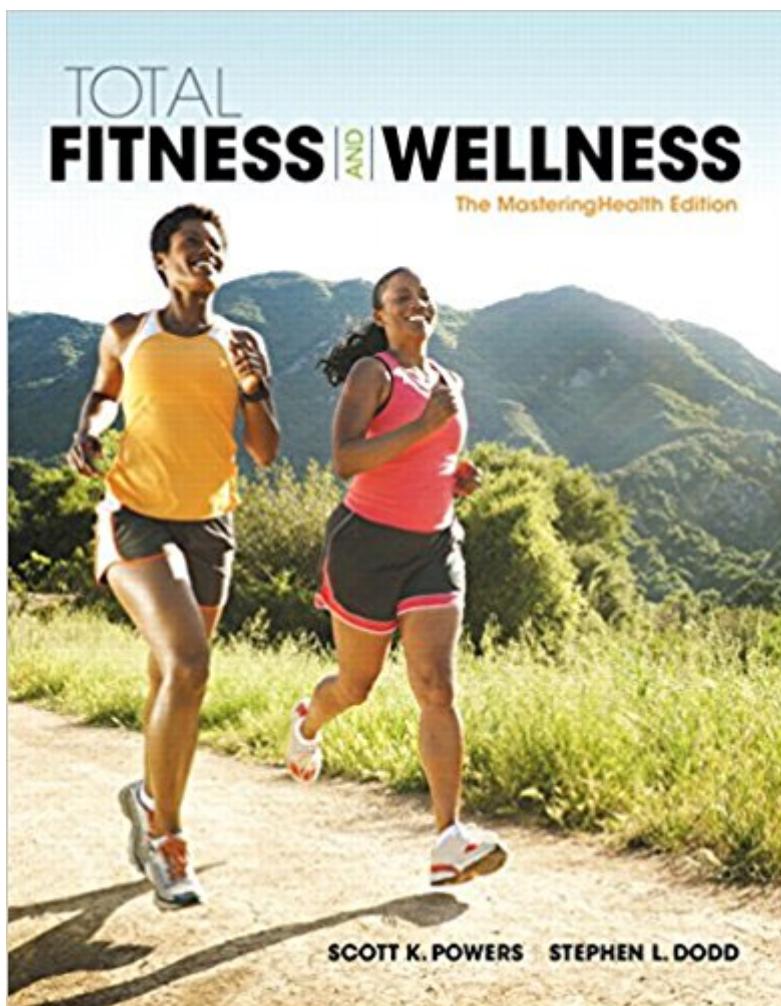


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# Total Fitness & Wellness, The MasteringHealth Edition (7th Edition)



## Synopsis

For Health and Fitness courses. Provide your students with interactive tools to succeed in fitness and wellness. Total Fitness and Wellness gives students a solid foundation in fitness and wellness, while providing them with the tools they need to make healthy behavioral changes and lifestyle choices. The vibrant design makes the book more approachable through modern chapter-opening photos, graphs, and detailed exercise photos. The Seventh Edition provides a clear learning path, labs that can be completed and submitted online, and a thoroughly revised guide to creating a comprehensive fitness and wellness plan, ensuring students and instructors have the print and online tools they need to succeed. To take advantage of the power of Mastering, every chapter of the text includes numbered Learning Outcomes and a new study plan that ties directly into MasteringHealth activities. Also available with MasteringHealth™. This title is also available with MasteringHealth™ -- an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials provide individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand, and retain even the most difficult concepts.

NOTE: This is the standalone book if you want the book/access card order the ISBN below; 0134153154 / 9780134153155 Total Fitness & Wellness Plus MasteringHealth with eText--Access Card Package. Package consists of: 0134167600 / 9780134167602 Total Fitness & Wellness, The MasteringHealth Edition 0134256360 / 9780134256368 MasteringHealth with Pearson eText -- ValuePack Access Card -- for Total Fitness & Wellness, The MasteringHealth Edition

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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, 6th 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 the Chair of 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.

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