



Total Fitness and Wellness, Brief Edition (4th Edition)

By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

[Download now](#)

[Read Online](#) 

Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

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.

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.

For a focused presentation on fitness, the Brief Edition consists of Chapters 1—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. MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor.

 [Download Total Fitness and Wellness, Brief Edition \(4th Edi ...pdf](#)

 [Read Online Total Fitness and Wellness, Brief Edition \(4th E ...pdf](#)

Total Fitness and Wellness, Brief Edition (4th Edition)

By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

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.

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.

For a focused presentation on fitness, the Brief Edition consists of Chapters 1—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. MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor.

Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson Bibliography

- Sales Rank: #502072 in Books
- Published on: 2013-01-20
- Original language: English
- Number of items: 1
- Dimensions: 10.70" h x .50" w x 8.40" l, 1.70 pounds
- Binding: Paperback
- 408 pages

 [Download Total Fitness and Wellness, Brief Edition \(4th Edi ...pdf](#)

 [Read Online Total Fitness and Wellness, Brief Edition \(4th E ...pdf](#)

Download and Read Free Online Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

Editorial Review

About the Author

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.

Users Review

From reader reviews:

Joshua Ricker:

The feeling that you get from *Total Fitness and Wellness, Brief Edition (4th Edition)* is the more deep you excavating the information that hide within the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to be aware of but *Total Fitness and Wellness, Brief Edition (4th Edition)* giving you excitement feeling of reading. The writer conveys their point in a number of way that can be understood by anyone who read the item because the author of this guide is well-known enough. This specific book also makes your current vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this particular *Total Fitness and Wellness, Brief Edition (4th Edition)* instantly.

John King:

Your reading sixth sense will not betray anyone, why because this *Total Fitness and Wellness, Brief Edition (4th Edition)* book written by well-known writer who knows well how to make book which might be understand by anyone who read the book. Written throughout good manner for you, dripping every ideas and

writing skill only for eliminate your personal hunger then you still uncertainty Total Fitness and Wellness, Brief Edition (4th Edition) as good book not just by the cover but also by the content. This is one e-book that can break don't judge book by its handle, so do you still needing one more sixth sense to pick this!? Oh come on your examining sixth sense already told you so why you have to listening to one more sixth sense.

David Wood:

The book untitled Total Fitness and Wellness, Brief Edition (4th Edition) contain a lot of information on the idea. The writer explains your girlfriend idea with easy means. The language is very simple to implement all the people, so do certainly not worry, you can easy to read it. The book was published by famous author. The author provides you in the new era of literary works. It is possible to read this book because you can read more your smart phone, or model, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and order it. Have a nice study.

Danny Johnson:

On this era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple method to have that. What you need to do is just spending your time very little but quite enough to experience a look at some books. Among the books in the top checklist in your reading list is usually Total Fitness and Wellness, Brief Edition (4th Edition). This book which can be qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking up and review this book you can get many advantages.

Download and Read Online Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson #FRECLWDT0MB

Read Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson for online ebook

Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson books to read online.

Online Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson ebook PDF download

Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson Doc

Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson MobiPocket

Total Fitness and Wellness, Brief Edition (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson EPub