



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

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

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

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## **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:**

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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.

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**David Wood:**

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**Danny Johnson:**

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