



Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition)

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

[Download now](#)

[Read Online](#) 

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you **select the correct ISBN**. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, **you may need a CourseID**, provided by your instructor, to register for and use Pearson's MyLab & Mastering products.

Packages

Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase.

Used or rental books

If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code.

Access codes

Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase.

--

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.

0321886852 / 9780321886859 Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package
Package consists of
0321883667 / 9780321883667 Total Fitness and Wellness, Brief Edition
0321885600 / 9780321885609 NEW MyFitnessLab with Pearson eText -- ValuePack Access Card -- for Total Fitness & Wellness

 [Download Total Fitness and Wellness, Brief Edition Plus MyF ...pdf](#)

 [Read Online Total Fitness and Wellness, Brief Edition Plus M ...pdf](#)

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition)

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

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you **select the correct ISBN**. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, **you may need a CourseID**, provided by your instructor, to register for and use Pearson's MyLab & Mastering products.

Packages

Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase.

Used or rental books

If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code.

Access codes

Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase.

--

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.

0321886852 / 9780321886859 Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package

Package consists of

0321883667 / 9780321883667 Total Fitness and Wellness, Brief Edition

0321885600 / 9780321885609 NEW MyFitnessLab with Pearson eText -- ValuePack Access Card -- for Total Fitness & Wellness

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson Bibliography

- Sales Rank: #1517610 in Books
- Brand: Brand: Benjamin Cummings
- Published on: 2013-01-25
- Original language: English
- Number of items: 1
- Dimensions: 10.80" h x .60" w x 8.40" l, 1.80 pounds
- Binding: Paperback
- 408 pages



[Download Total Fitness and Wellness, Brief Edition Plus MyF ...pdf](#)



[Read Online Total Fitness and Wellness, Brief Edition Plus M ...pdf](#)

Download and Read Free Online Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (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:

Betty Benner:

This Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) are usually reliable for you who want to certainly be a successful person, why. The reason why of this Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) can be one of many great books you must have is giving you more than just simple examining food but feed a person with information that might be will shock your earlier knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions both in e-book and printed versions. Beside that this Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) giving you an enormous of experience such as rich vocabulary, giving you test of critical thinking that we all know it useful in your day action. So , let's have it and luxuriate in reading.

Ruth Lynch:

This book untitled Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) to be one of several books this best seller in this year, this is because when you read

this e-book you can get a lot of benefit into it. You will easily to buy this kind of book in the book store or you can order it by means of online. The publisher of the book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Cell phone. So there is no reason to you to past this guide from your list.

Christopher Pruett:

Reading can called head hangout, why? Because if you find yourself reading a book specially book entitled Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) your thoughts will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a book then become one type conclusion and explanation this maybe you never get ahead of. The Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) giving you an additional experience more than blown away your thoughts but also giving you useful details for your better life within this era. So now let us explain to you the relaxing pattern is your body and mind are going to be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Nicolas Dandrea:

In this particular era which is the greater particular person or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple way to have that. What you must do is just spending your time almost no but quite enough to possess a look at some books. One of many books in the top collection in your reading list will be Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition). This book that is certainly qualified as The Hungry Hillsides can get you closer in becoming precious person. By looking upward and review this reserve you can get many advantages.

Download and Read Online Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson #6X82NVWE5ZY

Read Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson for online ebook

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (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 Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson books to read online.

Online Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson ebook PDF download

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson Doc

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson Mobipocket

Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson EPub

6X82NVWE5ZY: Total Fitness and Wellness, Brief Edition Plus MyFitnessLab with eText -- Access Card Package (4th Edition) By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson