

FIT & WELL

TENTH EDITION



Core Concepts and Labs in
Physical Fitness and Wellness

THOMAS D. FAHEY | PAUL M. INSEL | WALTON T. ROTH

Northeast Community College

Fit And Well 10th Edition Fahey

Thomas Fahey



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Fit Well gives students the knowledge and skills they need to make meaningful and lasting behavior change. The new edition combines proven science-based content and digital teaching and learning tools with the exciting introduction of liveWell, an innovative online multi-media program designed to help college students improve their exercise, eating, and stress management habits. Fit Well motivates students through science. Fit Well's respected text, which is available both in print and as an integrated multimedia eBook, provides the information students need to start their journey to fitness and wellness. Fit Well's authoritative science-based information is written by experts who work and teach in the field of exercise science, physical education, and health education. Fit Well provides accurate, reliable, current information on key health and fitness topics while also addressing issues related to mind/body health, research, diversity, gender, and consumer health. Fit Well motivates students through personal engagement. The Fit Well learning system uses the online technologies and multimedia tools that have become an integral part of student's college experience. Fit Well's engaging online tools enable students to personalize their learning and develop fitness programs and lifetime wellness plans. Hands-on activities include self-assessments and fitness labs, video on timely health topics such as tattooing and tanning beds, exercise demonstrations, videos, a daily fitness and nutrition log, sample programs, and a wealth of behavior change tools and tips. Fit Well builds research skills, critical thinking skills, and behavior change skills. Fit Well motivates students through Connect and LearnSmart. Tied to core student learning outcomes and objectives, Connect Fit Well is a web-based assignment and assessment platform that promotes active learning and provides tools that enable instructors to teach the course more efficiently and effectively. An integrated multimedia eBook, the unparalleled LearnSmart adaptive assessment program, and a wealth of other online activities, assessments, and behavior change tools engage students using technologies that most students use on a daily basis. Using Connect, instructors can easily assign pre-loaded activities, create and edit assignments, produce video lectures, upload their own articles or videos, cascade assignments, and produce reports for one or many course sections. Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need when they need it and how they need it, so that your class time is more engaging and effective. **FIT AND WELL BRIEF EDITION** THOMAS. FAHEY, 2016 **FIT AND WELL** THOMAS. FAHEY, 2016

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on stress management offers an overview of the effects of stress on health symptoms to watch for and relaxation techniques The book concludes with an appendix of the EuropeActive EQF level 3 standards for reference Aspiring and qualified fitness instructors have a duty of care to keep up with the latest health and fitness standards EuropeActive s Essentials for Fitness Instructors ensures instructors are properly serving their industry and their clients For those who promote physical activity and healthier lifestyles there is no other title with more authority in Europe **Fit & Well Brief Edition: Core Concepts and Labs in Physical Fitness and Wellness Loose Leaf Edition with Connect Access Card** Thomas D.

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