

Janet L. Hopson · Rebecca J. Donatelle · Tanya R. Littrell



# Get Fit Stay Well 2nd Edition

**Sarah Myhill**



## **Get Fit Stay Well 2nd Edition:**

**Get Fit, Stay Well!** Janet Hopson, Rebecca J. Donatelle, Tanya R. Littrell, 2008-09-16 Get Fit Stay Well offers one of the most modern reader focused flexible and technology enhanced approaches to fitness and wellness available today It is the only fitness and wellness book to employ integrated student case studies throughout each chapter It presents a thoroughly fresh art and photo program featuring strength training photos depicting real contemporary students modern day equipment and options for those with limited access to equipment A unique three pronged skill acquisition self assessment and plan for action approach to labs helps readers bridge the gap between what they know they ought to do and how they actually act Making Personal Wellness Choices Understanding Fitness Principles Committing to Fitness Conditioning Your Cardiorespiratory System Building Muscular Strength and Endurance Maintaining Flexibility and Lower Back Health Understanding Body Composition Improving Your Nutrition Managing Your Weight Managing Stress Reducing Your Risk of Cardiovascular Disease Intended for those interested in learning the basics of fitness and wellness     **Get Fit, Stay Well! + Myfitnesslab** Janet Hopson, Rebecca J. Donatelle, Tanya Littrell, 2012 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 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 Get Fit Stay Well Brief Edition meets you where they are and gives you the targeted personal guidance you need to get them where they want to be Already the most modern student centric action plan oriented fitness wellness textbook on the market the Second Edition of Get Fit Stay Well Brief Edition takes its mission a step further by becoming the most personalized and proactive book on the market as well The Second Edition maintains the highly praised hallmarks of the first edition integrated case studies three pronged labs a fresh graphical approach and extensive strength training and flexibility photos and videos and adds to them a coaching component in the form of progressive personal fitness plans expanded exercise video options and interactive media to get you started keep you motivated and take you to the next level in their own fitness wellness For instructors the second edition provides more course management capability and expanded resources offering even greater assistance in reaching students where they are and helping them bridge the gap between what they know and how they act The Brief Edition contains chapters 1-10 of the full edition of Get Fit Stay Well with a focus on fitness topics nutrition weight stress and preventing cardiovascular disease 0321854047 9780321854049 Get Fit Stay Well Brief Edition with MyFitnessLab Package consists of 0321780361 9780321780362 Get Fit Stay Well Brief Edition 0321802322 9780321802323 NEW MyFitnessLab with Pearson eText ValuePack Access Card for Get Fit Stay Well     **Get Fit, Stay Well! Books a la Carte Edition** Janet L. Hopson, Rebecca J.

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*Sports Skill Analysis* Weidong Li,Boyi Dai,Qin Zhu,2024-02-26 Guided by the conceptualization of content knowledge this book covers sports analysis identification of techniques and tactics skill analysis identification of critical elements observation evaluation of students performance through error detection and interventions and biomechanical principles and their applications to skill performance and analysis which teachers or coaches need to possess for effective teaching and coaching The importance for preservice and in service physical education teachers or coaches to acquire in depth content knowledge is supported by national standards and research Studies have shown that an improvement in preservice and in

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*El-Hi Textbooks & Serials in Print, 2005*, 2005

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