



Total Fitness & Wellness, the Mastering Health Edition

Scott K. Powers, Stephen L. Dodd

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Total Fitness & Wellness, the Mastering Health Edition Scott K. Powers , Stephen L. Dodd
For Health and Fitness courses. "

Provide your students with interactive tools to succeed in fitness and wellness " Total Fitness and Wellness " gives students a solid foundation in fitness and wellness, while providing them with the tools they need to make healthy behavioral changes and lifestyle choices. The vibrant design makes the book more approachable through modern chapter-opening photos, graphs, and detailed exercise photos.

The Seventh Edition provides a clear learning path, labs that can be completed and submitted online, and a thoroughly revised guide to creating a comprehensive fitness and wellness plan, ensuring students and instructors have the print and online tools they need to succeed. To take advantage of the power of Mastering, every chapter of the text includes numbered Learning Outcomes and a new study plan that ties directly into MasteringHealth activities.

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This title is also available with MasteringHealth an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials provide individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand, and retain even the most difficult concepts.

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From Reader Review Total Fitness & Wellness, the Mastering Health Edition for online ebook

Jordan Penney says

Though informative, this book is highly repetitive and doesn't present the information in a manner that is conducive to learning. I did pick up a few things as I read, but the compilation fails to accomplish it's objective, which is to teach well.

Kelly OFarrell (Meegan) says

The book itself is large and with a soft cover is not good for traveling. The book itself is good it explains things thoroughly if you need to know about the specific topics of the book, unfortunately for the class I am taking the book itself was not a paired well. This is no reflection on the authors.
