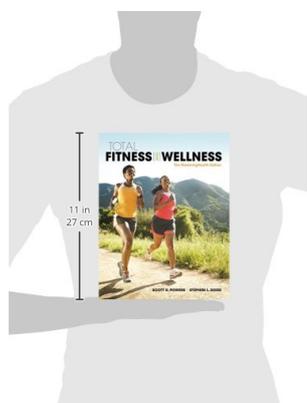


[PDF] Total Fitness & Wellness, The MasteringHealth Edition (7th Edition)

Scott K. Powers, Stephen L. Dodd - pdf download free book



Books Details:

Title: Total Fitness & Wellness, The

Author: Scott K. Powers, Stephen L.

Released:

Language:

Pages: 528

ISBN: 0134167600

ISBN13: 9780134167602

ASIN: 0134167600

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

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.

Also available with MasteringHealth™

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.

NOTE: This is the standalone book if you want the book/access card order the ISBN below;

0134153154 / 9780134153155 Total Fitness & Wellness Plus MasteringHealth with eText-- Access Card Package

Package consists of:

0134167600 / 9780134167602 Total Fitness & Wellness, The MasteringHealth Edition

0134256360 / 9780134256368 MasteringHealth with Pearson eText -- ValuePack Access Card -- for Total Fitness & Wellness, The MasteringHealth Edition

- Title: Total Fitness & Wellness, The MasteringHealth Edition (7th Edition)
 - Author: Scott K. Powers, Stephen L. Dodd
 - Released:
 - Language:
 - Pages: 528
 - ISBN: 0134167600
 - ISBN13: 9780134167602
 - ASIN: 0134167600
-