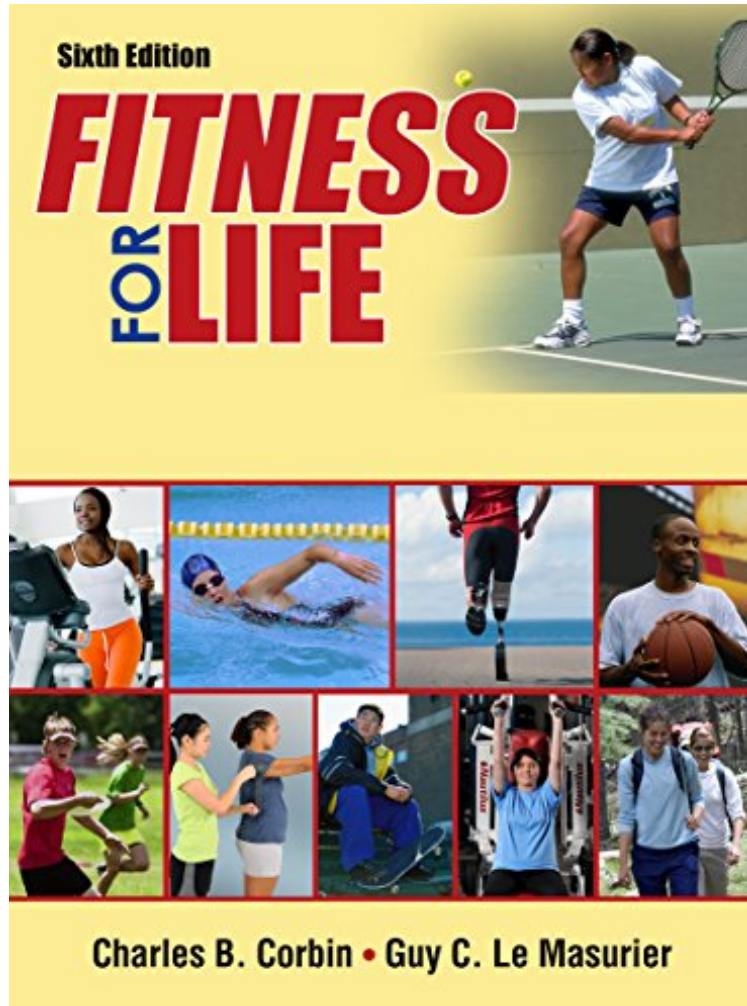


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Fitness for Life-6th Edition

Chuck B. Corbin, Guy Le Masurier
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Chuck B. Corbin, Guy Le Masurier : Fitness for Life-6th Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Fitness for Life-6th Edition:

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Fitness for Life, Sixth Edition, is the award-winning text that continues to set the standard for teaching personal fitness (fitness education) at the high school level. It will help students become physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. This classic, evidence-based book

will guide students in becoming informed consumers on matters related to lifelong physical activity and fitness, taking responsibility for setting individualized goals, and making their own plans for active living. To accomplish this overarching goal, they learn a variety of self-management skills, including self-assessment. The program is based on established educational theory as outlined in the online teacher's guide. Fitness for Life, Sixth Edition, helps students in these ways:

- Become physically literate individuals as defined by SHAPE America.
- Meet the national, state, and local grade-level standards and outcomes developed by SHAPE America for physical education and fitness education.
- Meet college and career readiness standards by learning and using critical thinking, decision making, and problem-solving skills.
- Meet national physical activity guidelines of the USDHHS, exercise prescription guidelines of ACSM, and health goals of Healthy People 2020.
- Use the HELP philosophy of promoting health for everyone with an emphasis on lifetime activity and healthy lifestyles designed to meet personal needs.
- Use the Stairway to Lifetime Fitness concept, created by author Chuck Corbin, to encourage higher-order learning (move from dependence to independence).
- Use the Physical Activity Pyramid, created by the authors, to help students understand the FITT formula and benefits of the major types of physical activities.
- Become informed consumers on matters related to lifelong physical activity and fitness and other healthy lifestyles (e.g., good nutrition and stress management).
- Learn self-management skills that lead to adopting healthy lifestyles.
- Perform self-assessments, including all tests in the Fitnessgram battery and the Presidential Youth Fitness Program.
- Take personal responsibility for setting individualized goals and personal program planning.
- Develop a love for lifetime fitness activities.
- Benefit from the expertise of internationally renowned authors and educators Charles B. "Chuck" Corbin and Guy C. Le Masurier and contributing author and educator Karen McConnell.

About the Author Dr. Charles B. "Chuck" Corbin, PhD, is professor emeritus in the School of Nutrition and Health Promotion at Arizona State University. He has published more than 200 journal articles and has authored or coauthored more than 90 books, including Concepts of Physical Fitness, Concepts of Fitness and Wellness, Fitness for Life, and Fitness for Life: Middle School and Fitness for Life: Elementary School, all winners of Texty Awards. Dr. Corbin is internationally recognized as an expert in physical activity, health, and wellness promotion and youth physical fitness. He has presented keynote addresses at more than 40 state AHPERD conventions, made major addresses in more than 15 countries, and presented numerous named lectures. He is a past president and emeritus fellow of the National Academy of Kinesiology, a fellow of the North American Society for Health Physical Education Recreation and Dance Professionals, an ACSM fellow, and a life member and honor fellow of AAHPERD. His awards include the Healthy American Fitness Leaders Award from the President's Council on Fitness, Sports, and Nutrition (PCFSN) and National Jaycees; Distinguished Service Award of the PCFSN; and the Honor Award, Physical Fitness Council Honor Award, Hanson Award, and Alliance Scholar Award from AAHPERD. He received distinguished alumnus awards from the University of New Mexico and the University of Illinois. He served for more than 20 years as a member of the Advisory Board of Fitnessgram and was the first chair of the Science Board of the PCFSN. He was a member of an Institute on Medicine (IOM) committee for youth fitness testing. He was selected to the National Association of Sports and Physical Education (NASPE) Hall of Fame. In 2009 Dr. Corbin was chosen for the Gulick Award, the highest award of AAHPERD. In 2013 he received the Hetherington Award, the highest honor of the National Academy of Kinesiology. Guy C. Le Masurier, PhD, is a professor of sport, health, and physical education at Vancouver Island University (Nanaimo, British Columbia, Canada). He has published numerous articles related to youth physical activity and physical education and coauthored the National Association for Sport and Physical Education (NASPE) Physical Activity Guidelines for Children. Dr. Le Masurier has given more than 30 research and professional presentations at national and regional meetings. He reviews research for numerous professional journals and has contributed to Fitness for Life, Fifth Edition, and the Physical Best Activity Guide. Dr. Le Masurier is a member of AAHPERD, NASPE, ACSM, and Canadian AHPERD. He is also a research consortium fellow of SHAPE America. Contributing author: Karen E. McConnell, PhD, a professor at Pacific Lutheran University, is a certified health education specialist (CHES) and has taught at the university level for more than 15 years in areas related to health and fitness education, curriculum and assessment, and exercise science. She has written or contributed to over a dozen book chapters and texts, including the teacher resources for Fitness for Life (fifth and sixth editions). She is a recipient of the Arthur Broten Young Scholar Award and has received the University Professional of the Year Award from the Washington Alliance for Health, Physical Education, Recreation and Dance for contributions made to state standards in health and fitness. She enjoys running, having completed 38 half marathons and one marathon. As a resident of the Pacific Northwest, she enjoys participating in most outdoor activities.