

A woman with dark hair in a ponytail is running up a set of stone steps. She is wearing a grey short-sleeved shirt, black leggings, and blue sneakers with orange laces. She has a black armband on her left arm and a black watch on her right wrist. The background is a blurred outdoor setting with stone walls and steps.

8TH EDITION

TOTAL FITNESS AND WELLNESS

SCOTT K. POWERS STEPHEN L. DODD



Pre-Course/Post-Course

Assessment

Name: _____ Date: _____

As you complete the key fitness/wellness lab assessments in this course, record your results in the Pre-Course Assessment column. At the end of the course, re-do the labs, record your results in the Post-Course Assessment column, and see the progress you have made.

Lab	Pre-Course Assessment	Post-Course Assessment
Lab 1.1.1 Using a Pedometer to Count Your Steps	Average steps taken per day: _____	Average steps taken per day: _____
Lab 1.1.2 Identifying Barriers to Physical Activity	Barrier 1. Lack of time: _____ Barrier 2. Social and environmental influences: _____ Barrier 3. Lack of resources: _____ Barrier 4. Lack of motivation: _____	Barrier 1. Lack of time: _____ Barrier 2. Social and environmental influences: _____ Barrier 3. Lack of resources: _____ Barrier 4. Lack of motivation: _____
Lab 1.1.3 Measuring Cardiorespiratory Fitness	1-mile run test Finish time: _____ Fitness category: _____ 1-mile walk test Finish time: _____ Fitness category: _____ Submaximal cycle test Heart rate: _____ Fitness category: _____ Step test 1 minute recovery HR: _____ (bpm) Fitness category: _____	1-mile run test Finish time: _____ Fitness category: _____ 1-mile walk test Finish time: _____ Fitness category: _____ Submaximal cycle test Heart rate: _____ Fitness category: _____ Step test 1 minute recovery HR: _____ (bpm) Fitness category: _____
Lab 1.1.4 Evaluating Muscular Strength	Chest press 1 RM/BW ratio: _____ Fitness category: _____ Leg press 1 RM/BW ratio: _____ Fitness category: _____	Chest press 1 RM/BW ratio: _____ Fitness category: _____ Leg press 1 RM/BW ratio: _____ Fitness category: _____
Lab 1.1.5 Measuring Muscular Endurance	Push-up assessment Repetitions: _____ Category: _____ Curl-up assessment Repetitions: _____ Category: _____	Push-up assessment Repetitions: _____ Category: _____ Curl-up assessment Repetitions: _____ Category: _____
Lab 1.1.6 Assessing Flexibility	Sit-and-reach test Reach distance (centimeters): _____ Fitness category: _____ Shoulder flexibility test Left side reach distance (inches): _____ Fitness category: _____ Right side reach distance (inches): _____ Fitness category: _____	Sit-and-reach test Reach distance (centimeters): _____ Fitness category: _____ Shoulder flexibility test Left side reach distance (inches): _____ Fitness category: _____ Right side reach distance (inches): _____ Fitness category: _____
Lab 1.1.7 Assessing Body Composition	Skinfold test Sum of 3 skinfolds: _____ Percent body fat estimate: _____ Classification: _____ Waist-to-hip ratio Waist: _____ Hip: _____ Waist-to-hip ratio: _____ Disease risk classification: _____ BMI BMI: _____ kg/m ² Weight classification: _____	Skinfold test Sum of 3 skinfolds: _____ Percent body fat estimate: _____ Classification: _____ Waist-to-hip ratio Waist: _____ Hip: _____ Waist-to-hip ratio: _____ Disease risk classification: _____ BMI BMI: _____ kg/m ² Weight classification: _____
Lab 1.1.8 Analyzing Your Diet (Three-day nutrient summary from SuperTracker on ChooseMyPlate.gov)	Average total calories: _____ kcal Average calories from fat: _____ kcal Average protein intake: _____ gm Average carbohydrate intake: _____ gm Average fiber intake: _____ gm Average fat intake: _____ gm Average cholesterol intake: _____ mg Average sodium intake: _____ mg	Average total calories: _____ kcal Average calories from fat: _____ kcal Average protein intake: _____ gm Average carbohydrate intake: _____ gm Average fiber intake: _____ gm Average fat intake: _____ gm Average cholesterol intake: _____ mg Average sodium intake: _____ mg
Lab 1.1.9 Determining Ideal Body Weight	body fat: _____ Weight: _____ lb BMI: _____ kg/m ² Ideal weight: _____ kg	body fat: _____ Weight: _____ lb BMI: _____ kg/m ² Ideal weight: _____ kg
Lab 1.1.10 Estimating Daily Caloric Expenditure	Estimated calorie intake: _____ Estimated daily caloric expenditure: _____	Estimated calorie intake: _____ Estimated daily caloric expenditure: _____
Lab 1.1.11 Understanding Your Risk for Cardiovascular Disease	Family risk for CVD, total points: _____ Lifestyle risk for CVD, total points: _____ Additional risks for CVD, total points: _____	Family risk for CVD, total points: _____ Lifestyle risk for CVD, total points: _____ Additional risks for CVD, total points: _____
Lab 1.1.12 Stress Index Questionnaire	Number of Yes answers: _____ Stress category: _____	Number of Yes answers: _____ Stress category: _____
Lab 1.1.13 Determining Your Cancer Risk	Number of Yes answers: _____	Number of Yes answers: _____
Lab 1.1.14 Inventory of Attitudes and Behaviors toward Sexually Transmitted Infections	Number of True answers: _____ Number of False answers: _____ Risk level: _____	Number of True answers: _____ Number of False answers: _____ Risk level: _____
Lab 1.1.15 Alcohol Abuse Inventory	Number of Yes answers: _____ How risky is your alcohol use? _____	Number of Yes answers: _____ How risky is your alcohol use? _____

Behavior Change

Contract

Choose a health behavior that you would like to change, starting this quarter or semester. Sign the contract at the bottom to affirm your commitment to making a healthy change and ask a friend to witness it.

My behavior change will be:

My long-term goal for this behavior change is:

Barriers that I must overcome to make this behavior change are things that I am currently doing or situations that contribute to this behavior or make it hard to change.

1. _____

2. _____

3. _____

The strategies I will use to overcome these barriers are:

1. _____

2. _____

3. _____

Resources I will use to help me change this behavior include:

A friend/partner/relative _____

A school-based resource _____

A community-based resource _____

A book or reputable website _____

In order to make my goal more attainable, I have devised these short-term goals:

Short-term goal _____ Target date _____ Reward _____

Short-term goal _____ Target date _____ Reward _____

Short-term goal _____ Target date _____ Reward _____

When I make the long-term behavior change described above, my reward will be:

_____ Target date _____

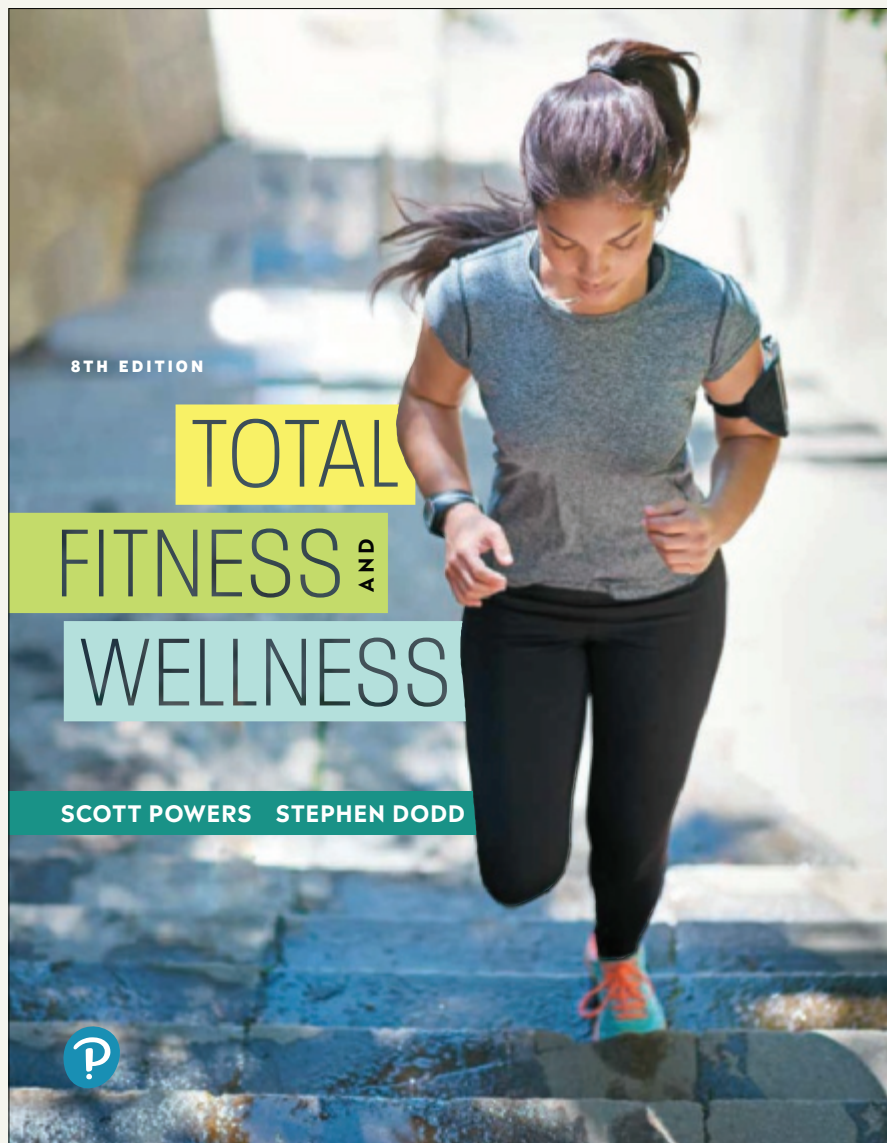
I intend to make the behavior change described above. I will use the strategies and rewards to achieve the goals that will contribute to a healthy behavior change.

Signed _____ Date _____

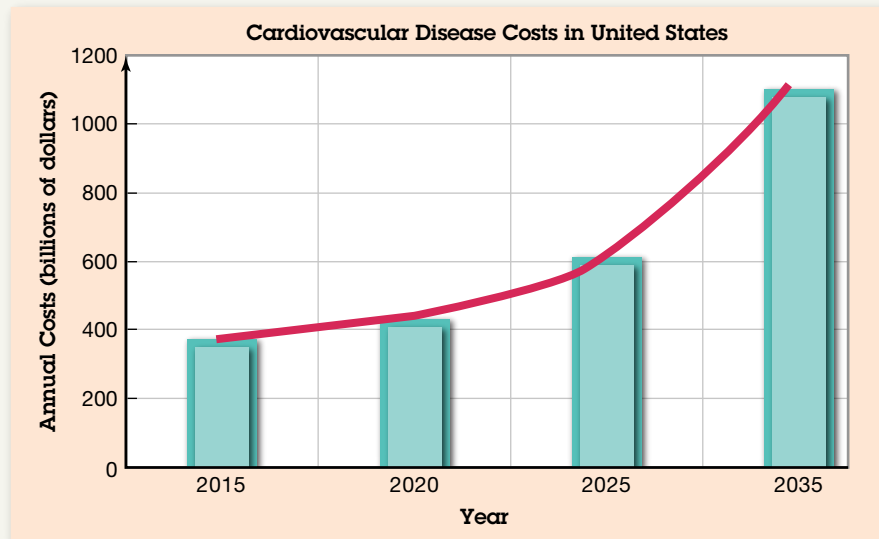
Witness _____ Date _____

Strengthen Students' Core Knowledge of 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 **8th Edition** presents current research and topics of student interest such as eating disorders, stress-management strategies, Pilates, diabetes and pre-diabetes, and emotional health. MyDietAnalysis—a diet and activity tracking tool that gives students an easy way to analyze their physical activity and daily nutrient intake—is now included at no extra charge with **Mastering Health**.



Cover Current Research and . . .



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Current research and statistics include objectives from Healthy People 2020 and myplate.gov. Coverage includes current topics of student interest such as eating disorders, stress-management strategies, barefoot running, Pilates, diabetes and pre-diabetes, ergogenic dietary supplements, at-home fitness equipment, antioxidants, and emotional health.

NEW! Expanded coverage of non-traditional workouts and modifications for special populations ensure all students and fitness levels are included.

EXAMINING THE EVIDENCE

What Is CrossFit and Does It Work?

One of the latest trends in fitness programs is the incorporation of various activities performed at a high intensity into your routine. CrossFit, one such program, has become widely popular in recent years, with more than 10,000 affiliates worldwide. It is a training system that uses constantly varied, functional movements at relatively high intensity. It could be described as "high-intensity power training." CrossFit is also characterized as a community that develops when people perform these workouts together. The communal aspect is credited as being a key part of the program's success.

Is CrossFit effective in improving aerobic endurance and body composition? A recent study addressed this question (22). Researchers tested male and female subjects across a range of initial fitness levels and then trained them for 10 weeks using the CrossFit system. The study found that all subjects, no matter the initial fitness level, increased $\dot{V}O_2$ max by 12% to 14%. In addition, body fat decreased 13% to 19%. Thus, it appears that high-intensity power training can be an effective way to improve fitness and serve as a beneficial addition to your workout program. You can learn more at www.crossfit.com

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Offer Labs that Interest Students

Integration of fitness assessment lab material throughout the book aligns the assessments with the topics from the text.

laboratory 6.1

do it! LABS
Complete Lab 6.1 online in the study area of **Mastering Health**.



Scan to view the exercise demonstration videos.

Name _____

Date _____

Assessing Body Composition

EQUIPMENT

Tape measure, skinfold caliper, scale

DIRECTIONS

Complete the assessments described below as directed by your instructor. Then record your body composition data and weight classifications for skinfold, waist circumference, waist-to-hip ratio, BMI, and/or other measures in the spaces below.

SKINFOLD TEST

Men



Abdomen



Chest



Thigh

Women



Suprailium



Triceps



Thigh

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NEW! Autograded Labs: Muscular Endurance - The Push-Up and Curl-Up Tests

The Curl-Up Test

You can perform the curl-up test as follows:

1. Lie on your back with your legs shoulder-width apart, your knees bent 90 degrees, your arms straight at your sides, and your palms flat on the mat (Figure a below).
2. Extend your arms so that your fingertips touch a strip of tape perpendicular to your body. A second strip of tape is located toward the feet and parallel to the first (10 cm apart).
3. Use the resistance provided on a mat (set to 50 kg) per minute. Slowly curl up your torso until your fingers touch the second strip of tape (Figure b below). Then slowly return to the lying position with your head and shoulder blades touching the mat and your fingertips touching the first strip of tape. Breathe normally throughout, exhaling during the curling up stage.
4. Have your partner count the number of consecutive curl-ups you do in 1 min, maintaining the minimum posture and without pausing, to a maximum of 25.



(a)



(b)

[Click here to view a demonstration video of the curl-up test.](#)

Part D - Recording Your Score for the Curl-Up Test

Record your score in the essay box below:

Essay answers are limited to about 500 words (300 characters maximum, including spaces).

3000 Characters remaining

Submit

Remove Answer

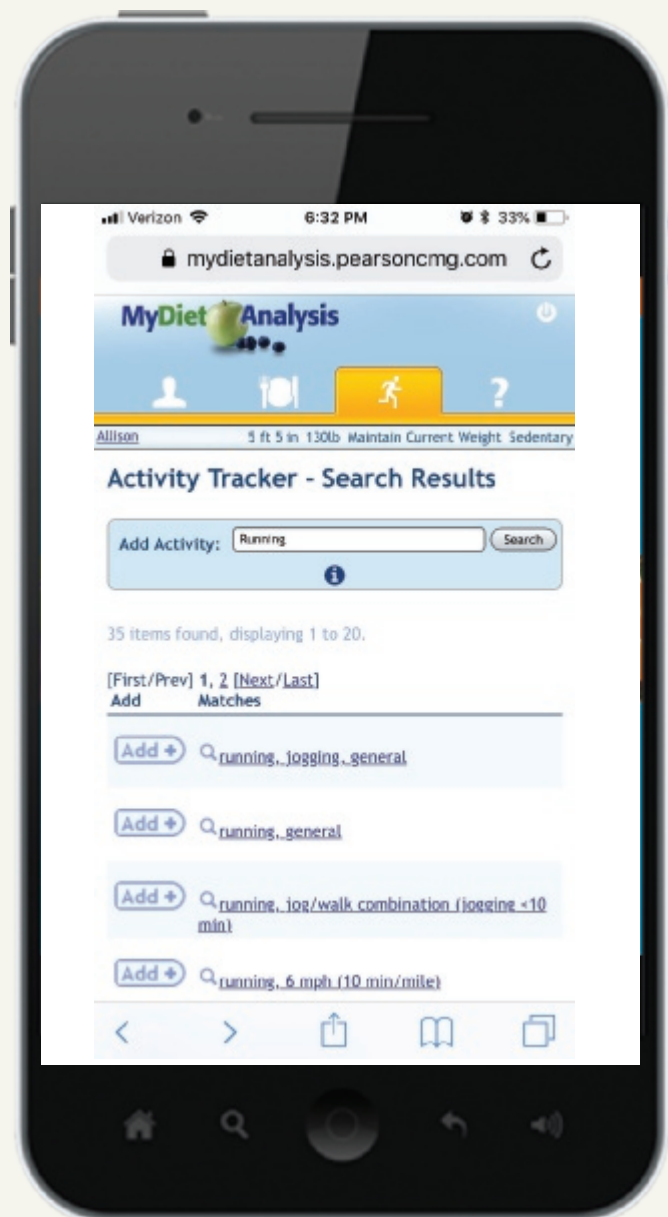
Auto-graded, assignable labs address current trends such as social networking, time management (page 327), and substance abuse addiction (pages 422–423), and allow students to apply textual information to practical issues, encouraging the immediate development of healthy lifestyle choices and a core fitness plan.

Help Students Track their Physical Activity and Daily Nutrient Intake

NEW! MyDietAnalysis is included with Mastering Health at no additional charge, and offers an up-to-date, accurate, reliable, and easy-to-use program for your students to track and analyze their physical activity and daily nutrient intake.



With MyDietAnalysis, students can track their diet and activity intake accurately—even from the gym—from any device!



Encourage Behavior Change

steps **STEPS FOR BEHAVIOR CHANGE**

Do you have trouble making healthy behavior changes?

Answer the following questions about your typical efforts to change a health behavior.

Y	N	
<input type="checkbox"/>	<input type="checkbox"/>	Do you have a specific game plan?
<input type="checkbox"/>	<input type="checkbox"/>	Do you get help from your friends and family?
<input type="checkbox"/>	<input type="checkbox"/>	Do you set goals?
<input type="checkbox"/>	<input type="checkbox"/>	Do you reward yourself for your successes?

If you answered no to most or all of the questions, then you should consider using the behavior change contract in the front of the text.

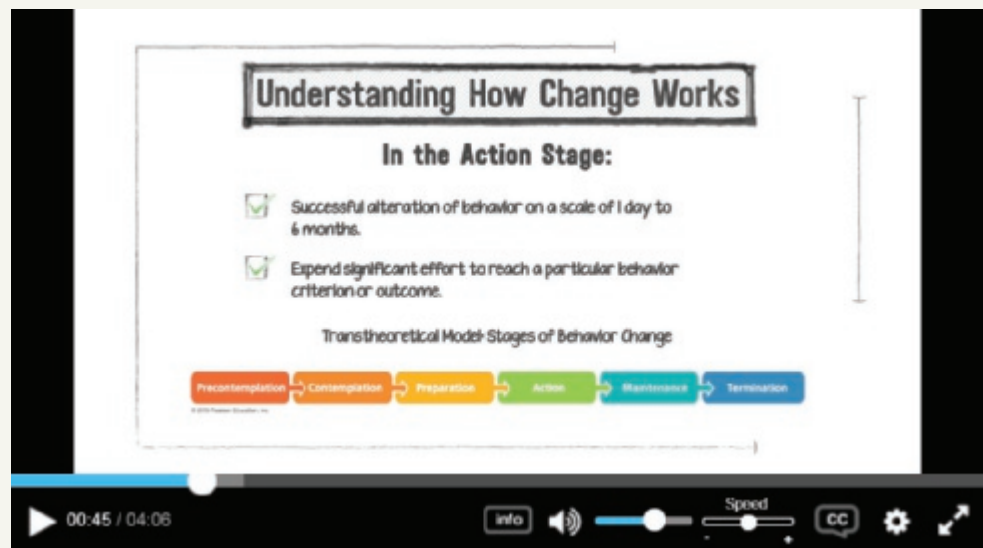
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Steps for Behavior Change

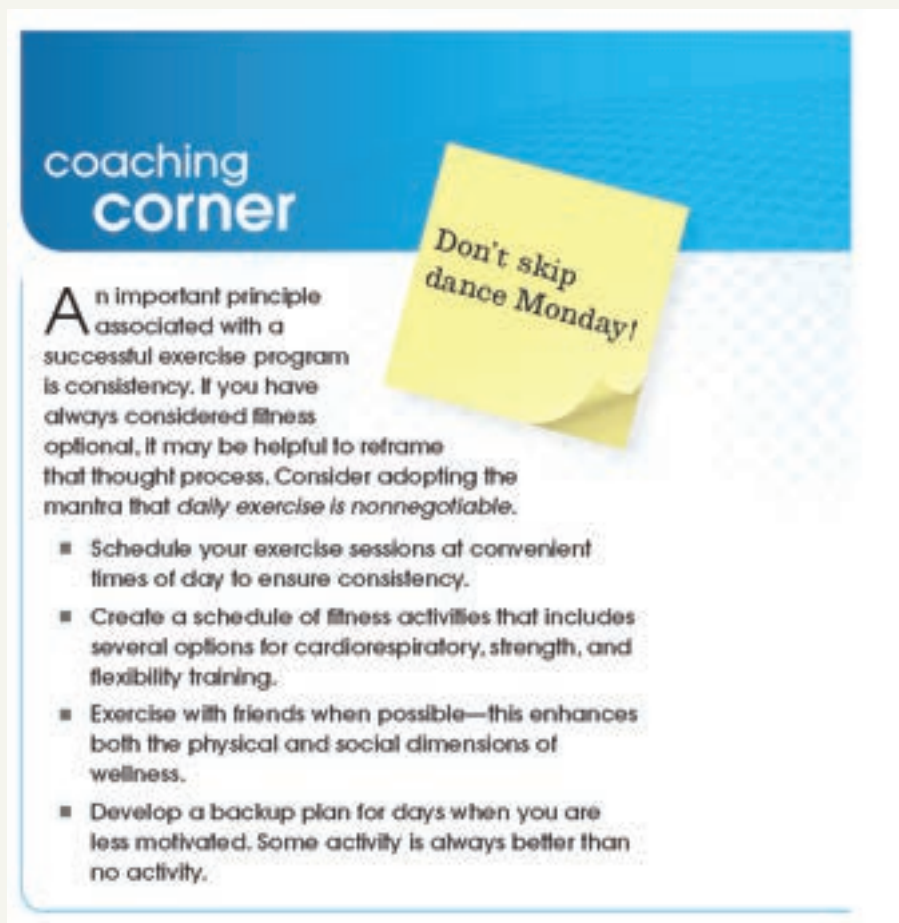
Change focus students on evaluating their own behaviors (e.g., Are you a fast food junkie? Are you reluctant to strength train? Do you protect your skin from UV light?) and present them with practical steps they can take to make meaningful behavior change.

Behavior Change

Videos guide students through the best tips and practices to put better decision making into action and review basic fitness concepts. These concise whiteboard-style videos help students with the steps of behavior change, covering topics such as setting SMART goals, identifying and overcoming barriers to change, planning realistic timelines, and more. All videos include assessment activities and are assignable in Mastering Health.



Coach Students Through the Course



coaching corner

An important principle associated with a successful exercise program is consistency. If you have always considered fitness optional, it may be helpful to reframe that thought process. Consider adopting the mantra that *daily exercise is nonnegotiable*.

- Schedule your exercise sessions at convenient times of day to ensure consistency.
- Create a schedule of fitness activities that includes several options for cardiorespiratory, strength, and flexibility training.
- Exercise with friends when possible—this enhances both the physical and social dimensions of wellness.
- Develop a backup plan for days when you are less motivated. Some activity is always better than no activity.

Coaching Corner gives students practical fitness and wellness advice and strategies to help them put their changes into action.

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Exercise Videos

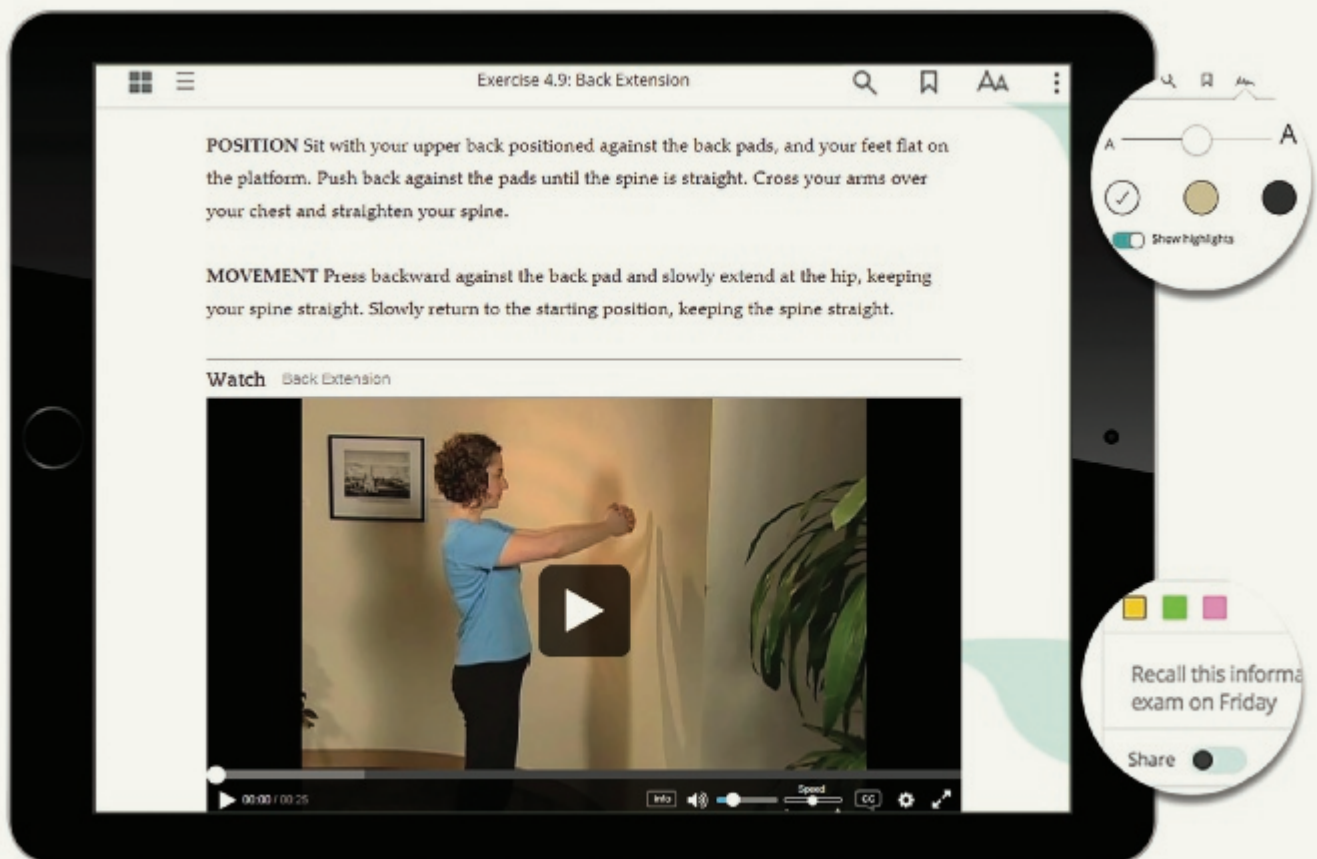
feature demonstrations of strength training and flexibility exercises, with a focus on safety and adaptive techniques for at-home workouts. The videos feature resistance bands, stability balls, free weights, and machines allowing users a wide variety of exercises to choose from based on their individual preferences and access to equipment.



Give Students Anytime, Anywhere Access with Pearson eText

Pearson eText is a simple-to-use, mobile-optimized, personalized reading experience available within Mastering. It allows students to easily highlight, take notes, and review key vocabulary all in one place—even when offline. Seamlessly integrated videos and other rich media engage students and give them access to the help they need, when they need it. Pearson eText is available within Mastering when packaged with a new book; students can also purchase Mastering with Pearson eText online.

For instructors not using Mastering, Pearson eText can also be adopted on its own as the main course material.



Instructor Support You Can Rely On

Total Fitness and Wellness includes a full suite of instructor support materials in the Instructor Resources area in Mastering Health, including an Instructor's Resource and Support Manual, Test Bank, and editable labs.

Instructor Resources Contents	
eText	>
Downloads	
Resources by Chapter	>
Links to downloadable resources for each chapter.	
Instructor's Resource and Support Manual	+
Test Bank	+
Labs	+

Each chapter also includes numerous PowerPoint presentations, including accessible lecture presentations with and without media, and all labeled and unlabeled images from the text.

PowerPoint Presentation Tools	
Chapter 6 Accessible Lecture Presentation	zip, 2.9 MB
Note: The Microsoft Accessibility Checker may flag a table without alt text as an error; however, true tables can be read by screen readers and are accessible. Contact disability.support@pearson.com with questions.	
Chapter 6 Lecture Presentation	zip, 6.5 MB
Chapter 6 Lecture Presentation with Embedded Media	zip, 102.3 MB
Chapter 6 Clicker Questions	zip, 791 KB
Chapter 6 Quiz Show	zip, 113 KB
Chapter 6 Step Edit	zip, 309 KB
JPEG Images	
Chapter 6 JPEG Images	zip, 5.3 MB
Labeled and unlabeled images from the text.	
Chapter 6 Tables	zip, 335 KB

EIGHTH EDITION

Total Fitness and Wellness

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University of Florida

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To ~~en~~ ~~an~~ey~~and~~ ~~ill~~. ~~our~~ love and
encouragement have always meant more
than you will ever ~~now~~.

👉 📖📖📖📖📖 📖📖📖📖📖

To my mother~~who~~ encouraged me to
pursue academic endeavors.

👉 📖📖📖📖 📖📖📖📖📖

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About the Authors



Scott K. Powers is currently the UAA Endowed Professor and a distinguished professor within the Department of Applied Physiology and Kinesiology at the University of Florida. Dr. Powers's research focuses upon the effects of exercise and inactivity on the health of both cardiac and skeletal muscles. Collectively, Dr. Powers's research has resulted more than 255 peer-reviewed publications, and many of these publications are widely cited in the literature. Importantly, Dr. Powers is also an accomplished teacher as indicated by the fact that he has won numerous teaching awards and has been inducted by the University of Florida as a member of the Academy of Distinguished Teaching Scholars. Moreover, Dr. Powers has also been recognized by the University of Florida as the teacher/scholar of the year in 2017.



Stephen Dodd is a professor in the Department of Applied Physiology and Kinesiology at the University of Florida. He has been teaching graduate and undergraduate courses such as exercise physiology, environmental exercise physiology, clinical exercise physiology, and assessment in kinesiology at the university for more than 25 years. He has won numerous teaching awards and served two terms as department chair. His research has focused on how skeletal muscle adapts to an increase/decrease in exercise.

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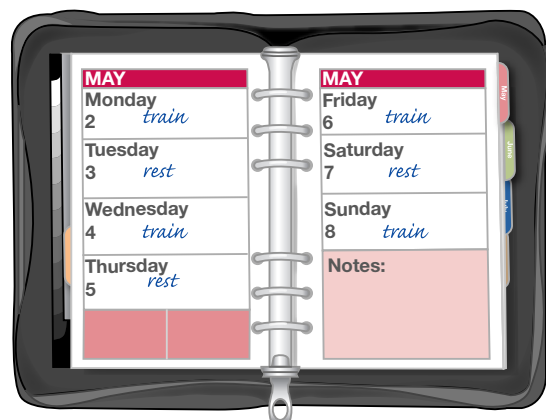
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Preface

Good health is our most precious possession. However, it is important to appreciate that good health is not simply the absence of disease. This fact led health professionals to revise the concept of good health and to introduce a new term—wellness, which includes not only good physical health but also involves excellent emotional, intellectual, spiritual, social, and environmental health. Importantly, our daily lifestyle choices can have a major impact on our ability to achieve wellness.

Intended for an introductory college course, *Total Fitness and Wellness* focuses on aiding students to effect positive changes in their lifestyles, most notably in exercise and diet. The interaction of exercise and diet and the essential role of regular exercise and good nutrition in achieving total fitness and wellness are major themes of the text.

Total Fitness and Wellness was built on a strong foundation of both exercise physiology and nutrition. The text provides clear, objective, research-based information to college students during their first course in physical fitness and wellness. By offering a research-based text, we hope to dispel many myths associated with exercise, nutrition, weight loss, and wellness. In particular, we show students how to evaluate their own wellness level with respect to various wellness components, such as fitness level and nutritional status. Indeed, the title of the book reflects our goals.

Numerous physical fitness and wellness texts are available today. Our motivation in writing *Total Fitness and Wellness* was to create a unique, well-balanced physical fitness and wellness text that covers primary concepts of physical fitness and wellness, and also addresses other important issues such as behavior change, exercise-related injuries, exercise and the environment, and prevention of cardiovascular disease.

New to This Edition

Total Fitness and Wellness, 8th Edition maintains many features that the text has become known for, while incorporating several major revisions, exciting new features, and a more explicit connection between the text and multimedia resources in Mastering Health. **Mastering Health** is an online homework, tutorial, and assessment product designed to improve results by helping students quickly master concepts. Students benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep students on track. With a wide range of interactive, engaging, and assignable activities, students are encouraged to actively learn and retain tough course concepts.

The multimedia created for 8th Edition is more innovative and interactive than ever and a tighter text–Mastering Health integration provides students the opportunity to master course content using a variety of resources on and off the page, reflecting the manner in which students study today.

The most hallmark features and noteworthy changes to the text and multimedia as a whole include the following:

- **Numbered learning outcomes** introduce every chapter giving students a roadmap for their reading. Each chapter concludes with a **Study Plan**, which summarizes key points of the chapter and provides review questions to check understanding, all tied to the chapter's learning outcomes and assignable in Mastering Health.
- **Examining the Evidence** feature boxes give the reader insight into special topics such as the effects of caffeine, the search for a cure for AIDS, muscle cramps, and anabolic steroid use.
- **Creating Your Total Fitness and Wellness Plan (Chapter 7)** provides students with practical, step-by-step instructions on developing and putting fitness and wellness plans into action.
- **MP3 Chapter Reviews** are assignable in Mastering Health.
- **The book's design and layout** have been thoroughly revitalized for today's students. In addition to new photos and figures, the end-of-chapter labs and sample exercise prescription programs have been redesigned.
- **Suggested Readings** have been moved from the back of book and integrated into the end-of-chapter content to be more visible and useful for students.
- **ABC News Videos**, all referenced in the book with See It! callouts, bring fitness and wellness to life and spark discussion with up-to-date hot topics. Mastering Health activities tied to the videos include multiple choice questions that provide wrong-answer feedback to redirect students to the correct answer.
- **Pearson eText** complete with embedded Exercise videos and ABC News videos, is mobile friendly and ADA accessible.
 - Now available on smartphones and tablets.
 - Seamlessly integrated videos.
 - Accessible (screen-reader ready).
 - Configurable reading settings, including resizable type and night reading mode.
 - Instructor and student note-taking, highlighting, bookmarking, and search.

Chapter-by-Chapter Revisions

The 8th Edition has been thoroughly updated to provide students with the most current information and references for further exploration and includes a tighter integration between the text and multimedia resources in Mastering Health. Portions of chapters have been reorganized to improve the flow of topics, and figures, tables, feature boxes, and photos have all been added, improved on, and updated. Throughout the text, all data, statistics, and references have been updated to the most recent possible. The following is a chapter-by-chapter listing of some of the most noteworthy changes, updates, and additions.

Chapter 1:

- This chapter underwent major revision to improve both content and student understanding
- Includes the latest statistics on life expectancy in the United States and new information about the factors that contribute to longevity
- Contains new content on the number of American adults that engage in the recommended amount of exercise to promote health
- Expanded coverage on the health hazards of prolonged sitting and discussion of workstation alternatives to conventional sitting workstations
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 2:

- New Consumer Corner discussing buying considerations for fitness trackers
- New information added on the percentage of Americans that engage in healthy exercise activities
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 3:

- Consolidation of “Make sure you know” summaries
- New information on “Warm Up” exercises
- New information on injuries in Crossfit training
- Consolidation of QR codes linked to videos to facilitate use by the reader
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 4:

- Consolidation of “Make sure you know” summaries
- Consolidation of QR codes linked to videos to facilitate use by the reader
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 5:

- Consolidation of “Make sure you know” summaries
- New video of leg stretching added
- New analysis of sitting posture added
- New “Appreciating Diversity” box added (*Can Flexibility Be Maintained During Pregnancy?*)
- Consolidation of QR codes linked to videos to facilitate use by the reader
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 6:

- Consolidation of “Make sure you know” summaries
- New information added to describe the health risks associated with obesity
- Consolidation of QR codes linked to videos to facilitate use by the reader
- New data for Figure 6.3 on U.S. obesity rates
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 7:

- Consolidation of “Make sure you know” summaries
- Updated Table 7.1 to provide overview of apps to monitor fitness levels
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 8:

- This chapter underwent major revision to improve both content and student learning
- New and expanded information on the role that specific omega-3 fatty acids play in the prevention of heart disease
- New information about the protein requirements for athletes and physically active people
- Latest information on dietary supplements
- New research on antioxidant benefits
- New information on prebiotics/probiotics and the human microbiome
- Addition of several new figures to improve student learning
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 9:

- Latest research on the role that ingestion of fructose plays in fat weight gain
- New information on the recommended percentage of body fat across the life span

- Latest information on the new FDA-approved prescriptions for weight loss
- Updated information about those factors that regulate appetite
- Latest information on the CDC recommendations for weight loss
- New research on the success rate for commercial weight loss plans
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 10:

- Latest statistics on the incidence of cardiovascular disease in the United States
- New information on the estimates of the health care costs associated with cardiovascular disease
- New “Examining the Evidence” box discussing “Can regular exercise offset the negative health consequences of prolonged sitting?”
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 11:

- Consolidation of “Make sure you know” summaries
- New videos demonstrating breathing exercise
- Added new information on stress management
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 12:

- Consolidation of “Make sure you know” summaries
- Reorganization of Lab 12.2
- Updated “Suggested Readings” and “References”

Chapter 13:

- Latest statistics on incidence of cancers in the United States
- New information describing the main types of cancers
- Expanded discussion of carcinogens
- New “Examining the Evidence” highlighting the evidence that regular exercise reduces the risk of 13 different cancers
- New discussion on the role that the hepatitis B virus plays in development of liver cancer
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 14:

- Updated information on the stages of HIV/AIDS.
- Latest statistics on the incidence of major STIs in the United States and around the world.
- Expanded discussion on the treatment of hepatitis B
- Updated “Suggested Readings,” “Weblinks,” and “References”

Chapter 15:

- New information on problem gambling
- Latest statistics on rates of drug addiction in United States
- Latest research on the influence of opioid abuse on the body
- Expanded discussion on the health effects of e-cigarettes
- New information on the health effects of long-term use of caffeine
- Updated “Suggested Readings,” “Weblinks,” and “References”

Text Features and Learning Aids

In addition to the new and revised features described above, continuing features and learning aids in the book that contribute to student success include:

- **Lab exercises** allow students to apply textual information to practical issues, encouraging the immediate development of healthy lifestyle choices and a core fitness plan.
- **Sample fitness and wellness programs** offer easy-to-follow instructions for implementing successful fitness and wellness programs.
- **Coaching Corner** boxes represent the “teacher’s voice” throughout the text, offering helpful hints and strategies to overcome fitness and wellness obstacles.
- **Consumer Corner** boxes teach students to be informed and discerning health and fitness consumers, guiding them to make the best fitness and wellness decisions in a market full of fads, gimmicks, and gadgets.
- **Appreciating Diversity** boxes present current health research, covering issues such as how the risk of cancer varies across the United States and how the incidence of drug abuse varies across populations.

- **Steps for Behavior Change** boxes focus students on evaluating their own behaviors (e.g., Are you reluctant to strength train?, Do you protect your skin from UV light?). New timelines present students with practical steps they can take to make meaningful behavior change.
- **Consider This!** grabs students' attention with surprising statistics and information, prompting them to pause and consider the long-term consequences of specific health behaviors.

Instructor Supplements

A full resource package accompanies *Total Fitness and Wellness* to assist the instructor with classroom preparation and presentation.

- **Mastering Health**
(www.masteringhealthandnutrition.com or www.pearsonmastering.com). Mastering Health coaches students through the toughest fitness and wellness topics. Instructors can assign engaging tools to help students visualize, practice, and understand crucial content, from the basics of fitness to the fundamentals of behavior change. **Coaching Activities** guide students through key health concepts with interactive mini-lessons, complete with hints and wrong-answer feedback. **Reading Quizzes** (20 questions per chapter) ensure students have completed the assigned reading before class. **ABC News Videos** stimulate classroom discussions and include multiple-choice questions with feedback for students. **NutriTools Coaching Activities** in the nutrition chapter allow students to combine and experiment with different food options and learn firsthand how to build healthier meals. **MP3s** relate to chapter content and come with multiple-choice questions that provide wrong-answer feedback. **Learning Catalytics** provides open-ended questions students can answer in real time. Through targeted assessments, **Learning Catalytics** helps students develop the critical thinking skills they need for lasting behavior change. For students, the **Study Area** is broken down into learning areas and includes videos, MP3s, practice quizzing, and much more.
- **Instructional Resources (Download Only)**
The instructional resources available for downloading in the Mastering Health Instructor Resources area include everything an instructor needs to prepare for their course and deliver a dynamic lecture in one convenient place. Resources include: *ABC News* videos; exercise videos; clicker questions; Quiz Show questions; PowerPoint lecture outlines; all figures and tables from the text; PDF and Microsoft Word files of the *Instructor Resource and Support Manual*; PDF, RTF, and Microsoft Word files of the Test Bank; the Computerized Test Bank; the User's Quick Guide; and *Teaching with Student Learning Outcomes*, *Teaching with Web 2.0*, *Great Ideas! Active Ways to Teach Health and Wellness*, *Behavior*

Change Log Book and Wellness Journal, *Eat Right! Live Right!*, and *Take Charge of Your Health* worksheets.

- **ABC News Videos and Video Tutors.**
ABC News videos, each 3 to 8 minutes long, help instructors stimulate critical discussion in the classroom. Videos are embedded within PowerPoint lectures and are also available separately in large-screen format with optional closed captioning through MasteringHealth.
- **Instructor Resource and Support Manual.** This teaching tool provides chapter summaries, outlines, integrated *ABC News* video discussion questions, in-class discussion questions, and more.
- **Test Bank.** The Test Bank incorporates Bloom's Taxonomy, or the higher order of learning, to help instructors create exams that encourage students to think analytically and critically, rather than simply to regurgitate information. Test Bank questions are tagged to global and book-specific student learning outcomes.
- **Teaching with Student Learning Outcomes.** This publication contains essays from 11 instructors who are teaching using student learning outcomes. They share their goals in using outcomes, the processes that they follow to develop and refine the outcomes, and provide many useful suggestions and examples for successfully incorporating outcomes into a personal health course.
- **Teaching with Web 2.0.** From Facebook to Twitter to blogs, students are using and interacting with Web 2.0 technologies. This handbook provides an introduction to these popular online tools and offers ideas for incorporating them into your personal health course. Written by personal health and health education instructors, each chapter examines the basics about each technology and ways to make it work for you and your students.
- **Great Ideas! Active Ways to Teach Health & Wellness.** This manual provides ideas for classroom activities related to specific health and wellness topics, as well as suggestions for activities that can be adapted to various topics and class sizes.
- **Behavior Change Log Book and Wellness Journal.** This assessment tool helps students track daily exercise and nutritional intake and create a long-term nutritional and fitness prescription plan. It also includes a Behavior Change Contract and topics for journal-based activities.

Student Supplements

Mastering Health

The Study Area of Mastering Health is organized by learning areas within the Study by Chapter section." after "by learning areas. The *Read It!* section contains the Learning Outcomes and up-to-date health news. *See It!*

includes *ABC News* videos on important health topics and Behavior Change videos. More than 100 exercise videos demonstrate strength training and flexibility exercises with resistance bands, stability balls, free weights, and gym machines. The exercise videos are also available for download onto iPods or media players. *Hear It!* contains MP3 Study Tutor files and audio case studies. *Do It!* contains the choose-your-own-adventure-style interactive “*Behavior Change Activities—Which Path Would You Take?*”, interactive NutriTools activities, and Web links. Also in this section is a pre-course/post-course assessment that lets students evaluate their own fitness and wellness status both before and after taking the course. New interactive labs are also available online to students, allowing them to assess their levels of fitness and wellness, learn core skills, and develop behavior change plans to track their progress. Students can easily complete the labs and e-mail them to you directly—eliminating the need for paper entirely.

Review It! contains Practice Quizzes for each chapter, Flashcards, and Glossary. *Live It!* will help jump-start students’ behavior-change projects with interactive Assess Yourself Worksheets and resources to plan change; students can fill out a Behavior Change Contract, journal and log behaviors, and prepare a reflection piece.

Pearson eText included within Mastering Health, contains embedded *ABC News* videos and other rich media, is mobile friendly and ADA accessible, is available on smartphones and tablets, and includes instructor and student note-taking, highlighting, bookmarking, and search functions.

Behavior Change Log Book and Wellness Journal, found within the *Live It!* section in Mastering Health, helps students track daily exercise and nutritional intake and create a long-term nutrition and fitness prescription plan. It includes Behavior Change Contracts and topics for journal-based activities.

Additional Student Supplements

MyDietAnalysis (www.mydietanalysis.com). Powered by ESHA Research, Inc., MyDietAnalysis features a database of nearly 50,000 foods and multiple reports. It allows students to track their diet and activity using up to six profiles and to generate and submit reports electronically. MyDietAnalysis is available at no additional cost in Mastering Health, as well as sold separately as a standalone purchase for those who do not use Mastering Health.

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Understanding Fitness and Wellness

7



LEARNING OUTCOMES

- 1 Define *wellness* and discuss the eight components of wellness.
- 2 Describe the wellness goals of the United States as established by the *Healthy People 2020* initiative.
- 3 Explain the nature of exercise and physical activity and the health benefits of exercise.
- 4 Identify and discuss the five major components of health-related physical fitness.
- 5 Explain how lifestyle plays a role in overall wellness and why it is important to assess your current health habits.
- 6 Explain the process of behavior change and name and describe the six phases that are part of the stages of change model.
- 7 Discuss the strategies and tactics that are effective in maintaining motivation for change and eliminating barriers to change.
- 8 Explain the necessity of SMART goals and create a behavior change action plan that addresses at least one health-related target behavior.