



Fitness for Life - Updated 5th Edition - Paper

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Fitness for Life is the original and best-selling high school text for promoting lifelong physical activity and healthy lifestyles that result in lifelong fitness, wellness, and health. ***Fitness for Life*** has been updated to make it better than ever. The updated edition retains the strengths of the fifth edition and has been enhanced with a test bank, an online study guide, and an array of other new features to keep teachers and students on the cutting edge.

Fitness for Life helps students to

- meet national, state, and local physical education grade-level standards;
- learn about and meet national health goals for the year 2010;
- become informed consumers on matters related to lifelong physical activity and fitness;
- learn self-management skills that lead to adopting healthy lifestyles;
- take personal responsibility for program planning and setting individualized goals;
- recognize and overcome the barriers to reaching their activity and fitness goals;
- use technology to promote healthy living and to separate fact from fiction; and
- assess personal progress using a variety of tools, including FITNESSGRAM/ACTIVITYGRAM.

The book's pedagogically sound format includes lesson objectives that are consistent with state and national health and fitness goals. The chapter and unit structure is consistent with a school-year structure and works with your schedule no matter what schedule you're on!

The following are new features in the *Updated Fifth Edition*:

- New focus on MyPyramid and the 2005 dietary guidelines
- Online study guide and test bank
- Increased emphasis on diversity awareness
- Wrap-around lesson plans to accompany lesson plan book and CD-ROM
- And much more—request a desk copy to see!

Every chapter of the fully updated student text includes the following elements:

- Two lessons designed for the classroom portion of the class
- Three activities designed for use in the activity portion of the class
- A self-assessment that helps students to build a fitness profile to be used in program planning
- A taking charge feature designed to reinforce self-management skills and concepts

-A self-management skill feature that includes guidelines for learning self-management skills and reinforces taking charge

-A chapter review

New ancillaries beef up already comprehensive ancillaries

-The **teacher ancillary package** includes the following:

-**Lesson plans in CD-ROM and book format**—Daily lesson plans guide teachers in working through the material and integrating the other ancillaries.

-**Wrap-around lesson plans**—A wrap-around set of lesson plans is available for those schools that require or prefer this format.

-**CD-ROM and print version of teacher resources and materials**—Includes worksheets, quizzes, blackline masters, and student workbooks. These can be copied from the print version or kept safe and printed out year after year from the CD-ROM.

-**CD-ROM of activity and vocabulary cards**—This includes 8.5- x 11-inch cards depicting activities with instructions and vocabulary cards for use in studying fitness terminology covered in the book.

-**CD-ROM of the presentation package**—This CD-ROM includes a PowerPoint presentation for every lesson in the book, making class time easy for you and more engaging for your students.

-**In-service DVD**—Learn the program philosophy, objectives, and teaching strategies presented by Chuck Corbin. This DVD is useful for presenting your program's objectives to parents and administrators.

-**Spanish e-book on CD-ROM and online Spanish vocabulary**—You'll find the full text in a Spanish translation on the CD-ROM, and all vocabulary is translated to Spanish on the Web site.

-**Fitness for Life Web site**—The student text uses icons throughout to direct students to the Web site for more information. Additional content updates will continue to be added to the Web site as new information on health and wellness emerges. The Web site also includes the two newest ancillaries:

-**Online study guide**—Use as a supplement to regular coursework, as an independent study for students who are unable to attend class, or as a make-up assignment for a student who missed a class. The online study guide also allows students to create online electronic portfolios that can be used as evidence of meeting physical education outcomes and standards. Access is free to teachers and students with an adoption of 25 or more copies.

-**Test bank**—Quickly and easily create exams from more than 500 multiple-choice, essay, and matching questions. You can easily customize the exams to meet your needs, and you can make them unique for each class period you teach.

-**Award-winning DVDs**—Two DVDs each include five 20-minute segments that illustrate key concepts, activities, and assessments featured in the text, including the Telly Award–winning segments.

-The **Lifetime Fitness DVD** includes Introduction to Physical Activity, Cardiovascular Fitness, Muscle Fitness, Flexibility, and Body Composition.

-The **Wellness DVD** includes Introduction to Wellness, Nutrition, Stress Management, the Activity Pyramid, and Planning Healthy Lifestyles.

-Additional supplementary instructional materials are also available for purchase:

-**Physical Education Soundtracks**—Two CDs contain the cadence for PACER and other fitness tests, music intervals, and music for exercise routines.

-**Physical Activity Pyramid Posters**—Explains the FIT formula for all types of physical activities.

How **Fitness for Life** Benefits Students

-**Fitness for Life** helps students meet national, state, and local physical education standards and helps students achieve national health goals outlined in Healthy People 2010.

-**Fitness for Life** is based on the HELP philosophy, which specifies the goal of promoting health for everyone with an emphasis on lifetime activity designed to meet personal needs.

-**Fitness for Life** helps students learn the value and benefits of lifelong physical activity. Just as important, they learn that physical activity can and should be fun—and thus they are more likely to become and remain active throughout their lives.

-Students learn how to create an activity and fitness plan, set individual goals, assess their status and progress, manage their time and responsibilities, and overcome barriers to regular physical activity. They learn to use technology to benefit their fitness rather than detract from it. And they experience the various components of health-related fitness, activity, and wellness through participation in the many labs and activities that are a crucial part of the **Fitness for Life** program.

-**Fitness for Life** enables students to have success, build confidence in their ability to lead an active lifestyle, and take control of their own health. And research has shown that the program is effective in promoting physically active behavior after students finish school.

-**Fitness for Life** complements the total learning process, contributing learning experiences in science, math, and language arts, including extensive vocabulary enhancement.

How **Fitness for Life** Benefits Teachers

-Teachers can present this course knowing that it is consistent with national and state standards.

-**Fitness for Life** helps students understand lifelong fitness concepts and learn the keys to adopting and maintaining healthy behavior throughout their lives.

-The program is easily adaptable to any schedule and includes block plans of all types.

-The organization of the text and the comprehensive ancillaries make teaching this course as simple as possible, with a minimum of preparation time—even for those with no experience in teaching this type of course.

-Workbooks and materials completed by students in the online study guide can be used in creating student

portfolios that provide evidence of students' accomplishment of national, state, and local outcomes and standards.

Compatibility With FITNESSGRAM®/ACTIVITYGRAM® and Physical Best

Author Chuck Corbin has been a member of the FITNESSGRAM/ACTIVITYGRAM Scientific Advisory Board since its inception. The FITNESSGRAM/ACTIVITYGRAM assessments embedded in the *Fitness for Life* self-assessment program—as well as the book's approach to teaching health-related fitness and physical activity—are consistent with the stated philosophy of the FITNESSGRAM/ACTIVITYGRAM Scientific Advisory Board. **Fitness for Life** is also fully compatible with Physical Best resources; in fact, the Physical Best program offers teacher training for Fitness for Life course instructors. All three programs are based on the HELP philosophy, which promotes health for everyone with a focus on lifetime activity of a personal nature.

Dr. Corbin is recognized nationally and internationally as the leader in teaching health-related fitness and activity to middle and high school students. He wrote the first high school textbook on this subject, which has often been imitated but never equaled. Dr. Corbin has received numerous national awards in physical education and has authored, coauthored, or edited more than 70 books and videos. *Fitness for Life* (winner of the Texty Award of the Text and Academic Authors Association), *Concepts of Physical Fitness* (winner of the McGuffey Award), and *Concepts of Fitness and Wellness* are the most widely adopted high school and college texts in the area of fitness and wellness. Two of Dr. Corbin's video programs have earned Telly Awards for Excellence for educational videos. He is first author of the national physical activity standards for children, published by COPEC and NASPE.

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From reader reviews:

Valerie Garrison:

Reading a reserve tends to be new life style with this era globalization. With examining you can get a lot of information which will give you benefit in your life. Having book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. Lots of author can inspire their own reader with their story or even their experience. Not only the story that share in the books. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors nowadays always try to improve their expertise in writing, they also doing some analysis before they write for their book. One of them is this Fitness for Life - Updated 5th Edition - Paper.

James Drennan:

In this period of time globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher this print many kinds of book. Often the book that recommended to you is Fitness for Life - Updated 5th Edition - Paper this e-book consist a lot of the information of the condition of this world now. This particular book was represented just how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. Often the writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

Amy Arwood:

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