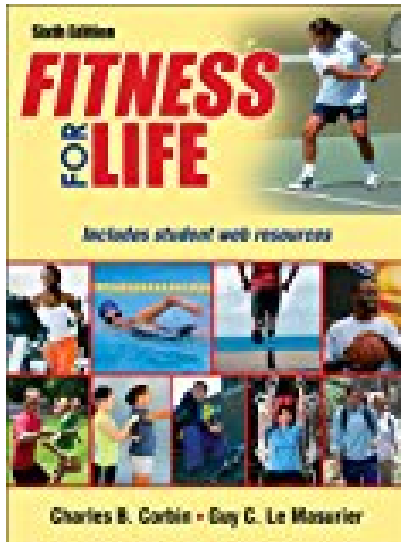


Fitness for Life-6th Edition With Web Resources-Cloth



BOOK DETAILS

- Author : Charles Corbin
- Pages : 496 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450400221

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BOOK SYNOPSIS

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.

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