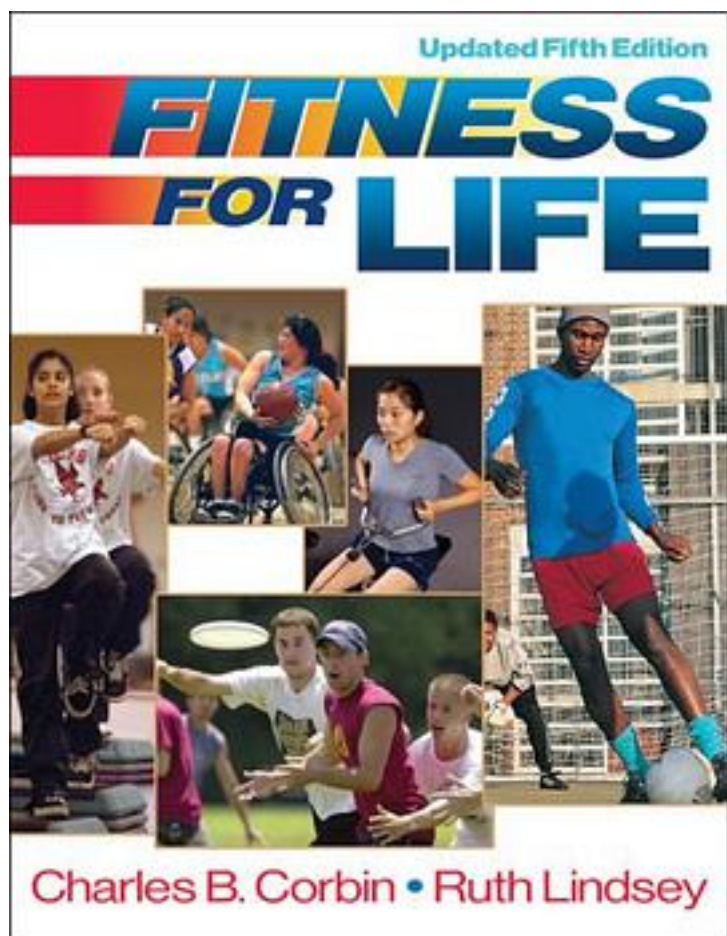


# Fitness For Life



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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.

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