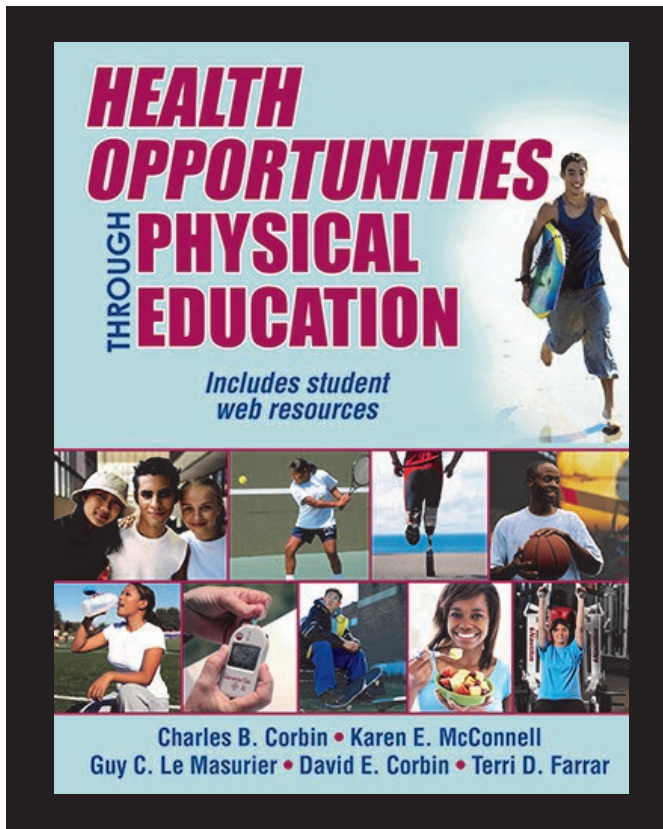




Comprehensive fitness education and health education in one text



OVERVIEW:

This innovative new textbook, with a full suite of related resources, has been created to support student development and enhancement of healthy behaviors that influence their lifestyle choices and health and fitness.

A key feature of this curriculum is the complete integration of physical education and health concepts and skills to maximize student interest, learning, and application. This objective was accomplished by combining the expertise of our author teams from two related textbooks--*Fitness for Life, Sixth Edition*, and *Health for Life*.

This is not just a health textbook with a few physical education concepts thrown in. School systems that want a single textbook to help them address national, state, and local standards for both physical education and health education will find that this book provides them a unique and cost-effective option.

DIGITAL RESOURCES:

Health Opportunities Through Physical Education offers students and teachers an array of supporting materials at www.hopetextbook.org.

Health Opportunities Through Physical Education is available in print and digital formats, including an iBooks interactive version for iPads plus other e-book formats that students can use across a variety of platforms.

AUDIENCE:

High school textbook for courses that combine physical education (personal fitness education) and health education.

CONTENTS:

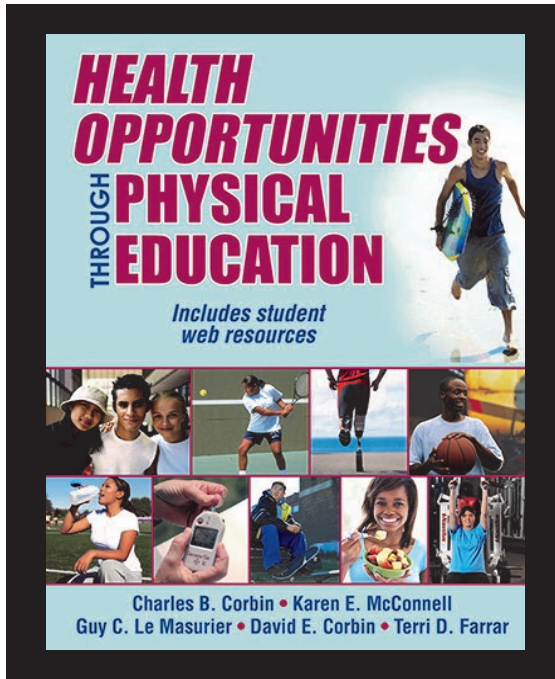
- PART I: Fitness for Life*
- Unit I. Building a Foundation*
- Unit II. Becoming and Staying Physically Active*
- Unit III. Moderate and Vigorous Physical Activity*
- Unit IV. Muscle Fitness and Flexibility*
- Unit V: Healthy Choices*
- Unit VI: Moving Through Life*

- PART II: Health for Life*
- Unit VII: Understanding Health and Wellness*
- Unit III: Preventing Disease and Seeking Care*
- Unit IX: Embracing Priority Lifestyles*
- Unit X: Building Relationships and Lifelong Health*
- Unit XI: Avoiding Destructive Habits*
- Unit XII: Creating Healthy and Safe Communities*

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Photos:	479
Illustrations:	210



ABOUT THE AUTHORS



Dr. Charles B. (“Chuck”) Corbin, PhD is Professor Emeritus in the School of Nutrition and Health Promotion at Arizona State University. He co-authored two successful health series for use in grades K-8, and is senior author of several award winning elementary, middle school, high school, and college texts including *Fitness for Life: Elementary School*, *Fitness for Life: Middle School*, *Fitness for Life* (6th ed.), all winners of Texty Awards (Text and Academic Authors Association-TAA), and *Concepts of Physical Fitness* (17th ed.) winner of the McGuffey Award (TAA). His books are the most widely adopted public school and college texts in the area of fitness, health, and wellness. 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 different countries, and has presented numerous named lectures. Among his many honors are the Alliance Scholar and Gulick Awards (Society of Health and Physical Education Professionals, formerly AAHPERD), Cureton Lecturer (ACSM), Healthy American Fitness Leaders Award from the President’s Council on Fitness, Sports, and Nutrition (PCFSN), and National Jaycees. He is also a member of the NASPE Hall of Fame and a recipient of the Heterington Award (National Academy of Kinesiology). Dr. Corbin 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 President’s Council (PCFSN).

Karen E. McConnell, PhD, a Professor at Pacific Lutheran University, is a Certified Health Education Specialist (CHES) and has taught at the university level of 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’s resources for *Fitness for Life* (5th and 6th Ed). She is a past 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.

Guy C. Le Masurier, PhD, is a professor of Sport, Health and Physical Education at Vancouver Island University, 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 is a co-author on all *Fitness for Life* curricula (Elementary, Middle and High School). Dr. Le Masurier is a member of SHAPE America, ACSM, and Physical and Health education Canada (PHE Canada).

David E. Corbin, PhD, taught health education at the high school level for many years before beginning a career in health education at the college level. He is emeritus professor of health education and public health at the University of Nebraska Omaha, where he taught for over 30 years. He has authored, coauthored, or edited four other health-related books, and is a fellow and lifetime member of the American School Health Association. Corbin received the Mohan Singh Award for humor in health education and health communication from the American Public Health Association. He was also named the Nebraska Health Professional of the Year by the Nebraska Association for Health, Physical Education, Recreation and Dance, and he received an Excellence in Teaching award from the University of Nebraska Omaha. Corbin has also appeared on *Late Night with David Letterman* and *You Bet Your Life with Bill Cosby*. In his leisure time, he enjoys cycling, walking, traveling, and singing and playing the guitar.

Terri D. Farrar, PhD, is a visiting assistant professor and director of the Bachelor of Arts in Kinesiology Program at Pacific Lutheran University in Tacoma, Washington. She has taught health and fitness at the high school level for 20 years, and teaches health and fitness pedagogy at Pacific Lutheran. She is a member of SHAPE America—Society of Health and Physical Educators (formerly AAHPERD) and of the Washington chapter of SHAPE America. She is also a member of the American Association for Health Education, the Association of Applied Sport Psychology, and the Alliance of Women Coaches. She enjoys traveling, working out, and coaching fastpitch softball.