



## Total Fitness & Wellness (6th Edition)

By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

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**Total Fitness & Wellness (6th Edition)** By Scott K. Powers, Stephen L. Dodd, Erica M. Jackson

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## **Editorial Review**

### About the Author

**Scott Powers** holds the title of distinguished professor, and is also director of the Center for Exercise Science at the University of Florida. He has been teaching for over 20 years, and was named Teacher of the Year at UF in 1992. Scott served as president of the Southeastern Chapter of the American College of Sports Medicine in 1986, and is the co-author of another textbook, *Exercise Physiology: Theory and Application to Fitness and Performance*, Eighth Edition, published by McGraw-Hill. As a member of the Gatorade Sports Science Institute (GSSI) Sports Medicine Review Board and the editorial board for the *Journal of Applied Physiology, Medicine and Science in Sports and Exercise*, the *International Journal of Sports Medicine*, and the *International Journal of Sport Nutrition and Exercise Metabolism*, he is a well-known and highly respected individual in the field of exercise physiology.

**Stephen Dodd** is a professor in the Department of Applied Physiology and Kinesiology at the University of Florida. He has been teaching for more than 20 years, and has won numerous awards, including the Teacher of the Year award in 1997. He has won the annual "Instructional Resources Grant" from UF every year since 1991, allowing him to make innovations in use of multimedia in his classroom. He has held numerous chairs in committees at UF.

**Erica Jackson** is an assistant professor in the Department of Public & Allied Health Sciences at Delaware State University. Erica teaches the fitness and wellness course, in addition to exercise psychology and kinesiology research. Erica is young, energetic, and in touch with her students. She brings both her expertise and first-hand knowledge of the challenges fitness and wellness instructors' face in the classroom to the text book.

## **Users Review**

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#### **Isaiah Owen:**

Now a day people who Living in the era everywhere everything reachable by connect with the internet and the resources inside can be true or not involve people to be aware of each details they get. How a lot more to be smart in getting any information nowadays? Of course the answer is reading a book. Reading through a book can help men and women out of this uncertainty Information specially this Total Fitness & Wellness (6th Edition) book as this book offers you rich data and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it as you know.

#### **Dennis Taylor:**

The particular book Total Fitness & Wellness (6th Edition) has a lot of information on it. So when you make sure to read this book you can get a lot of help. The book was authored by the very famous author. Mcdougal makes some research ahead of write this book. This kind of book very easy to read you can obtain the point easily after reading this article book.

**Kyle Smallwood:**

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Total Fitness & Wellness (6th Edition), you may enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

**Ashley Johnson:**

The book untitled Total Fitness & Wellness (6th Edition) contain a lot of information on it. The writer explains your ex idea with easy way. The language is very simple to implement all the people, so do not really worry, you can easy to read the item. The book was published by famous author. The author gives you in the new age of literary works. You can actually read this book because you can read more your smart phone, or device, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site as well as order it. Have a nice go through.

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