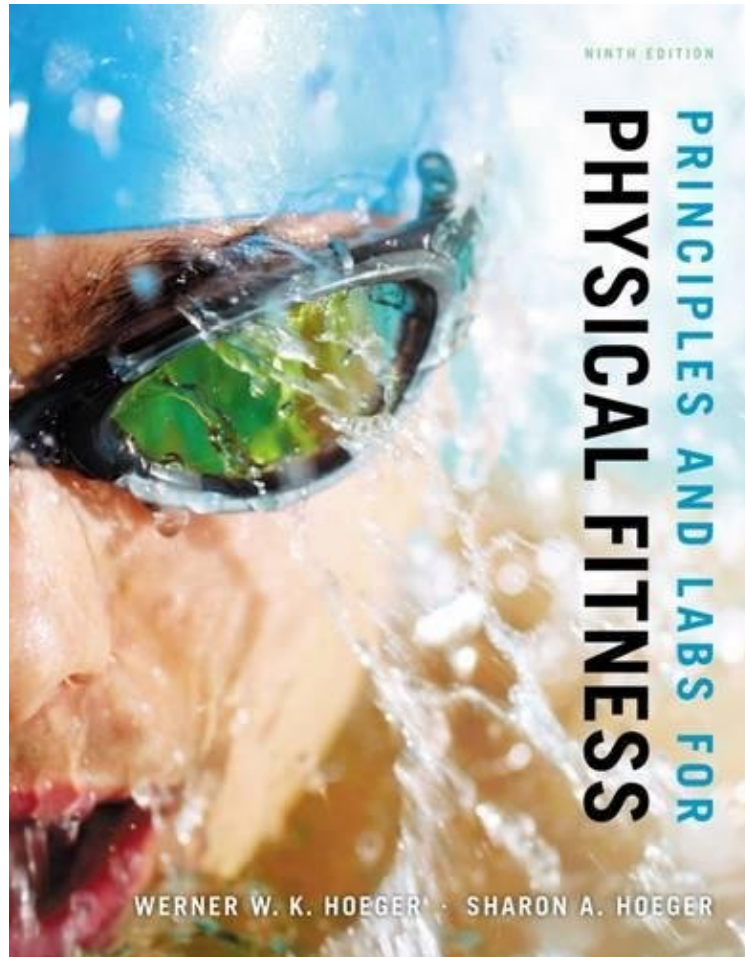


Principles and Labs for Physical Fitness

Wener W.K. Hoeger, Sharon A. Hoeger
ebooks | Download PDF | *ePub | DOC | audiobook



 Download

 Read Online

#698172 in Books Cengage Learning 2013-01-01 Ingredients: Example Ingredients Original
language:English PDF # 1 .80 x 8.40 x 10.70l, 2.25 #File Name: 1133599699512 pages | File size: 56.Mb

Wener W.K. Hoeger, Sharon A. Hoeger : Principles and Labs for Physical Fitness before purchasing it in order to gage whether or not it would be worth my time, and all praised Principles and Labs for Physical Fitness:

0 of 0 people found the following review helpful. Five StarsBy Johnmade my semester work easier0 of 0 people found the following review helpful. Five StarsBy CustomerIt was great getting the required text book for so little money. Thanks.0 of 0 people found the following review helpful. This book is great. I use it as a reference for information ...By SnoopThis book is great. I use it as a reference for information that is useful to my clients.

Discover and achieve your personal fitness and wellness goals with Hoeger/Hoeger's PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 9th Edition. Its personalized approach emphasizes behavior change and provides you with current, practical information and tips to incorporate in your daily life. PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 9th Edition offers a variety of resources for you to turn active learning into active living, including new

"MyProfile" boxes, "Behavior Modification Planning" boxes, exercise videos, online labs, and more. Use these resources to achieve and maintain your personal health and wellness goals!

1. Why Physical Fitness? 2. Behavior Modification. 3. Nutrition for Wellness. 4. Body Composition. 5. Weight Management. 6. Cardiorespiratory Endurance. 7. Muscular Strength and Endurance. 8. Muscular Flexibility. 9. Comprehensive Fitness Programming. 10. Stress Assessment and Management Techniques. 11. A Healthy Lifestyle.

About the Author Dr. Werner W.K. Hoeger is Professor Emeritus in the Department of Kinesiology at Boise State University and a Fellow of the American College of Sports Medicine and the Research Consortium of SHAPE America (Society of Health and Physical Educators). The 2004 recipient of the Presidential Award for Research and Scholarship in the College of Education at Boise State University, he was the keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences and the 2010 Western Society for Kinesiology and Wellness. He continues to research and lecture on exercise physiology, physical fitness and wellness. In addition to FITNESS AND WELLNESS, Dr. Hoeger has published several Cengage texts, including PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, LIFETIME PHYSICAL FITNESS AND WELLNESS, WELLNESS: GUIDELINES FOR A HEALTHY LIFESTYLE and WATER AEROBICS FOR FITNESS AND WELLNESS. A former luge athlete, he competed in the 2002 and 2006 Winter Olympics and was named an All-American by USA Track Field in 2012, 2014, 2015 and 2016. A renowned fitness and wellness innovator, Dr. Hoeger developed many popular fitness assessment tools in use today, such as the modified sit and reach, total body rotation, shoulder rotation, muscular endurance, muscular strength and endurance, and soda pop coordination tests.

Sharon A. Hoeger is Vice President of Fitness Wellness, Inc. in Boise, Idaho As co-author of FITNESS AND WELLNESS and four other Cengage texts, Sharon is responsible for researching the most current scientific information for each revision, as well as developing the interactive software that accompanies all the Hoeger fitness and wellness textbooks -- innovations that have set the standard for fitness and wellness software today. The Hoeger husband-and-wife team has been jogging and strength training together for more than 39 years! Sharon holds a bachelor's degree in computer science from Brigham Young University.