



Fitness for Life: Middle School-2nd Edition (Hardback)

By Charles B. Corbin, Guy Le Masurier, Dolly Lambdin

Human Kinetics Publishers, United States, 2018. Hardback. Condition: New. 2nd edition. Language: English . Brand New Book. A winner of the Texty Award for textbook excellence with its first edition, Fitness for Life: Middle School is even stronger in its second edition. Fitness for Life: Middle School is thoroughly updated to address the new national physical education standards, physical activity guidelines, FITT formulas, and USDA nutrition guidelines. In addition, it is greatly expanded and offers plenty of new material: - New material on coordinated school health, nutrition, skills, and safety (making the book easy to use in schools with combined PE/health classes) - New integration of fitness concepts into math, science, and language arts - New technology sections that engage students in applying technology to their fitness - A new student interactive web textbook - A new teacher online bundle New Interactive Web Texts Offer Great Benefits The student interactive web textbook contains the same content as the print book but uses interactive audio, video, worksheets and other great activities to help students engage with the material and enhance learning. The interactive web textbook offers audio vocabulary and definitions in English and Spanish. Introductory videos at the beginning of each...



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