



Health Opportunities Through Physical Education With Web Resources

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Human Kinetics, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 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 fitness, health, and wellness. 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 both physical education and health education standards will find that this book provides them a unique and cost-effective option. "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. Part I, "Fitness for Life," will help students become physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of...



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