

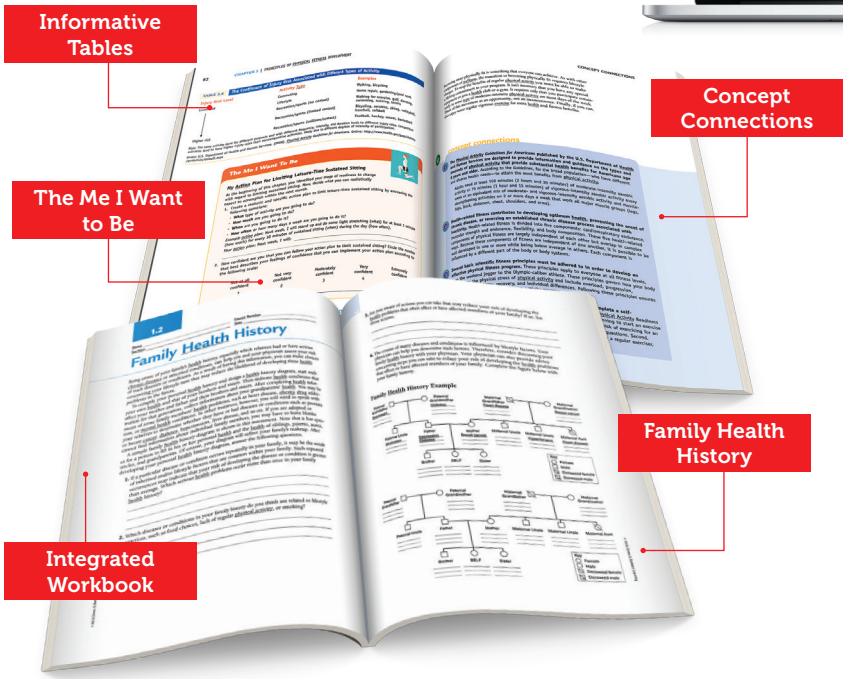
Why You Should Adopt

Physical Activity & Health

An Interactive Approach
FIFTH EDITION

Includes Navigate 2 Advantage Access

- ✔ **Option 1:** Paperback with Navigate 2 Advantage Access
ISBN-13: 978-1-284-10230-7 • 666 pages • © 2018
- ✔ **Option 2:** Navigate 2 Advantage Access Only
ISBN-13: 978-1-284-10232-1
50% off the list price of the printed textbook



The Student Experience

Physical Activity & Health, Fifth Edition assists and encourages students in developing a personalized physical activity and health plan based on information gleaned from the latest scientific evidence and research. It uses a distinct interactive approach that instills confidence in students to improve their health and well-being.

Top 5 Reasons to Adopt to *Physical Activity & Health, Fifth Edition*

1

Includes **Navigate 2 Advantage Access** with full eBook, workbook, web links, assessments, instructor resources and more!
(see reverse side)

2

A comprehensive **Self-Assessment Workbook**, is integrated into the text and is included within Navigate 2 as writable PDFs.
(see page 445 of the text and Navigate 2)

3

Where Am I? boxes provide students with the opportunity to assess their readiness to change using the Stage of Change behavior change model
(see page 307)

4

The Me I Want to Be boxes encourage students to construct a personal action plan while also measuring the reader's level of self-efficacy behavior change model
(see page 203)

5

At the end of each chapter, **Concept Connections** reinforce important concepts with a brief narrative following each original concept.
(see pages 251 and 229)

Course Materials

Learning Tools

- Interactive eBook
- Weblinks
- Workbook Activities
- Lecture Outlines
- Image Bank
- Flashcards
- Practice Activities

Teaching Tools (available with Course ID)

- Chapter Outlines
- Classroom Activities
- Lecture Slides in PowerPoint Format
- Discussion Questions
- Test Bank
- Pre-populated Quizzes and Exams with Automatic Grading
- Sample Syllabus
- Hassle-free Gradebook
- Course Management Tools

eBook Resources

Chapter	Title	Knowledge Check Questions	eBook Quiz Questions	Weblinks
1	The Physical Activity and Health Connection	12	11	<ul style="list-style-type: none"> • CDC's Physical Activity for Everyone • President's Council on Fitness, Sports, and Nutrition • U.S. National Physical Activity Plan
2	Understanding and Enhancing Health Behaviors	10	11	<ul style="list-style-type: none"> • Healthy Belief Model • Summary of the Transtheoretical Model • Theory of Reasoned Action
3	Principles of Physical Fitness Development	14	12	<ul style="list-style-type: none"> • American College of Sports Medicine • Physical Activity Guidelines for Americans • Shape Up US
4	The Heart of Physical Fitness: Cardiorespiratory Endurance	9	11	<ul style="list-style-type: none"> • Aerobic Exercises • Cardio for Belly Fat • Cardiorespiratory Fitness Testing Modalities and Protocols
5	The Power of Resistance Training: Strengthening Your Health	11	13	<ul style="list-style-type: none"> • How to Train for Muscular Strength and Endurance • Muscular Strength and Endurance Activities • Why is Muscular Strength and Endurance Important
6	Focus of Flexibility: Stretching for Better Health	12	10	<ul style="list-style-type: none"> • Major Stretches • Stretches and Flexibility Exercises with Pictures • Stretching and Flexibility Exercises
7	Optimal Nutrition for an Active Lifestyle	9	10	<ul style="list-style-type: none"> • Academy of Nutrition and Dietetics • Produce for Better Health Foundation • Whole Grains Council
8	Achieving and Maintaining a Healthy Weight	15	12	<ul style="list-style-type: none"> • Eating Disorders and Prevention Awareness, Inc. • Healthy Eating for a Healthy Weight • Obesity Education Initiative
9	Achieving Optimal Bone Health	9	13	<ul style="list-style-type: none"> • American Bone Health • Medine Plus • National Osteoporosis Foundation
10	Mental Health and Coping with Stress	18	11	<ul style="list-style-type: none"> • Canadian Institute of Stress • Mental Help Net • The American Institute of Stress

Chapter	Title	Knowledge Check Questions	eBook Quiz Questions	Weblinks
11	Making Informed Decisions About Drug Use	11	10	<ul style="list-style-type: none"> American Lung Association Food and Drug Administration National Institute on Alcohol Abuse and Alcoholism (NIAAA)
12	Consumer Health	6	11	<ul style="list-style-type: none"> American Council on Exercise Federal Trade Commission National Health Care Anti-Fraud Association
13	Developing Healthy Social and Intimate Relationships	17	10	<ul style="list-style-type: none"> Contraception Healthy Relationships Smartphone Addiction
14	Protecting Your Cardiovascular System	17	10	<ul style="list-style-type: none"> About Chronic Disease American Diabetes Association American Heart Association
15	Reducing Your Cancer Risk	14	10	<ul style="list-style-type: none"> American Cancer Society Cancer Information Service National Cancer Institute
16	Preventing Sexually Transmitted Infections	12	10	<ul style="list-style-type: none"> Global Response to HIV/AIDS HIV/AIDS Prevention Planned Parenthood
Appendix A	Injury Care and Prevention			
Appendix B	Dietary Reference Intakes (DRIs)			
	Full Workbook (Pages 445-666)			

Technical Support Services

- Call toll free: 1-800-832-0034, Option 5
- Email: externaltechsupport@jblearning.com
- Report an issue at go.jblearning.com/Nav2Help
- Help documents and tutorials at www.jblnavigate.com/support