

Evidence- and standards-based curriculum updated for today's world

Taking Charge and Self-Management:

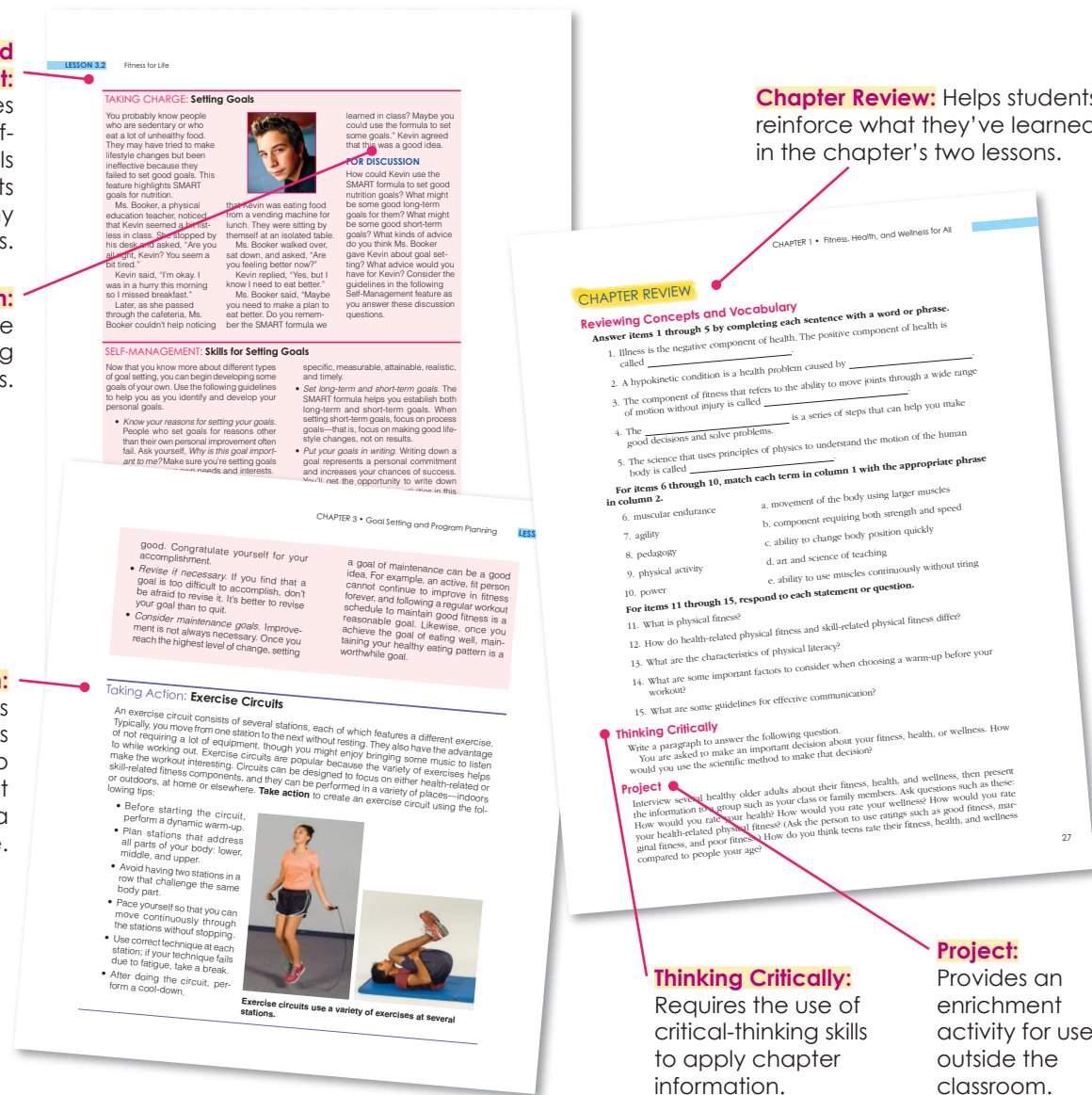
Provide guidelines for learning self-management skills that help students adopt healthy behaviors.

For Discussion:

Helps students take charge by making good decisions.

Taking Action:

Lets students try out activities that can help them become fit and active for a lifetime.



Chapter Review: Helps students reinforce what they've learned in the chapter's two lessons.

CHAPTER REVIEW
Reviewing Concepts and Vocabulary
 Answer items 1 through 5 by completing each sentence with a word or phrase.

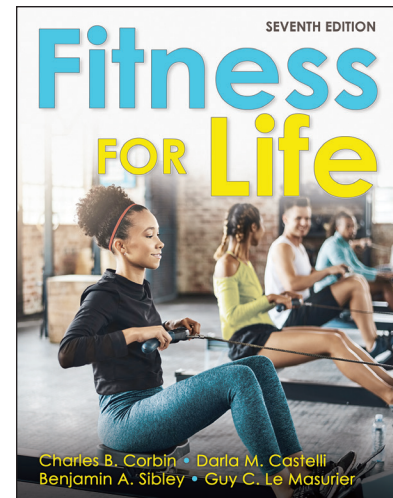
For Items 6 through 10, match each term in column 1 with the appropriate phrase in column 2.

For Items 11 through 15, respond to each statement or question.

Thinking Critically: Requires the use of critical-thinking skills to apply chapter information.

Project: Provides an enrichment activity for use outside the classroom.

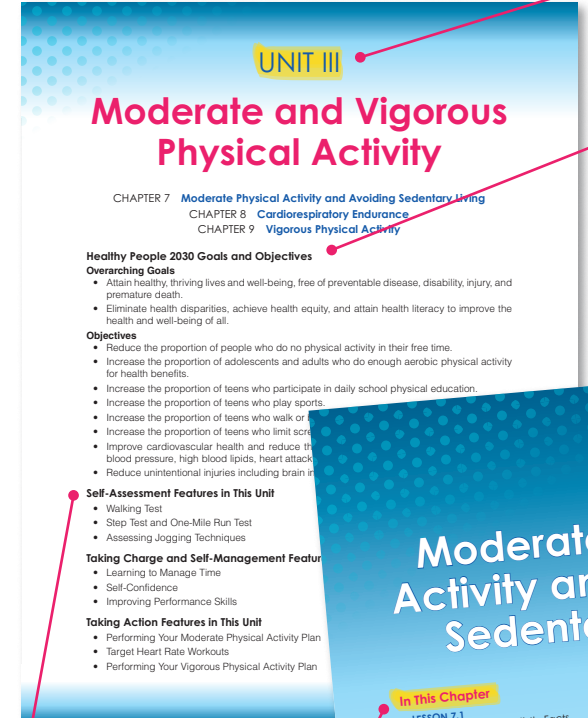
FITNESS FOR LIFE SEVENTH EDITION FROM HUMAN KINETICS



Updated resource for face-to-face, online, or blended instruction

Fitness for Life, Seventh Edition, will help students learn and use self-management skills to be active and healthy throughout their lives. This evidence- and standards-based resource is fully updated with new tools and is available in print and digital forms so that it can be used in face-to-face, online, and blended settings.

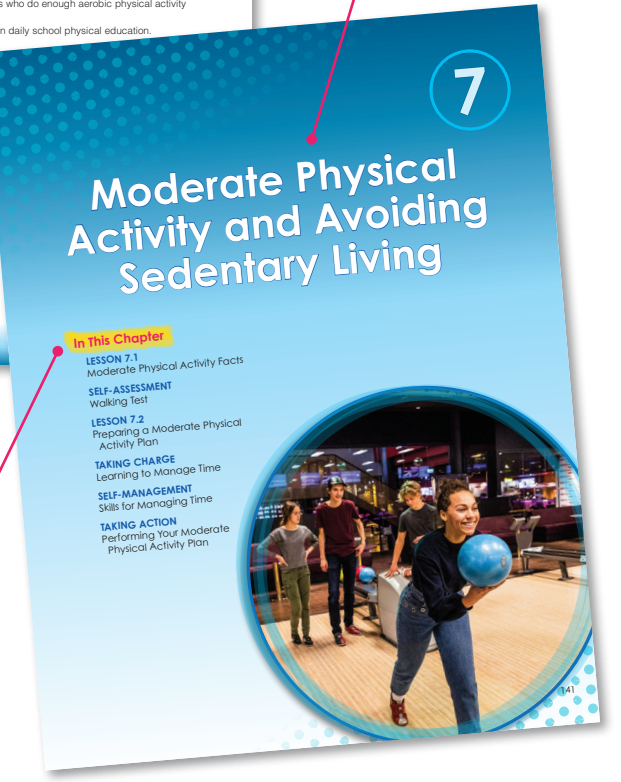
Fitness for Life, Seventh Edition
 Charles B. Corbin, Darla M. Castelli, Benjamin A. Sibley, and Guy C. Le Masurier
 ©2021 • Hardcover • 536 pages
One-year print/IWT bundle: 978-1-7182-0873-5 • \$106.00
Six-year print/IWT bundle: 978-1-7182-0874-2 • \$148.00



Unit Opener: Provides a brief overview of the content in each unit.

Healthy People 2030 Goals and Objectives: Lists national health goals and objectives covered in each unit.

Chapter Opener: Provides a brief overview of the content of the chapter.



Features: Lists the Self-Assessment, Taking Charge and Self-Management, and Taking Action features in each unit.

In This Chapter: Lists the main elements of each chapter.

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April Schum
 AprilS@hkusa.com
 AK, HI, ID, MT, ND,
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Holly Whitaker
 HollyW@hkusa.com
 AL, AR, AZ, CO, CT,
 DC, DE, FL, GA, IA, IL,
 LA, MA, MD, ME, MO,
 MS, NC, NH, NM, OR,
 RI, TN, UT, VT



John Klein
 JohnK@hkusa.com
 CA, IN, KS, KY, MI,
 MN, NE, NJ, NY,
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