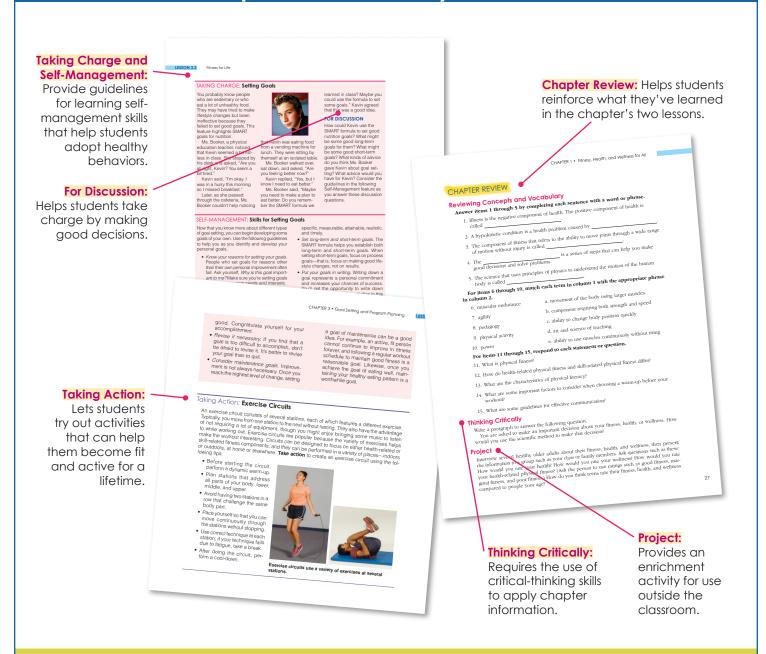
Evidence- and standards-based curriculum updated for today's world



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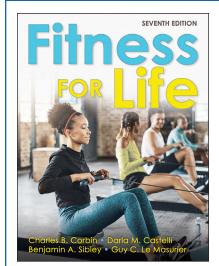


Holly Whitaker HollyW@hkusa.com AL, AR, AZ, CO, CT, DC, DE, FL, GA, IA, IL, LA, MA, MD, ME, MO, MS, NC, NH, NM, OR, RI, TN, UT, VT



John Klein JohnK@hkusa.com CA, IN, KS, KY, MI, MN, NE, NJ, NY, OH, OK, PA, SC, SD, TX, VA, WI, WV

FITNESS FOR LIFE SEVENTH EDITION FROM HUMAN KINETICS



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

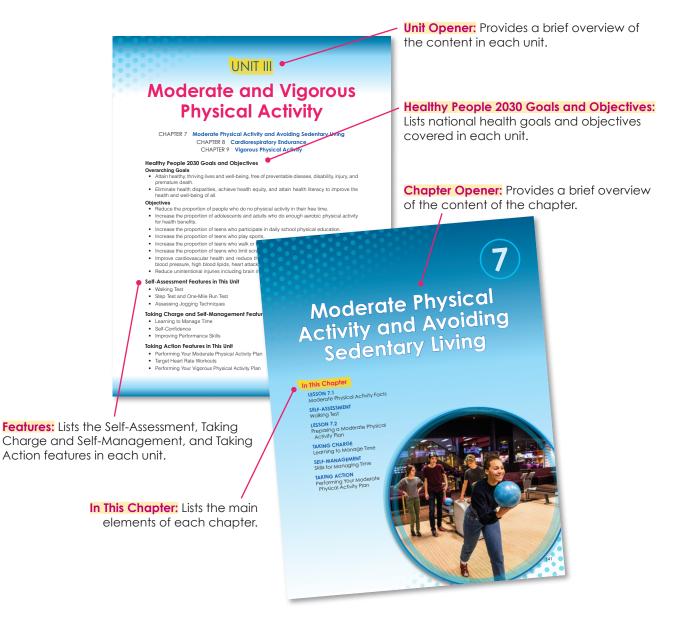
Fitness for Life, Seventh Edition, will help students learn and use self-management skills to be active and healthy throughout their lives. This evidence- and standards-based resource is fully updated with new tools and is available in print and digital forms so that it can be used in face-to-face, online, 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/IWI bundle: 978-1-7182-0873-5 • \$106.00 **Six-year print/IWT bundle:** 978-1-7182-0874-2 • \$148.00



Promotes physical literacy and teaches students to take responsibility for their fitness, health, and wellness

Lesson Objectives:

Describes what students will learn in each lesson.

Lesson Vocabulary:

Lists key terms in each lesson, which are defined in the glossary and on the student website.

Web Icon:

Reminds students that additional information is available on the web resource for each lesson.

Teen Quotes:

Statements from teens about fitness, physical activity, and healthy lifestyles.

Lesson Review:

Helps students review and remember the information they learned in the lesson.

low do you define physical fitness, the six parts of health-re

efine functional fitness, and why is it important?

New features include:

- Universal design principles provide accessibility for all students.
- Expanded coverage of socialemotional learning.
- A modular approach and a comprehensive teacher's guide support different schedules and approaches.
- An online teacher training course, free to adopters of the student text, includes a test for those who want to earn a certificate of completion.

Consumer Corner:

avoid quackery.

Provides information to help students become good consumers and

aware of new Fit Fact: technological Offers information related interesting to fitness, health, and information wellness and helps about key them try out and use new technology. topics.

Tech Trends: Helps

students become

As described in chapter 6, a pedometer a small, battery-nowered device that count

Servings and Serving Sizes

CONSUMER CORNER: MyPlate

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Thorough update and new tools to promote effective and efficient student learning

Science in Action: Helps students understand how new information is generated using the scientific

Fitness Quotes:

Provide quotes from famous people about fitness, health, and wellness.

Academic Connection:

Relates concepts from other academic subject areas to fitness, health, and wellness.



SCIENCE IN ACTION: Optimal Challeng

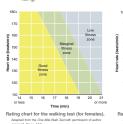
Self-Assessment: Helps students learn more about fitness and behaviors that affect health and wellness and helps them prepare a personal plan for improvement.

Exercise Chart: Provides instructions and pictures to teach students correct technique for exercises.









Interactive web text accessed with HKPropel: The interactive web text is a powerful tool can be used by students across a variety of platforms. It includes a compilation of stand-alone chapters that can be purchased as a whole or individually, giving schools the flexibility to customize student content to meet their specific needs. HKPropel allows teachers to choose exactly the materials they need and the way they want to use them.

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