



Health Opportunities Through Physical Education With Web Resources

By Charles Corbin, Karen McConnell, Guy Le Masurier, David Corbin, Terri Farrar



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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 healthful physical activity. The book will guide students in becoming informed consumers on matters related to lifelong physical activity and fitness, taking responsibility for setting individualized goals, and making their own plans for active living. To accomplish this overarching goal, they learn a variety of self-management skills, including self-assessment. The program is based on established educational theory, which is outlined in the teacher web resources. And they learn all of this through a combination of classroom and physical activity lessons that meet national, state, and local physical activity guidelines and help instill a love for lifetime fitness activities.

Part I also enables students to achieve the following goals:

- Meet college and career readiness standards by learning and using critical thinking, decision making, and problem-solving skills

- Use the Stairway to Lifetime Fitness concept, created by author Chuck Corbin, to encourage higher-order learning (move from dependence to independence)
- Perform self-assessments, including all tests in the Fitnessgram battery and the Presidential Youth Fitness Program

Part I includes many features that actively engage students by allowing them to:

- Assess their own fitness and other health and wellness factors to determine personal needs and assess progress resulting from healthy lifestyle planning.
- Use Taking Charge and Self-Management features to learn self-management skills (e.g., goal setting, self-monitoring, self-planning) for adopting healthy lifestyles.
- Learn key concepts and principles, higher-order information, and critical thinking skills that provide the basis for sound decision making and personal planning.
- Do reading and writing assignments as well as calculations that foster college and career readiness.
- Try out activities that are supported by lesson plans offered in the teacher web resources and that can help students be fit and active throughout their lives.
- Take part in real-life activities that show how new information is generated by using the scientific method.
- Become aware of and use technology to learn new information about fitness, health, and wellness and learn to discern fact from fiction.
- Use the web and the unique web icon feature to connect to relevant and expanded content for essential topics in the student web resource.
- Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math.
- Use other features such as fitness quotes, consumer corner, Fit Facts, and special exercise features (including exercise and self-assessment videos) that promote higher-order learning.
- Focus their study time by following cues from Lesson Objectives and Lesson Vocabulary elements in every chapter.
- Use the chapter-ending review questions to test their understanding of the concepts and use critical thinking and project assignments to meet educational standards, including college and career readiness standards.

Part II, *Health for Life*, teaches high school students the fundamentals of health and wellness, how to avoid destructive habits, and how to choose to live healthy lives. This text covers all aspects of healthy living throughout the life span, including preventing disease and seeking care; embracing the healthy lifestyles

choices of nutrition and stress management; avoiding destructive habits; building relationships; and creating healthy and safe communities.

Part II also has an abundance of features that help students connect with content:

- Lesson Objectives, Lesson Vocabulary, Comprehension Check, and Chapter Review help students prepare to dive in to the material, understand it, and retain it .
- Connect feature spurs students to analyze various influences on their health and wellness.
- Consumer Corner aids students in exploring consumer health issues.
- Healthy Communication gets students to use and expand their interpersonal communication skills as they share their views about various health topics.
- Skills for Healthy Living and Making Healthy Decisions help students learn and practice self-management so they can make wise choices related to their health and wellness.
- Planning for Healthy Living assists students in applying what they've learned as they set goals and establish plans for behavior change.
- Self-Assessment offers students the opportunity to evaluate their health habits and monitor improvement in health behaviors.
- Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math.
- Take It Home and Advocacy in Action prepare students to advocate for health at home and in their communities.
- Health Science and Health Technology focus on the roles of science and technology as they relate to health and where science and technology intersect regarding health issues.
- Living Well News challenges students to integrate health literacy, math, and language skills to better understand a current health issue.

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Dr. Charles B. (“Chuck”) Corbin, PhD is Professor Emeritus in the School of Nutrition and Health Promotion at Arizona State University. He co-authored two successful health series for use in grades K-8, and is senior author of several award winning elementary, middle school, high school, and college texts including *Fitness for Life: Elementary School*, *Fitness for Life: Middle School*, *Fitness for Life* (6th ed.), all winners of Texty Awards (Text and Academic Authors Association-TAA), and *Concepts of Physical Fitness* (17th ed.) winner of the McGuffey Award (TAA). His books are the most widely adopted public school and college texts in the area of fitness, health, and wellness. Dr. Corbin is internationally recognized as an expert in physical activity, health, and wellness promotion, and youth physical fitness. He has presented keynote addresses at more than 40 state AHPERD Conventions, made major addresses in more than 15 different countries, and has presented numerous named lectures. Among his many honors are the Alliance Scholar and Gulick Awards (Society of Health and Physical Education Professionals, formerly AAHPERD), Cureton Lecturer (ACSM), Healthy American Fitness Leaders Award from the President’s Council on Fitness, Sports, and Nutrition (PCFSN), and National Jaycees. He is also a member of the NASPE Hall of Fame and a recipient of the Heterington Award (National Academy of Kinesiology). Dr. Corbin served for more than 20 years as a member of the Advisory Board of Fitnessgram and was the first chair of the Science Board of the President’s Council (PCFSN).

Karen E. McConnell, PhD, a Professor at Pacific Lutheran University, is a Certified Health Education Specialist (CHES) and has taught at the university level of more than 15 years in areas related to health and fitness education, curriculum and assessment, and exercise science. She has written or contributed to over a dozen book chapters and texts including the teacher’s resources for *Fitness for Life* (5th and 6th Ed). She is a past recipient of the Arthur Broten Young Scholar award and has received the University Professional of the Year award from the Washington Alliance for Health, Physical Education, Recreation and Dance for contributions made to state standards in health and fitness. . She enjoys running, having completed 38 half marathons and one marathon As a resident of the Pacific Northwest she enjoys participating in most outdoor activities.

Guy C. Le Masurier, PhD, is a professor of physical education at Vancouver Island University, British Columbia, Canada. He has published numerous articles related to youth physical activity and physical education and coauthored the National Association for Sport and Physical Education (NASPE) Physical Activity Guidelines for Children. Dr. Le Masurier has given more than 30 research and professional presentations at national and regional meetings. He reviews research for numerous professional journals and has contributed to *Fitness for Life*, Fifth Edition, and the Physical Best Activity Guide. Dr. Le Masurier is a member of AAHPERD, NASPE, ACSM, and Canadian AHPERD.

David E. Corbin, PhD, taught health education at the high school level for many years before beginning a career in health education at the college level. He is emeritus professor of health education and public health at the University of Nebraska Omaha, where he taught for over 30 years. He has authored, coauthored, or edited four other health-related books, and is a fellow and lifetime member of the American School Health Association. Corbin received the Mohan Singh Award for humor in health education and health communication from the American Public Health Association. He was also named the Nebraska Health Professional of the Year by the Nebraska Association for Health, Physical Education, Recreation and Dance, and he received an Excellence in Teaching award from the University of Nebraska Omaha. Corbin has also appeared on Late Night with David Letterman. In his leisure time, he enjoys cycling, walking, traveling, and singing and playing the guitar.

Terri D. Farrar, PhD, is a visiting assistant professor and director of the Bachelor of Arts in Kinesiology Program at Pacific Lutheran University in Tacoma, Washington. She has taught health and fitness at the high school level for 20 years, and teaches health and fitness pedagogy at Pacific Lutheran. She is a member of SHAPE America—Society of Health and Physical Educators (formerly AAHPERD) and of the Washington

chapter of SHAPE America. She is also a member of the American Association for Health Education, the Association of Applied Sport Psychology, and the Alliance of Women Coaches. She enjoys traveling, working out, and coaching fastpitch softball.

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