



# Nutrition, Health, Human Performance and Physical Education

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# ATHLETIC TRAINING / SPORTS MEDICINE

## ASSESSMENT / TREATMENT



eBook

### FASCIA

**Clinical Applications for Health and Human Performance**

*Dr. Mark Lindsay*

Health practitioners and body workers need a firm understanding of the significance of fascia in human performance. The role nutrition plays in fascial health, how injuries and diseases influence fascia, and the rehabilitative techniques to restore functional capacity of the affected tissue are essential components of improving performance. This book starts with a basic overview of fascia and its biological underpinnings, and progresses through clinical treatment applications, nutritional and pharmacological support information, and techniques for managing fascial conditions and injuries.

#### FEATURES

- Reference format utilizes tables, charts, and graphs to access concepts quickly
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eBook

### LOWER EXTREMITY INJURY EVALUATION CDROM AND LAB MANUAL

*Dr. Douglas Mann, Rowan University; Colleen A. Grugan, Rowan University*

The LOWER EXTREMITY INJURY EVALUATION CD-ROM and Lab Manual package is designed to reinforce clinical injury evaluation skills beyond the classroom. Proper injury evaluation requires extensive knowledge and hands-on experience; this interactive CD-ROM provides the student with compelling video of lower extremity evaluation techniques that can be viewed and re-viewed outside of the classroom. Students can begin by performing a self-assessment of their knowledge, sharpen their skills by viewing video clips of injury evaluation techniques, and finish by taking a post-test, and printing out their results.

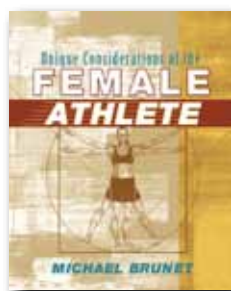
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- CD-ROM features high-quality video of certified athletic trainers performing lower extremity palpations, range of motion, manual muscle tests, and ligament and special tests in a step-by-step fashion.
- CD-ROM features interactive certification exam-style multiple choice questions with image labeling and clickable image identification, and critical thinking case study questions.
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- Lab manual features additional exercises, review, and skill assessments.
- Full-color presentation with photos/illustrations of anatomy.

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eBook

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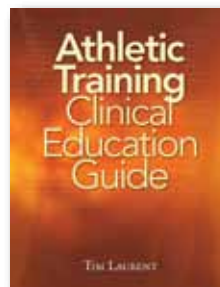
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## ATHLETIC TRAINING



eBook

## ATHLETIC TRAINING CLINICAL EDUCATION GUIDE

Tim Laurent

Master clinical competencies with this unique resource. Athletic Training Clinical Education Guide provides tools to be used throughout training to test knowledge, review, and hone hands on skills. Correlated to the Fourth Edition of the Athletic Training Educational Competencies, Athletic Training Clinical Education Guide provides a structured format for goal setting, reflection, skills verification, and journaling. Critical concepts are highlighted and guided questions are used to launch discussions and apply critical thinking skills allowing the user to apply knowledge in real world situations.

### FEATURES

- Checklists for athletic training skills.
- Quick reference material to be accessed during clinical experiences.
- Assessment frameworks to track progress.
- Activities and questions to encourage analysis and problem solving.

## CONTENTS

Section 1 - USING THIS BOOK. Chapter 1. How to use this book. Chapter 2. What is reflection? Chapter 3. Sample Reflection Assignments and Assessment Rubrics. Section 2 - ATHLETIC TRAINING EDUCATIONAL COMPETENCIES. Chapter 4. Foundational Behaviors of Professional Practice. Chapter 5. Risk Management and Injury Prevention. Chapter 6. Pathology of Injuries and Illnesses. Chapter 7. Orthopedic Clinical Examination and Diagnosis. Chapter 8. Medical Conditions and Disabilities. Chapter 9. Acute Care of Injuries and Illnesses. Chapter 10. Therapeutic Modalities. Chapter 11. Conditioning and Rehabilitative Exercise. Chapter 12. Pharmacology. Chapter 13. Psychosocial Intervention and Referral. Chapter 14. Nutritional Aspects of Injuries and Illness. Chapter 15. Health Care Administration. Chapter 16. Professional Development and Responsibilities. Section 3 - REFERENCE MATERIAL. Chapter 17. Muscles. Chapter 18. Palpable Structures. Chapter 19. Nerves. Chapter 20. Assessment Tests. Chapter 21. Concussion Symptoms. Chapter 22. Range of Motion. Chapter 23. Abbreviations - People, Policy and Organizations. Chapter 24. Medical Conditions. Chapter 25. Abbreviations and Symbols. Chapter 26. Physiological Values. Chapter 27. Concept Maps of Anatomical Systems. Section 4 - SCORING RUBRICS.

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eBook

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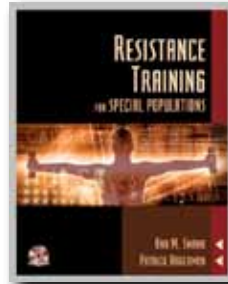
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## RESISTANCE TRAINING FOR SPECIAL POPULATIONS

Ann Marie Swank, Exercise Physiology Laboratory, University of Louisville

RESISTANCE TRAINING FOR SPECIAL POPULATIONS provides strategies designed to increase muscle strength, power and endurance for individuals with chronic disease. Individual chapters are developed by recognized experts for each chronic condition, and detail the muscular fitness training required to enhance exercise outcomes and quality of life. RESISTANCE TRAINING FOR SPECIAL POPULATIONS focuses on strategies related to the frail elderly, osteoporosis, congestive heart failure, obese adults and children, diabetes, cardiovascular disease, pulmonary disease, asthma, cancer, arthritis, low back pain, hypertension and stroke. RESISTANCE TRAINING FOR SPECIAL POPULATIONS follows a consistent conceptual framework and outlines the physiological rationale for strength testing and training. Each chapter presents an overview of the etiology of the particular chronic disease and impact on public health and society, presents resources and evidence-based research, and provides sample exercise programs in a practical, "how to" format. Independence is a critical factor contributing to quality of life for individuals with chronic disease.



## FEATURES

- Case studies specific for resistance training.
- Evidence based exercise prescriptions and programs.
- Thorough and up to date literature review of exercise for given population authored by experts.
- Exercise screening, evaluation and programming are specific for the given population.
- 24 week template program.

## CONTENTS

Dedication. Foreword. Preface. Acknowledgements. About the authors. Part I: OVERVIEW OF TRAINING. 1. Overview of testing, training and progression strategies (40 pages). Learner objective. Testing for muscular strength, power and endurance. Training for muscular strength, power and endurance. Progression strategies and periodization. 2. Pictorial essay of recommended strength training exercises (150 pages). Lower body exercises. Upper body exercises. Part II: STRATEGIES FOR SPECIAL POPULATIONS. 3. Strength training strategies for the frail elderly (32 pages). Learner objectives. Introduction. Public health impact: prevalence and economic impact. Etiology of disease. Literature review of research supporting strength training. Factors to consider when designing program for strength. Special considerations for exercise testing and training. Exercise testing considerations. Exercise training considerations. Sample 24 week program. Rationale for program. Justification of progression, exercise choices. Case studies that highlight implementation of program. Chapter summary. References. 4. Strength training strategies for individuals with osteoporosis (32 pages). Learner objectives. Introduction. Public health impact: prevalence and economic impact. Etiology of disease. Literature review of research supporting strength training. Factors to consider when designing program for strength. Special considerations for exercise testing and training. Exercise testing considerations. Exercise training considerations. Sample 24 week program. Rationale for program. Justification of progression, exercise choices. Case studies that highlight implementation of program. Chapter summary. References. 5. Strength training strategies for individuals with arthritis (32 pages). Learner objectives. Introduction. Public health impact: prevalence and economic impact. Etiology of disease. Literature review of research supporting strength training. Factors to consider when designing program

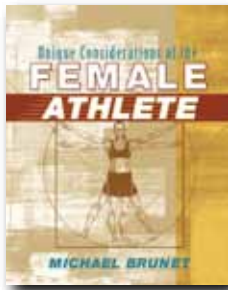
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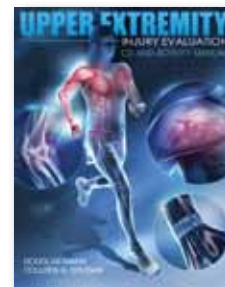
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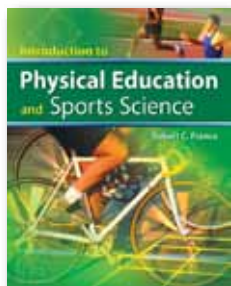
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## PHYSICAL EDUCATION



eBook

## INTRODUCTION TO PHYSICAL EDUCATION AND SPORT SCIENCE

Robert C France, CSMT, RSMT

This Introduction to Physical Education text represents the only comprehensive survey of topics for majors or non-majors. Within you will find a number of important topics relevant to modern sports medicine, including adaptive physical education, nutrition, injury care, challenges and benefits of coaching, administration and management of sport and physical education, and even

opportunities in the field. Specific coverage of timely subjects includes Title IX, gender issues and steroid use.

## FEATURES

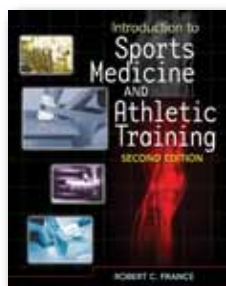
- Real-World Case Studies help learners apply what they learn in practice.
- Review Questions assess learners' comprehension of the chapter material.
- Projects and Activities provide hands-on assignments to emphasize key concepts
- Website Resources encourage learners to further research related chapter topics.

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## SPORTS MEDICINE



eBook

### INTRODUCTION TO SPORTS MEDICINE AND ATHLETIC TRAINING, 2E

Robert C France, CSMT, RSMT

INTRODUCTION TO SPORTS MEDICINE & ATHLETIC TRAINING 2E is designed for individuals interested in athletics and the medical needs of athletes. It is the first full-concept book around which an entire course can be created. This book covers sports medicine, athletic training and anatomy and physiology in an easy to understand format that allows the reader to grasp functional concepts of the human body and then apply this knowledge to sports medicine and athletic training. Comprehensive chapters on nutrition, sports psychology, kinesiology and therapeutic modalities are included. Instructors will appreciate both the depth of the material covered in this unique book and the ease in which it is presented.

#### NEW TO THIS EDITION

- Includes the newest, cutting-edge facts and advances in Sports Medicine and Athletic Training.
- Ancillary materials, including seven newly developed 3-D animations visually present AC sprain and rotator cuff injury, ACL sprain, inversion sprain, hamstring strain, taping of the ankle and Achilles tendon, and head injuries with a focus on concussions.
- StudyWARE™ CD-ROM provides interactive practice through quizzes and activities.
- The Online Companion includes 3-D animations and slides created in PowerPoint®

#### FEATURES

- Follows the six domains of athletic training: prevention; recognition; evaluation and assessment; immediate

care; treatment; rehabilitation and reconditioning; organization and administration; and professional development and responsibility.

- Contains a more thorough depth and coverage of anatomy and physiology.
- Offers discussion and insight into a wide range of careers related to Sports Medicine.
- Instructor Resources CD-ROM with an Instructor's Manual, Instructor Slides created with PowerPoint® that include full-color images and 3-D animations, and an ExamView® Computerized Testbank.

#### CONTENTS

UNIT 1: INTRODUCTION TO SPORTS MEDICINE AND ATHLETIC TRAINING. 1. Sports Medicine: The Multidisciplinary Approach to Athletic Health Care. 2. Athletic Training. 3. The Central Training Room. 4. The Athletic Training Student Aide Program. UNIT 2: ROLES AND RESPONSIBILITIES IN ATHLETIC TRAINING. 5. Emergency Preparedness: Injury Game Plan. 6. The Pre-Participation Physical Examination. 7. Prehabilitation and Preseason Conditioning. 8. Nutrition and the Athlete. 9. Dietary Supplements and Performance Enhancers. 10. Sports Psychology. 11. Assessment and Evaluation of Sports Injuries. 12. Therapeutic Physical Modalities. 13. Taping and Wrapping. UNIT 3: INJURY ASSESSMENT AND MANAGEMENT. 14. Kinesiology. 15. Bleeding and Shock. 16. The Bones and Soft Tissues. 17. The Foot, Ankle, and Lower Leg. 18. The Knee. 19. The Hip and Pelvis. 20. The Elbow, Wrist, and Hand. 21. The Shoulder. 22. The Chest and Abdomen. 23. The Head and Face. 24. The Spine. UNIT 4: SPECIAL CONSIDERATIONS. 25. Special Considerations in Athletes.

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## LOWER EXTREMITY INJURY EVALUATION CDROM AND LAB MANUAL

*Dr. Douglas Mann, Rowan University; Colleen A. Grugan, Rowan University*

The LOWER EXTREMITY INJURY EVALUATION CD-ROM and Lab Manual package is designed to reinforce clinical injury evaluation skills beyond the classroom. Proper injury evaluation requires extensive knowledge and hands-on experience; this interactive CD-ROM provides the student with compelling video of lower extremity evaluation techniques that can be viewed and re-viewed outside of the classroom. Students can begin by performing a self-assessment of their knowledge, sharpen their skills by viewing video clips of injury evaluation techniques, and finish by taking a post-test, and printing out their results.

### FEATURES

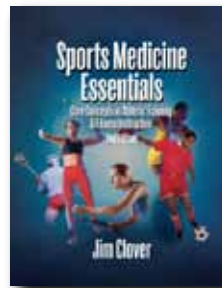
- CD-ROM features high-quality video of certified athletic trainers performing lower extremity palpations, range of motion, manual muscle tests, and ligament and special tests in a step-by-step fashion.
- CD-ROM features interactive certification exam-style multiple choice questions with image labeling and clickable image identification, and critical thinking case study questions.
- The pretest module provides immediate right and wrong answer feedback for self-study; posttest module records and prints scores.
- Lab manual features additional exercises, review, and skill assessments.
- Full-color presentation with photos/illustrations of anatomy.

### CONTENTS

DVD Menu: I. Foot and Ankle. Pretest Module. Video Modules: A. Palpations. B. Range of Motion. C. Manual

Muscle Tests. D. Ligament and Special Tests. Posttest Module. II. Knee. Pretest Module. Video Modules: A. Palpations. B. Range of Motion. C. Manual Muscle Tests. D. Ligament and Special Tests. Posttest Module. III. Hip. Pretest Module. Video Modules: A. Palpations. B. Range of Motion. C. Manual Muscle Tests. D. Ligament and Special Tests. Posttest Module.

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## SPORTS MEDICINE ESSENTIALS, 2E Core Concepts in Athletic Training & Fitness Instruction

*Jim Clover, California State University*

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program.

### FEATURES

- Incorporates anatomy and physiology
- Highlights NATA-related information
- Features illustrated, step-by-step procedures
- Explains the legal responsibilities associated with athletic training and fitness instruction
- Details the academic requirements and professional

certifications that are needed to enter the field

## CONTENTS

Chapter 1: Introduction Chapter 2: Athletic Training  
Chapter 3: Fitness Instruction Chapter 4: Basic Nutrition  
and Weight Management Chapter 5: Infection Control  
Chapter 6: Vital Signs Assessment Chapter 7: First  
Aid Kits Chapter 8: Emergency Preparedness and  
Assessment Chapter 9: Basic Life Support Chapter  
10: Injuries to the Tissues Chapter 11: Injuries to the  
Head and Spine Chapter 12: Injuries to the Shoulder  
and Upper Extremities Chapter 13: Injuries to the  
Chest and Abdomen Chapter 14: Injuries to the Pelvis  
and Lower Extremities Chapter 15: Environmental and  
Medical Conditions Chapter 16: Taping, Wrapping, and  
Bracing Chapter 17: Return to Play Chapter 18: Physical  
Fitness Assessment Chapter 19: Strengthening and  
Conditioning Chapter 20: Developing an Individual  
Training Program Chapter 21: Therapeutic Modalities  
Chapter 22: Rehabilitation Chapter 23: Ethical and Legal  
Considerations Chapter 24: The Selling Point: Promoting  
Fitness Products Chapter 25: Professional Planning

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eBook

## UPPER EXTREMITY INJURY EVALUATION CDROM AND LAB MANUAL

*Dr. Douglas Mann, Rowan University; Colleen A. Grugan, Rowan University*

The UPPER EXTREMITY INJURY EVALUATION CD-ROM and Lab Manual package is designed to reinforce clinical injury evaluation skills beyond the classroom. Proper injury evaluation requires extensive knowledge and hands-on experience; this interactive CD-ROM provides the student with compelling video of upper extremity evaluation techniques that can be viewed and re-viewed outside of the classroom. Students can begin

by performing a self-assessment of their knowledge, sharpen their skills by viewing video clips of injury evaluation techniques, and finish by taking a post-test, and printing out their results.

## FEATURES

- CD-ROM features high-quality video of certified athletic trainers performing lower extremity palpations, range of motion, manual muscle tests, and ligament and special tests in a step-by-step fashion.
- CD-ROM features interactive certification exam-style multiple choice questions with image labeling and clickable image identification, and critical thinking case study questions.
- The pretest module provides immediate right and wrong answer feedback for self-study; posttest module records and prints scores.
- Lab manual features additional exercises, review, and skill assessments.
- Full-color presentation with photos/illustrations of anatomy.

## CONTENTS

DVD Menu: I. Hand and Wrist Pretest Module Video Modules: A. Palpations B. Range of Motion C. Manual Muscle Tests D. Ligament and Special Tests Posttest Module II. Elbow Pretest Module Video Modules: A. Palpations B. Range of Motion C. Manual Muscle Tests D. Ligament and Special Tests Posttest Module III. Shoulder Pretest Module Video Modules: A. Palpations B. Range of Motion C. Manual Muscle Tests D. Ligament and Special Tests Posttest Module

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# FAMILY AND CONSUMER SCIENCE

## FOOD PREPARATION & FOOD SCIENCE



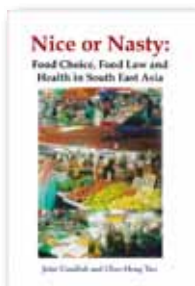
eBook

### LAB MANUAL FOR UNDERSTANDING FOOD, 4E

Janelle M. Walter; Karen Beathard

A Recipe for Success in Your Course! Use the lab manual as a valuable tool to help you apply what you learn. It includes recipes and experiments appropriate for a food principles and food preparation course.

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eBook

### NICE OR NASTY

**Food Choice, Food Law and Health in South East Asia**

John Candlish, *University of Malaysia Sarawak*; Tan Chee Hong, *National University of Singapore*

'Nice or Nasty' is an entertaining and informative book with a readable approach to a topic that is extremely important to all societies, namely food choice, in relation to its regulation by law, custom and beliefs, and its health and disease aspects. The focus

is on South East Asia with its half a billion people and diverse food choice. Written by two experts with many years of experience in teaching and research in biomedicine, this book represents a synthesis of the seemingly diverse areas of nutrition, biomedicine, law and geography. The authors write in clear and precise language and explain scientific concepts in simple terms.

#### FEATURES

- **INTEGRATIVE APPROACH:** The separate threads of food, nutrition science, food law and geography are treated conjunctively.
- **SOUTH EAST ASIAN ORIENTATION:** Treatment is focussed on the diverse peoples of South East Asia.
- **RISK ANALYSIS:** The dangers of adverse food choice and their sequelae are analysed.
- **CONTEMPORARY ISSUES:** Modern issues such as those germane to genetically modified foods, endangered species and obesity cures are discussed.
- **ILLUSTRATIONS:** There are copious illustrations of food choice in South East Asia.

#### CONTENTS

Preface 1. PATTERNS OF FOOD AVOIDANCE AND SELECTION Some Language - Avoidance of specific foods - Selection of specific foods - Some observations. 2. NICE OR NASTY "Unusual" foods and the law - Insect eating - Cats and dogs - Rodents - Scorpions - Snakes - The Durian - Milk - Coconut - Alcohol - Cannibalism - Some comparisons. 3. CHINESE FOOD BELIEFS The Chinese cuisine - Hot and cold theories - Foods as medicines - Language symbolism - The case of raw fish - Aphrodisiac foods - The soya bean - Bird's nest - White rice - Shark's fin - Alcohol - Steamboat - Food for the dead - The pace of change. 4. MALAY FOOD BELIEFS Kampung food - Spices and condiments - Hot and cold theories - Food and pregnancy - Jamu - Ulam. 5. FOOD ADVERTISING Types of consumer - Slimming advertisements - Specific slimming products - Legal aspects - Coda. 6. FOOD AND MEDICINE Names and claims - Interaction of health foods with medical cultures - The antioxidant imbroglio - Antidiabetic foods - Antihypertensives - Sports foods - The choice of fats - Some case studies - Summing up. 7. TOXINS IN FOOD Invisible hazards - Food safety legislation in South East Asia - Adulterants - Additives - Pesticides and other contaminating residues - Mycotoxins - Heavy

metals - Overfried and charred meats - Environmental Endocrine Disruptors (EED) - Micro-organisms - Naturally occurring toxicants - Risk assessment - The toxic tort - International law and food toxins - Round-up. 8. GENETICALLY MODIFIED FOODS IN SOUTH EAST ASIA Emerging issues - The problem of labels - Gleanings from the wider world - International efforts - Risk assessment. 9. TRENDS Biological archetypes - After affluence - Natural and organic food - Street foods - The concept of healthy eating - Scientific uncertainty and the unease of the public - Summing up. Index

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## UNDERSTANDING FOOD, 4E

### Principles and Preparation, International Edition

Amy Christine Brown, University of Hawaii, Manoa

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4e, International Edition is a best-selling food fundamentals text ideal for an undergraduate course that covers the basic elements of food preparation, food service, and food science. It is contemporary and comprehensive in coverage and introduces students to the variety of aspects associated with food preparation. UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4e, International Edition thoroughly explores the science of food through core material on food selection and evaluation, food safety, and food chemistry. The various aspects of food service are covered: meal planning, basic food preparation, equipment, food preservation, and government regulations. The final sections of the text cover food preparation, classification, composition, selection, purchasing, and storage information for a range of traditional food items. A rich illustration and photo program and unique pedagogical features make the information easily understandable and interesting to students.

## NEW TO THIS EDITION

- Calorie Control feature\* explores the energy value of foods and emphasizes portion control—a topic of great interest to students both as individuals and as future food service professionals catering to weight-conscious clientele.
- Chapter 2: Food Evaluation\* responds to reviewers' requests to create a separate chapter on this topic. Instructors can choose to include this topic as part of the basic food course or as a part of an advanced food course.
- Chapter 4: Food Safety reorganized\* to provide an applied approach to food safety. The content is revised to teach students practical tips on preventing food-borne illness that follow food flow—purchasing, storage, preparation, cooking, holding, cooling, reheating, and sanitation. In addition, the content is enhanced with new figures.
- Expanded coverage of functional foods, specialized food products (e.g., gluten-free foods), and food industry innovations related to ingredients and processing.
- Thoroughly updated to include the latest research, examples, and techniques related to food principles.

## FEATURES

- This text uniquely integrates nutrition, dietetics, food industry, and food service topics, giving students a full overview of the different dimensions of food principles. The food-specific chapters are organized to follow a typical syllabus centered on the major food groups.
- Chapter 29: Food Careers showcases the variety of career options students have in the food industry. Highlights include careers associated with food service management, food science, and nutrition.
- “Professional Profiles” sections also introduce students to careers in the food and nutrition fields. These profiles include interviews from real people in the field, sharing their work experiences.
- “Nutrient Content” sections supply specific data on the nutritional content of different foods.
- “Problems and Their Causes” tables identify common food preparation errors and explain how to avoid them.

## CONTENTS

PART I: FOOD SCIENCE AND NUTRITION. 1. Food

Selection 2. Food Evaluation. 3. Chemistry of Food Composition. PART II: FOOD SERVICE. 4. Food Safety. 5. Food Preparation Basics. 6. Meal Management. PART III: FOODS. Protein—Meat, Poultry, Fish, Dairy, and Eggs. 7. Meat. 8. Poultry. 9. Fish and Shellfish. 10. Milk. 11. Cheese. 12. Eggs. Phytochemicals—Vegetables, Fruits, Soups, and Salads. 13. Vegetables and Legumes. 14. Fruits. 15. Soups, Salads, and Gelatins. Complex Carbohydrates—Cereals, Flour, and Breads. 16. Cereal Grains and Pastas. 17. Flours and Flour Mixtures. 18. Starches and Sauces. 19. Quick Breads. 20. Yeast Breads. Desserts—Refined Carbohydrates and Fat. 21. Sweeteners. 22. Fats and Oils. 23. Cakes and Cookies. 24. Pies and Pastries. 25. Candy. 26. Frozen Desserts. Water—Beverages. 27. Beverages. PART IV: FOOD INDUSTRY. 28. Food Preservation. 29. Government Food Regulations. 30. Careers in Food and Nutrition.

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## GENERAL HEALTH

### GENERAL HEALTH



**NEW EDITION!**



**eBook**

## AN INVITATION TO HEALTH, 8E

**Building Your Future, Brief International Edition (with Personal Wellness Guide)**

*Dianne Hales*

Dianne Hales invites students to build their future of healthy living by evaluating their current lifestyles and making healthy changes. Delivering the most current coverage available, this engaging, student-oriented text integrates health concepts--body, mind, and spirit--with a wealth of applications for students' lives. The Eighth Edition provides building blocks like the new "Health in Action" activities and "Build Your Future" checklists to help students have a healthy, happy, fulfilling future.

The new chapter on social health addresses important online issues and concerns of students. More than a text, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, 8E, Brief International Edition is a resource for lifelong learning and skills.

### NEW TO THIS EDITION

- **NEW!** Chapter 4, Your Social Health, includes material on communicating, friendships, intimate relationships, marriage, and families. Also covered are issues related to social networking, including self-disclosure and privacy, online dating, and cyberbullying.
- **NEW!** The "How Do You Compare?" interactive feature encourages students to compare their own attitudes and behaviors with those of students across the country.
- **NEW!** "Health in Action," a practical learn-it and live-it activity, applies lessons from each chapter on such subjects as assessing a relationship, kicking a tobacco habit, or infection protection.
- **NEW!** "Build Your Future" end-of-chapter checklists enable students to assess their current status and work toward a healthier future.
- **NEW!** The newest research throughout, with the latest statistics on undergraduate behavior and attitudes, new campus health risks including hookah smoking, the combination of binge drinking and disordered drinking, and the latest designer drugs and their effects.

### FEATURES

- Dianne Hales is a leading textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today's college students, Hales focuses on topics and issues that are important and relevant to your students.
- Providing up-to-date coverage, Hales emphasizes behavior change in a student-friendly style and practical, action-oriented approach.
- The text offers a wealth of tips and strategies for making positive life changes. Hallmark features include "Your Strategies for Change" and "Your Strategies for Prevention," "Health on a Budget," and "Consumer Alert."
- Fully integrated online teaching and learning resources include health surveys, an interactive behavior change planner, videos, and more.



## CONTENTS

1. Your Invitation to a Healthy Future. 2. Your Psychological and Spiritual Well-being. 3. Personal Stress Management. 4. Your Social Health. 5. Personal Nutrition. 6. Managing Your Weight. 7. The Joy of Fitness. 8. Sexual Health. 9. Conception and Reproduction. 10. Major Diseases. 11. Addictions. 12. Alcohol and Tobacco. 13. Consumer Health. 14. Protecting Yourself and Your Environment. 15. A Lifetime of Health.

© 2014, 560pp, Paperback, 9781133958277



## AN INVITATION TO HEALTH, INTERNATIONAL EDITION, 15E

*Dianne Hales*

In this new edition of the market-leading personal health text, Dianne Hales invites your students to build their future of healthy living by applying the concepts to evaluate their current lifestyle and make healthy changes. Delivering the most current and thorough coverage available, AN INVITATION TO HEALTH, 15E, International Edition integrates a comprehensive presentation of health concepts--body, mind, and spirit--with a wealth of applications for the students' lives, including "Your Strategies for Change," "Your Strategies for Prevention" and "Making Change Happen." New to this edition is a feature called "Health in Action," which provides a brief list of Do's and Don'ts for specific behaviors. Recognizing the impact of the current economic environment, "Health on a Budget" demonstrates practical ways that students can achieve their goals by drawing on internal resources. The most student-oriented text on the market, AN INVITATION TO HEALTH, 15E, International Edition is packed with relevant examples, colorful photos, figures, and new research and statistics presented in an engaging

way. This complete textbook program provides an outstanding set of resources for both students and instructors to accomplish key goals of the course and reinforce learning. Choose AN INVITATION TO HEALTH, 15E, International Edition for your course and motivate your students to change.

## NEW TO THIS EDITION

- NEW! "Health in Action" gives students a brief list of Do's and Don'ts for healthy behavior. Examples include "Count Your Blessings," "Assessing a Relationship," and "Analyzing Your Diet".
- NEW! "Health in the Headlines" provides links to articles in Global Health Watch reporting on a variety of hot topics--for example, "Depression Update," "Relationships in the 21st Century," and "The Impact of Obesity".
- NEW! The latest research and coverage has been added to this new edition, including new information on consumer health and expanded coverage of positive psychology.
- NEW! Personal choice: An important component of changing for lifelong healthy living is personal choice. Two new features encourage students to self-assess for healthy change. "How Do You Compare" encourages students to compare their attitudes and behaviors to those of other students. "Build Your Future" provides a checklist of change behaviors based on the topic of each chapter.

## FEATURES

- Comprehensive coverage: Designed for an introductory-level personal health course, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, is known for its emphasis on behavior change, up-to-date coverage, student-friendly style, and practical, action-oriented approach. It covers a wide range of health topics, from fitness and nutrition to disease prevention, stress management, and development of healthy relationships.
- Build Your Future: The theme of this edition is that the choices students make now impact their health in the future.
- Positive change: The cornerstone of this text, behavior change is an increasingly emphasized theme that reflects the need for improving health behaviors and making healthy changes.
- Strategies for change: The text offers a wealth of

tips and strategies for making positive life changes. In addition to the “Your Strategies for Change/Your Strategies for Prevention” boxes, Learn It/Live It, Your Health Action Plan and “Self-Surveys,” there are links to the new companion book INVITATION TO PERSONAL CHANGE, which offers ways to implement change in a variety of areas.

- Online tools: This text is fully integrated with online teaching and learning resources that include INVITATION TO PERSONAL CHANGE labs, interactive behavior change planner, videos, and more.
- Dianne Hales is a successful textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today’s college students, Hales focuses on topics and issues that are important and relevant to your students.

## CONTENTS

Section I: Building Your Future. 1. Your Invitation to a Healthy Future. 2. Body, Mind, and Spirit. 3. Social Health. 4. Personal Stress Management. 5. Caring for Your Mind. Section II: Healthy Lifestyles. 6. Personal Nutrition. 7. Managing Your Weight. 8. The Joy of Fitness. Section III: Responsible Sexuality. 9. Personal Sexuality. 10. Reproductive Choices. 11. Sexually Transmitted Infections. Section IV: Making Healthy Choices. 12. Addictions. 13. Alcohol. 14. Tobacco. Section V: Taking Charge of Your Health. 15. Major Diseases. 16. Infectious Illnesses. 17. Traditional and Non-Traditional Health Care. Section VI: Health in Context. 18. Personal Safety. 19. A Healthier Environment. 20. A Lifetime of Health.

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eBook

## AN INVITATION TO PERSONAL CHANGE

*Dianne Hales; Kenneth W. Christian*

AN INVITATION TO PERSONAL CHANGE is a unique three-part resource that can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success. Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Available in print and electronic form, the three parts are available together or separately.

## FEATURES

- Part I, “Invitation to Personal Change”, is broken into two sections: three chapters dedicated to “The New Science of Personal Change” and nine chapters dedicated to “The Power Tools of Personal Change”. The first section presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.
- The text’s “Real Change” vignettes use personal narratives to illustrate how students in diverse circumstances -- incoming freshmen, commuters, immigrants, older students, working students -- encounter common dilemmas and use personal change tools to analyze their situations, and make better choices and healthier changes.
- “Class Activity” exercises allow students to share their ideas, look to each other for additional support, and work on making individual changes within the context of a positive and supportive classroom community.

- Part 2, “Labs for Invitation to Personal Change”, includes 25 self-paced, independent labs, each following psychologist James Prochaska’s stages of change. The labs are broken into stages: “Get Real”, “Get Ready”, “Get Going”, and “Lock It In”. Students can use this four-part approach to create personal change maps.
- Part 3, “Journal for Invitation to Personal Change”, allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The “Journal” is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

## CONTENTS

Part I: THE NEW SCIENCE OF PERSONAL CHANGE. 1. Directing Change. 2. Personal Change 101. 3. The Story of You. Part II: THE POWER TOOLS OF PERSONAL CHANGE. Introduction. 1. Your Personal GPS. 2. A Call for Order. 3. Time Control. 4. Learning the Language of Change. 5. Going for Your Goals. 6. Power Journaling. 7. Making Yourself Lucky. 8. Reaching Out. 9. Shock Absorption. Labs for INVITATION TO PERSONAL CHANGE Introduction. Lab 1: Choosing to Change, Choosing a Change. Lab 2: The Grateful Thread. Lab 3: Soul Food. Lab 4: Your Personal Balance Point. Lab 5: Defusing Test Stress. Lab 6: Rx: Relax. Lab 7: Do It Now. Lab 8: Your Psychological Self-Care Pyramid. Lab 9: Help Yourself. Lab 10: Excise Exercise Excuses. Lab 11: Mind over Platter. Lab 12: Thinking Thinner. Lab 13: Listen Up. Lab 14: What’s Your Intimacy Quotient? Lab 15: To Have or Have Not. Lab 16: Don’t Go There. Lab 17: Your Alcohol Audit. Lab 18: Butt Out. Lab 19: Taming a Toxic Temper. Lab 20: Sleep Power. Lab 21: The Seduction of Safer Sex. Lab 22: Health Assurance. Lab 23: Your Guardian Angel. Lab 24: OurSpace. Lab 25: Finitude.

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## FITNESS AND WELLNESS, INTERNATIONAL EDITION, 10E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Hoeger and Hoeger’s **FITNESS AND WELLNESS, 10E, International Edition** encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, **FITNESS AND WELLNESS, 10E, International Edition** is part of an integrated textbook program that extends beyond the text to online resources within WebTutor or CengageNOW that further students’ understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

### NEW TO THIS EDITION

- **NEW:** Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
- **NEW:** Data on the escalating obesity epidemic and its causes in the United States has been updated in Chapter 6, “Weight Management.” The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
- **NEW:** Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.

## FEATURES

- **FITNESS AND WELLNESS** is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
- Behavior modification is a hallmark of the Hoegers' fitness and wellness series--and an integral theme of **FITNESS AND WELLNESS**. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- A unique Chapter 9, "Relevant Questions and Answers About Fitness and Wellness," uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.
- "Assess Your Knowledge" multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
- "Assess Your Behavior" sections at the end of each chapter assess students' current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
- "Frequently Asked Questions" address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

## CONTENTS

1. The Importance of Physical Fitness and Wellness. 2. Assessment of Physical Fitness. 3. Exercise Prescription. 4. Evaluating Fitness Activities. 5. Nutrition for Wellness. 6. Weight Management. 7. Stress Management and Assessment. 8. A Healthy Lifestyle Approach. 9. Relevant Fitness and Wellness Issues. Appendix A: Strength-Training Exercises, Strength-Training Exercises Without Weights, Strength-Training Exercises With Weights. Appendix B: Flexibility Exercises. Appendix C: Exercises

for the Prevention and Rehabilitation of Low-Back Pain. Appendix D: Contraindicated Exercises. Appendix E: Selective Nutrient Content of Common Foods.

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eBook

## JOURNAL FOR HALES/CHRISTIAN'S AN INVITATION TO PERSONAL CHANGE

*Dianne Hales*

**JOURNAL FOR AN INVITATION TO PERSONAL CHANGE** is part of a unique three-part resource that can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success. Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Meant to be used in conjunction with *An Invitation to Personal Change* and *Labs for Invitation to Personal Change*, the *Journal* guides the students through the process of making behavioral changes and helps them reflect on their goals and motivations.

## FEATURES

- Part I, "Invitation to Personal Change" presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The "Power Tools" section provides assessments, inventories, goal-setting, and journaling exercises.
- Part 2, "Labs for Invitation to Personal Change", includes 25 self-paced, independent labs, each following psychologist James Prochaska's stages of change. The labs are broken into stages: "Get Real", "Get Ready", "Get Going", and "Lock It In". Students

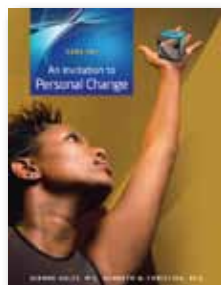
can use this four-part approach to create personal change maps.

- Part 3, “Journal for Invitation to Personal Change”, allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The “Journal” is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

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eBook

## LABS FOR HALES/CHRISTIAN'S AN INVITATION TO PERSONAL CHANGE

*Dianne Hales; Kenneth W. Christian*

LABS FOR AN INVITATION TO PERSONAL CHANGE guide you through the process of making behavioral changes. There are 25 labs available on such diverse topics as dietary changes, smoking cessation, stress management, weight loss, and overcoming procrastination.

## FEATURES

- Part I, “Invitation to Personal Change” presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.
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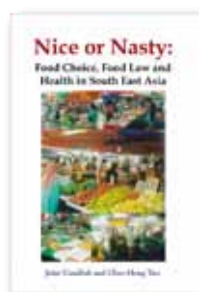
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## NICE OR NASTY

### Food Choice, Food Law and Health in South East Asia

John Candlish, *University of Malaysia Sarawak*; Tan Chee Hong, *National University of Singapore*

*Nice or Nasty* is an entertaining and informative book with a readable approach to a topic that is extremely important to all societies, namely food choice, in relation to its regulation by law, custom and beliefs, and its health and disease aspects. The focus is on South East Asia with its half a billion people and diverse food choice. Written by two experts with many years of experience in teaching and research in biomedicine, this book represents a synthesis of the seemingly diverse areas of nutrition, biomedicine, law and geography. The authors write in clear and precise language and explain scientific concepts in simple terms.

## FEATURES

- **INTEGRATIVE APPROACH:** The separate threads of food, nutrition science, food law and geography are treated conjunctively.
- **SOUTH EAST ASIAN ORIENTATION:** Treatment is focussed on the diverse peoples of South East Asia.
- **RISK ANALYSIS:** The dangers of adverse food choice and their sequelae are analysed.
- **CONTEMPORARY ISSUES:** Modern issues such as those germane to genetically modified foods, endangered species and obesity cures are discussed.
- **ILLUSTRATIONS:** There are copious illustrations of food choice in South East Asia.

## CONTENTS

Preface 1. PATTERNS OF FOOD AVOIDANCE AND SELECTION Some Language - Avoidance of specific foods - Selection of specific foods - Some observations. 2. NICE OR NASTY "Unusual" foods and the law - Insect eating - Cats and dogs - Rodents - Scorpions - Snakes - The Durian - Milk - Coconut - Alcohol - Cannibalism - Some comparisons. 3. CHINESE FOOD BELIEFS The Chinese cuisine - Hot and cold theories - Foods as medicines - Language symbolism - The case of raw fish - Aphrodisiac foods - The soya bean - Bird's nest - White rice - Shark's fin - Alcohol - Steamboat - Food for the dead - The pace of change. 4. MALAY FOOD BELIEFS Kampung food - Spices and condiments - Hot and cold theories - Food and pregnancy - Jamu - Ulam. 5. FOOD ADVERTISING Types of consumer - Slimming advertisements - Specific slimming products - Legal aspects - Coda. 6. FOOD AND MEDICINE Names and claims - Interaction of health foods with medical cultures - The antioxidant imbroglio - Antidiabetic foods - Antihypertensives - Sports foods - The choice of fats - Some case studies - Summing up. 7. TOXINS IN FOOD Invisible hazards - Food safety legislation in South East Asia - Adulterants - Additives - Pesticides and other contaminating residues - Mycotoxins - Heavy metals - Overfried and charred meats - Environmental Endocrine Disrupters (EED) - Micro-organisms - Naturally occurring toxicants - Risk assessment - The toxic tort - International law and food toxins - Round-up. 8. GENETICALLY MODIFIED FOODS IN SOUTH EAST ASIA Emerging issues - The problem of labels - Gleanings from the wider world - International efforts - Risk assessment. 9. TRENDS Biological archetypes - After affluence - Natural and organic food - Street foods - The

concept of healthy eating - Scientific uncertainty and the unease of the public - Summing up. Index

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**NEW EDITION!**



## **PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, INTERNATIONAL EDITION, 12E**

*Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger*

Help your students discover and achieve their personal fitness and wellness goals with Hoeger/Hoeger's **PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition**. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. **PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition** offers a variety of resources for students to turn active learning into active living, including new "MyProfile" boxes, "Behavior Modification Planning" boxes, exercise videos, online labs, and more. Encourage students to use these resources to achieve and maintain their personal health and wellness goals!

### **NEW TO THIS EDITION**

- **NEW!** Updated statistics and coverage appear throughout, including current information from the new U. S. National Physical Activity Plan, National Health Objectives for 2020, the new MyPlate nutritional guidelines and the 2010 Dietary Guidelines for Americans, and more.
- **NEW!** MyProfile box at the beginning of each chapter engages students by asking five questions about the knowledge they already have about the chapter content.
- **NEW!** Diversity Considerations boxes provide additional insights about topics relevant to diverse

populations.

- **NEW!** Confident Consumer boxes help students become more informed consumers.
- **NEW!** Chapter 9, "Comprehensive Fitness Programming," now includes information on the highly popular high-intensity interval training (HIIT) programs. Updates are also provided on Exercise and Type 2 Diabetes and Exercise and Physical Activity for Older Adults based on the recent release of the ACSM pronouncements on these topics. Additionally, information on the 2012 fitness trends is provided in the chapter.
- **NEW!** Profile Plus helps students track and achieve behavior change in their lives.

### **FEATURES**

- Behavior modification is an integral theme of the Hoegers' fitness and wellness series. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- "Frequently Asked Questions" sections engage students' interest in key topics at the beginning of each chapter.
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9. Comprehensive Fitness Programming.
10. Stress Assessment and Management Techniques.
11. Preventing Cardiovascular Disease.
12. Cancer Prevention.
13. Addictive Behavior.
14. Preventing Sexually Transmitted Infections.
15. Lifetime Fitness and Wellness.

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## PROFILE PLUS FOR HEALTH

Wadsworth

NEW! Take control. Reach your goals. Experience Profile Plus. Profile Plus is a brand-new tool that not only allows your students to track their diet and activity, but also walks them through the key steps in behavior change. After completing a Wellness Profile, students are able to select areas where they would like to make a healthy lifestyle change, and create a behavior change contract. This contract helps students to focus on working toward their goals. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change. Throughout the process students are encouraged to examine and reflect upon their current behaviors. Instructors can assign and review student work in the form of reports and labs that can be submitted through the system. In addition to tracking behavior change, students can track their diet and physical activity. Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives. The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals. Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

### FEATURES

- NEW! Students track their diet and activity.
- NEW! Students complete a wellness profile, and select areas where they would like to make a healthy

lifestyle change.

- NEW! Students create a behavior change contract to focus on goals toward which they would like to work. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change.
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## STUDENT COURSE GUIDE FOR JOURNEY TO HEALTH FOR HALES' AN INVITATION TO HEALTH, 15E

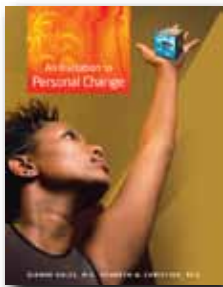
Dianne Hales

To accompany the "Journey to Health" telecourse produced by DALLAS TeleLearning of the LeCroy Center for Educational Telecommunications. The JOURNEY TO

HEALTH course explores health in its broadest sense. Students are encouraged to use critical thinking and problem solving skills to develop their own healthy lifestyle using the most current information in the health and wellness field. The telecourse components consist of 26 half-hour video programs, the Hales AN INVITATION TO HEALTH text, the student telecourse guide, a faculty manual, and text-specific teaching and learning tools, including testing.

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## HEALTH COUNSELING



eBook

### AN INVITATION TO PERSONAL CHANGE

*Dianne Hales; Kenneth W. Christian*

AN INVITATION TO PERSONAL CHANGE is a unique three-part resource that can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success. Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Available in print and electronic form, the three parts are available together or separately.

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- Part I, "Invitation to Personal Change", is broken into two sections: three chapters dedicated to "The New Science of Personal Change" and nine chapters dedicated to "The Power Tools of Personal Change". The first section presents the fundamentals of personal change, including the latest insights

from neuroscience, the stages of change, and basic principles of behavioral change. The "Power Tools" section provides assessments, inventories, goal-setting, and journaling exercises.

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- "Class Activity" exercises allow students to share their ideas, look to each other for additional support, and work on making individual changes within the context of a positive and supportive classroom community.
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## HEALTH EDUCATION



eBook

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*Dianne Hales; Kenneth W. Christian*

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**NEW EDITION!**



## **DRUGS ACROSS THE SPECTRUM, INTERNATIONAL EDITION, 7E**

*Raymond Goldberg, Vance-Granville Community College*

Up-to-date and student-oriented, DRUGS ACROSS THE SPECTRUM, 7E, International Edition encourages students to examine the motivation for drug use, social implications of drug use, legal ramifications, and factors affecting how drugs interact with the human body. It provides a look at the history and culture surrounding drug use and abuse, key information regarding specific types of drugs, and a review of drug treatment, education, and prevention approaches and programs. Utilizing active learning features like “Fact or Fiction” and “Thinking Critically” questions, Goldberg engages and educates students about the topics and issues related to drugs in society.

### **NEW TO THIS EDITION**

- NEW! Updated with the latest information on prescription drug use and abuse, designer drugs, FDA regulations of cigarette labels, the results from the latest “Monitoring the Future” study, widespread use of energy drinks, and other current topics.
- NEW! “Cultural Considerations” boxes in each chapter call attention to variations in substance use and abuse between different socioeconomic and ethnic groups and between the U.S. and other nations.
- NEW! Chapter 10 on psychotherapeutic drugs has been substantially revised with new updates on depression rates among young people, newer psychiatric drugs such as Lexapro and atypical SNRIs such as Effexor.
- NEW! Cengage Learning’s Health CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support DRUGS ACROSS THE SPECTRUM, 7E, International Edition.

### **FEATURES**

- “Fact or Fiction” questions open each chapter and engage student interest in the chapter content.
- “On Campus” boxes motivate students by focusing on relevant, interesting facts and statistics. Examples include correlations among exercise habits, tobacco use, and drinking among college students as well as the consumption of high-energy alcohol beverages among college students.
- “Thinking Critically” boxes at the end of each chapter stimulate critical thinking and classroom discussion. Examples include “Should Drug Policy Focus on Reducing the Supply of Drugs or the Demand for Drugs?” and “The Cost of Health Insurance Continues to Climb. Should Smokers Be Required to Pay More for Health Insurance?”
- Four-color photos and figures highlight the latest statistics and trends, giving students an easy visual reference to support key chapter concepts.
- “Web Resources” with brief descriptions are included at the end of each chapter and direct students to online resources for further information related to the chapter topics.

### **CONTENTS**

1. Drugs in Perspective. 2. Drugs in Contemporary Society. 3. Motivations for Drug Use. 4. Drugs and the Law. 5. The Pharmacology and Physiology of Drug Use. 6. Alcohol. 7. Tobacco. 8. Narcotics. 9. Sedative-Hypnotic Drugs. 10. Psychotherapeutic Drugs. 11. Stimulants: Cocaine, Amphetamines, Methamphetamines, and Caffeine. 12. Marijuana. 13. Hallucinogens. 14. Over-the-Counter Drugs. 15. Substance Abuse Treatment. 16. Drug Prevention and Education. Bibliography. Glossary. Index.

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## **FITNESS AND WELLNESS, INTERNATIONAL EDITION, 10E**

Werner W.K. Hoeger, *Boise State University*; Sharon A. Hoeger

Hoeger and Hoeger's *FITNESS AND WELLNESS, 10E, International Edition* encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, *FITNESS AND WELLNESS, 10E, International Edition* is part of an integrated textbook program that extends beyond the text to online resources within WebTutor or CengageNOW that further students' understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

### **NEW TO THIS EDITION**

- **NEW:** Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
- **NEW:** Data on the escalating obesity epidemic and its causes in the United States has been updated in Chapter 6, "Weight Management." The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
- **NEW:** Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT),

and more.

### **FEATURES**

- *FITNESS AND WELLNESS* is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
- Behavior modification is a hallmark of the Hoegers' fitness and wellness series--and an integral theme of *FITNESS AND WELLNESS*. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- A unique Chapter 9, "Relevant Questions and Answers About Fitness and Wellness," uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.
- "Assess Your Knowledge" multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
- "Assess Your Behavior" sections at the end of each chapter assess students' current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
- "Frequently Asked Questions" address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

### **CONTENTS**

1. The Importance of Physical Fitness and Wellness.
2. Assessment of Physical Fitness.
3. Exercise Prescription.
4. Evaluating Fitness Activities.
5. Nutrition for Wellness.
6. Weight Management.
7. Stress Management and Assessment.
8. A Healthy Lifestyle Approach.
9. Relevant Fitness and Wellness Issues.
- Appendix A: Strength-Training Exercises, Strength-Training Exercises Without

Weights, Strength-Training Exercises With Weights. Appendix B: Flexibility Exercises. Appendix C: Exercises for the Prevention and Rehabilitation of Low-Back Pain. Appendix D: Contraindicated Exercises. Appendix E: Selective Nutrient Content of Common Foods.

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**NEW EDITION!**



**eBook**

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Wadsworth

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- NEW! Students complete a wellness profile, and select areas where they would like to make a healthy

lifestyle change.

- NEW! Students create a behavior change contract to focus on goals toward which they would like to work. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change.
- NEW! Throughout the behavior change process students are encouraged to examine and reflect upon their current behaviors.
- NEW! Instructors can assign and review student work in the form of reports and labs that can be submitted through the system.
- NEW! Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives.
- NEW! The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals.
- NEW! Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

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CourseMate

eBook

## STRESS MANAGEMENT FOR LIFE, 3E

**A Research-Based Experiential Approach, International Edition**

Michael Olpin, Weber State University; Margie Hesson, South Dakota State University

STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH, 3E, International Edition emphasizes experiential learning and clearly

explains the “how to” of stress management and prevention. Michael Olpin and Margie Hesson offer students more than just a book about stress; they offer students a life-changing experience. This text empowers students to experience personal wellness by understanding and managing stress. The authors encourage students to personalize the information in the text through practical applications and a “tool-box” of stress-reducing resources, including the stress relief audio files and student activities, both found on the CourseMate Website. Well-researched, this text gives stress-related topics a real-life context and helps motivate students to manage stress in a way that accommodates their lifestyle, values and goals.

### NEW TO THIS EDITION

- New! Cengage Learning’s Health CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the text, including the audio files for the Stress Relief Relaxation Exercises and the Student Activity Manual. Relaxation Exercises give students a variety of ways to unwind and relax quickly and effectively. The Student Activity Manual encourages critical thinking and honest personal reflection on topics relating to the chapter content.
- New! “Real People, Real Stories” vignettes at the beginning of each chapter, as well as student stories and author anecdotes integrated throughout each chapter, present real-life experiences that help students connect key concepts to their own lives.
- New! Time Tips boxes provide quick suggestions for managing time collected from students.
- New! At the end of each chapter, Online Resource Menus highlight the major resources related to that chapter.
- New! Journal exercises, including writing prompts compiled by author Margie Hesson, give students the opportunity to reflect and put their stress management skills into action.
- New content includes a College Health Assessment, the FIT formula, myths about stress, and expanded content on the effects of the economy and the environment on stress levels.

### FEATURES

- Stress Busting Behavior boxes contain quick activities to engage students in applying the chapter content

to their own lives.

- Stress Management Lab assignments help students synthesize and apply important concepts from each chapter.
- Updated Research Highlights and Culture Connections, and FYI boxes provide the latest in Stress Management research.

### CONTENTS

PART I: GETTING STARTED. 1. Stress in Today’s World. 2. Self-Assessment. PART II: UNDERSTANDING STRESS. 3. The Science of Stress. 4. The Mind/Body Connection. PART III: STRESS-PREVENTION STRATEGIES. 5. Power of Perceptions. 6. Thinking and Choosing. 7. Mindfulness. 8. Managing Emotions. 9. The Importance of Values. 10. Spirituality. 11. Time and Life Management. 12. Money Matters. 13. Social Support, Relationships and Communication. 14. Creating a Healing Environment. 15. Healthy Lifestyles. PART IV: STRESS-REDUCTION TECHNIQUES. 16. Introduction to Relaxation. 17. Take a Breath. 18. Autogenics. 19. Progressive Relaxation. 20. Guided Imagery -: Use Using Your Imagination. 21. Meditation. 22. Yoga. 23. Alternative and Complementary Health. 24. More Stress Reduction Strategies. Glossary. Photo credits. Index.

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## HEALTH PSYCHOLOGY



eBook

### AN INVITATION TO PERSONAL CHANGE

*Dianne Hales; Kenneth W. Christian*

AN INVITATION TO PERSONAL CHANGE is a unique three-part resource that can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success.



Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Available in print and electronic form, the three parts are available together or separately.

## FEATURES

- Part I, “Invitation to Personal Change”, is broken into two sections: three chapters dedicated to “The New Science of Personal Change” and nine chapters dedicated to “The Power Tools of Personal Change”. The first section presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.
- The text’s “Real Change” vignettes use personal narratives to illustrate how students in diverse circumstances -- incoming freshmen, commuters, immigrants, older students, working students -- encounter common dilemmas and use personal change tools to analyze their situations, and make better choices and healthier changes.
- “Class Activity” exercises allow students to share their ideas, look to each other for additional support, and work on making individual changes within the context of a positive and supportive classroom community.
- Part 2, “Labs for Invitation to Personal Change”, includes 25 self-paced, independent labs, each following psychologist James Prochaska’s stages of change. The labs are broken into stages: “Get Real”, “Get Ready”, “Get Going”, and “Lock It In”. Students can use this four-part approach to create personal change maps.
- Part 3, “Journal for Invitation to Personal Change”, allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The “Journal” is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

## CONTENTS

Part I: THE NEW SCIENCE OF PERSONAL CHANGE. 1. Directing Change. 2. Personal Change 101. 3. The Story

of You. Part II: THE POWER TOOLS OF PERSONAL CHANGE. Introduction. 1. Your Personal GPS. 2. A Call for Order. 3. Time Control. 4. Learning the Language of Change. 5. Going for Your Goals. 6. Power Journaling. 7. Making Yourself Lucky. 8. Reaching Out. 9. Shock Absorption. Labs for INVITATION TO PERSONAL CHANGE Introduction. Lab 1: Choosing to Change, Choosing a Change. Lab 2: The Grateful Thread. Lab 3: Soul Food. Lab 4: Your Personal Balance Point. Lab 5: Defusing Test Stress. Lab 6: Rx: Relax. Lab 7: Do It Now. Lab 8: Your Psychological Self-Care Pyramid. Lab 9: Help Yourself. Lab 10: Excise Exercise Excuses. Lab 11: Mind over Platter. Lab 12: Thinking Thinner. Lab 13: Listen Up. Lab 14: What’s Your Intimacy Quotient? Lab 15: To Have or Have Not. Lab 16: Don’t Go There. Lab 17: Your Alcohol Audit. Lab 18: Butt Out. Lab 19: Taming a Toxic Temper. Lab 20: Sleep Power. Lab 21: The Seduction of Safer Sex. Lab 22: Health Assurance. Lab 23: Your Guardian Angel. Lab 24: OurSpace. Lab 25: Finity.

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## PERSONAL HEALTH & WELLNESS

**NEW EDITION!**



CourseMate

MindTap

CENGAGENOW

eBook

## AN INVITATION TO HEALTH, 8E

**Building Your Future, Brief International Edition (with Personal Wellness Guide)**

*Dianne Hales*

Dianne Hales invites students to build their future of healthy living by evaluating their current lifestyles and making healthy changes. Delivering the most current coverage available, this engaging, student-oriented text integrates health concepts--body, mind, and spirit--with a wealth of applications for students’ lives. The Eighth Edition provides building blocks like the new “Health

in Action” activities and “Build Your Future” checklists to help students have a healthy, happy, fulfilling future. The new chapter on social health addresses important online issues and concerns of students. More than a text, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, 8E, Brief International Edition is a resource for lifelong learning and skills.

### NEW TO THIS EDITION

- NEW! Chapter 4, Your Social Health, includes material on communicating, friendships, intimate relationships, marriage, and families. Also covered are issues related to social networking, including self-disclosure and privacy, online dating, and cyberbullying.
- NEW! The “How Do You Compare?” interactive feature encourages students to compare their own attitudes and behaviors with those of students across the country.
- NEW! “Health in Action,” a practical learn-it and live-it activity, applies lessons from each chapter on such subjects as assessing a relationship, kicking a tobacco habit, or infection protection.
- NEW! “Build Your Future” end-of-chapter checklists enable students to assess their current status and work toward a healthier future.
- NEW! The newest research throughout, with the latest statistics on undergraduate behavior and attitudes, new campus health risks including hookah smoking, the combination of binge drinking and disordered drinking, and the latest designer drugs and their effects.

### FEATURES

- Dianne Hales is a leading textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today’s college students, Hales focuses on topics and issues that are important and relevant to your students.
- Providing up-to-date coverage, Hales emphasizes behavior change in a student-friendly style and practical, action-oriented approach.
- The text offers a wealth of tips and strategies for making positive life changes. Hallmark features include “Your Strategies for Change” and “Your Strategies for Prevention,” “Health on a Budget,” and “Consumer Alert.”
- Fully integrated online teaching and learning

resources include health surveys, an interactive behavior change planner, videos, and more.

### CONTENTS

1. Your Invitation to a Healthy Future.
2. Your Psychological and Spiritual Well-being.
3. Personal Stress Management.
4. Your Social Health.
5. Personal Nutrition.
6. Managing Your Weight.
7. The Joy of Fitness.
8. Sexual Health.
9. Conception and Reproduction.
10. Major Diseases.
11. Addictions.
12. Alcohol and Tobacco.
13. Consumer Health.
14. Protecting Yourself and Your Environment.
15. A Lifetime of Health.

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CourseMate

CENGAGENOW

eBook

## AN INVITATION TO HEALTH, INTERNATIONAL EDITION, 15E

*Dianne Hales*

In this new edition of the market-leading personal health text, Dianne Hales invites your students to build their future of healthy living by applying the concepts to evaluate their current lifestyle and make healthy changes. Delivering the most current and thorough coverage available, AN INVITATION TO HEALTH, 15E, International Edition integrates a comprehensive presentation of health concepts--body, mind, and spirit--with a wealth of applications for the students' lives, including “Your Strategies for Change,” “Your Strategies for Prevention” and “Making Change Happen.” New to this edition is a feature called “Health in Action,” which provides a brief list of Do’s and Don’ts for specific behaviors. Recognizing the impact of the current economic environment, “Health on a Budget” demonstrates practical ways that students can achieve their goals by drawing on internal resources. The most student-oriented text on the market, AN INVITATION TO HEALTH, 15E, International Edition is packed with

relevant examples, colorful photos, figures, and new research and statistics presented in an engaging way. This complete textbook program provides an outstanding set of resources for both students and instructors to accomplish key goals of the course and reinforce learning. Choose AN INVITATION TO HEALTH, 15E, International Edition for your course and motivate your students to change.

### NEW TO THIS EDITION

- NEW! “Health in Action” gives students a brief list of Do’s and Don’ts for healthy behavior. Examples include “Count Your Blessings,” “Assessing a Relationship,” and “Analyzing Your Diet”.
- NEW! “Health in the Headlines” provides links to articles in Global Health Watch reporting on a variety of hot topics--for example, “Depression Update,” “Relationships in the 21st Century,” and “The Impact of Obesity”.
- NEW! The latest research and coverage has been added to this new edition, including new information on consumer health and expanded coverage of positive psychology.
- NEW! Personal choice: An important component of changing for lifelong healthy living is personal choice. Two new features encourage students to self-assess for healthy change. “How Do You Compare” encourages students to compare their attitudes and behaviors to those of other students. “Build Your Future” provides a checklist of change behaviors based on the topic of each chapter.

### FEATURES

- Comprehensive coverage: Designed for an introductory-level personal health course, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, is known for its emphasis on behavior change, up-to-date coverage, student-friendly style, and practical, action-oriented approach. It covers a wide range of health topics, from fitness and nutrition to disease prevention, stress management, and development of healthy relationships.
- Build Your Future: The theme of this edition is that the choices students make now impact their health in the future.
- Positive change: The cornerstone of this text, behavior change is an increasingly emphasized theme that reflects the need for improving health behaviors and

making healthy changes.

- Strategies for change: The text offers a wealth of tips and strategies for making positive life changes. In addition to the “Your Strategies for Change/Your Strategies for Prevention” boxes, Learn It/Live It, Your Health Action Plan and “Self-Surveys,” there are links to the new companion book INVITATION TO PERSONAL CHANGE, which offers ways to implement change in a variety of areas.
- Online tools: This text is fully integrated with online teaching and learning resources that include INVITATION TO PERSONAL CHANGE labs, interactive behavior change planner, videos, and more.
- Dianne Hales is a successful textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today’s college students, Hales focuses on topics and issues that are important and relevant to your students.

### CONTENTS

Section I: Building Your Future. 1. Your Invitation to a Healthy Future. 2. Body, Mind, and Spirit. 3. Social Health. 4. Personal Stress Management. 5. Caring for Your Mind. Section II: Healthy Lifestyles. 6. Personal Nutrition. 7. Managing Your Weight. 8. The Joy of Fitness. Section III: Responsible Sexuality. 9. Personal Sexuality. 10. Reproductive Choices. 11. Sexually Transmitted Infections. Section IV: Making Healthy Choices. 12. Addictions. 13. Alcohol. 14. Tobacco. Section V: Taking Charge of Your Health. 15. Major Diseases. 16. Infectious Illnesses. 17. Traditional and Non-Traditional Health Care. Section VI: Health in Context. 18. Personal Safety. 19. A Healthier Environment. 20. A Lifetime of Health.

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## AN INVITATION TO PERSONAL CHANGE

*Dianne Hales; Kenneth W. Christian*

AN INVITATION TO PERSONAL CHANGE is a unique three-part resource that can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success. Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Available in print and electronic form, the three parts are available together or separately.

### FEATURES

- Part I, "Invitation to Personal Change", is broken into two sections: three chapters dedicated to "The New Science of Personal Change" and nine chapters dedicated to "The Power Tools of Personal Change". The first section presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The "Power Tools" section provides assessments, inventories, goal-setting, and journaling exercises.
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## CAREERS IN HEALTH, PHYSICAL EDUCATION, AND SPORTS, 2E

Patricia A. Floyd, Alabama State University; Beverly Allen

Unique to Cengage Learning, this informative supplement walks students through the process of exploring different health-related careers, offers advice on how to prepare for the transition into the working world, and gives valuable insight into different types of career paths, education requirements, and reasonable salary expectations.

### CONTENTS

**PART 1: INTRODUCTION TO THE FIELD.** Chapter 1. Choosing Your Career. Key Concepts. Introduction. How Do I Plan for My Career? Who Am I? Assessing Your Personality. Assessing Your Values. Assessing Your Skills. Assessing Your Interests. Practical and Related Experiences. Goal Setting. What Are My Career Choices? Career Opportunities in Health . Career Opportunities in Physical Education. Career Opportunities in Sport . What Decisions Do I Need to Make? Summary . Reflections. Web Sites. Bibliography. Laboratory Activity 1.1. Laboratory Activity 1.2. Laboratory Activity 1.3. Chapter 2. Introduction to Careers in Health. Key Concepts. Introduction. What Is Health Promotion and Health Education? What Is Community and Population Health? Teaching Careers in Health Education. Education and Practical Experience. Professional Competencies. AAHPERD/AAHE Standards for Health Education Programs. Certifications and Advanced Degrees. Non-Teaching Career Opportunities in Health. Healthcare Practitioner and Technical Occupations. Healthcare Support Occupations. The Future of Health Careers. Summary. Reflections. Web Sites. Bibliography. Laboratory Activity 2.1. Laboratory Activity 2.2. Chapter 3. Introduction to Careers in Physical Education. Key Concepts. Introduction. What Is Physical Education? Career Opportunities in Physical Education. Teaching

Physical Education. Advantages and Disadvantages of Teaching. Education and Practical Experience. Professional Competencies. Initial Programs in Physical Education Outcomes. Certification and Advanced Degrees. Teaching Careers in Physical Education. PK-12 School Careers. Specialized PK-12 School Careers. Post-Secondary School Careers. Non-School Settings. Non-Teaching Careers in Physical Education. Fitness/Health Careers. Recreation Careers. Therapy-Related Careers. Association/Organization Careers. The Future of Physical Education. Summary. Reflections. Web Sites. Bibliography. Laboratory 3.1. Laboratory 3.2. Chapter 4. Introduction to Careers in Sport. Key Concepts. Introduction. What is Sport? Career Opportunities in Sport. High School Sport Careers. College Sport Careers. Professional Sport Careers. Association/Organization Careers. Broadcasting & Media Sport Careers. Sport Events Careers. Sporting Goods Careers. Professional Services Sport Careers. The Future of Sport. Summary. Reflections. Web Sites. Bibliography. Laboratory Activity 4.1. Laboratory Activity 4.2. Laboratory Activity 4.3. **PART 2: PREPARING FOR CAREERS.** Chapter 5. Credentialing and Testing Requirements. Key Concepts. Introduction. Credentialing of Teachers. INTASC. Teacher Education Testing Requirements. Teacher Certifications. Non-Teaching Certifications. Health Education Certifications. Physical Education and Related Area Certifications. Sport/Coaching Certifications. Summary. Reflections. Web Sites. Bibliography. Laboratory Activity 5.1. Laboratory Activity 5.2. Chapter 6. Writing Your Resume. Key Concepts. Introduction. Resume Writing. Research the School/Organization. Research the Position. Research Yourself. Cover Letters. Types of Resumes. Chronological Resume. Functional or Skills Resume. Chronological/Functional Resume. Resume Content. General Guidelines for Resumes. Keyword Skills. Scanner-Friendly Resume. Sending Resumes by E-mail. International Resumes. Avoiding the Dangers in Resume Writing. When to Update Your Resume. Summary. Reflections. Web Sites. Bibliography. Laboratory Activity 6.1. Laboratory Activity 6.2. Chapter 7. Presenting a Positive Image. Key Concepts. Introduction. Types of Interviews. Information/Networking Interview. Screening Interview. One-on-One Interview. Search-and-Screen/Series Interview. Panel Interview. Peer Group Interview. Luncheon Interview. Videoconference Interview. Second Interview. Decision/Hiring/Placement Interview. Employer Expectations. Basic Phases of an Interview. Three Steps to Answering Problem Questions. Top Twelve Interview Questions.



Seven Steps to Effective Preparation. Declining an Offer. Interviewing After a Job Loss. Communication Skills. Verbal Skills. Nonverbal Skills. Listening Skills. Illegal Questions. 10 Tips for a Positive Interview. Evaluating a Job Offer. Relocation Factors. Seal the Deal. Dress for Success. Appropriate Dress for Men. Appropriate Dress for Women. Hair, Teeth and Fingernails. Tattoos and Body Piercings. Ethnocentric Look. Casual Dress. Accessories. Dress Codes. Dressing for the New Job. Summary. Reflections. Web Sites. Bibliography. Laboratory Activity 7.1. Laboratory Activity 7.2. PART 3: JOB SEEKING. Chapter 8. Marketing Yourself: Job Search Strategies and the Application Process. Key Concepts. Introduction. Your Job-Search Strategy. Where to Look.. Newspapers. Periodicals. Internet. Educational Institutions. Additional Places. Networking. Contacting Prospective Employers. U.S. Mail. E-mail. Fax. Applying for the Position. Tips for Submitting an Application for Employment. Job Search Letters. Tips for Letter Writing and Job-Search Correspondence. Seven Basic Types of Letters. References Available Upon Request. Rejection by Prospective Employer. Summary. Reflections. Web Sites. Bibliography. Laboratory Activity 8.1. Laboratory Activity 8.2. PART 4: ON THE JOB. Chapter 9. Beginning Your Career. Key Concepts. Introduction. The Critical First Year. Entering a New Organization. Professionalism. Professional Behavior. Lifelong Learning. Involvement in the Profession. Office Dynamics. Office Politics and the Grapevine. Sharing Personal Business. Office Romance. Be Yourself. Develop an Exit Plan. Summary. Reflections. Web Sites. Bibliography. Laboratory Activity 9.1. Laboratory Activity 9.2. Chapter 10. Legal Issues. Key Concepts. Introduction. Discrimination and Harassment Issues. Age. Ethnicity. Religion. Gender. Disability. Sexual Orientation. National Origin. Sexual Harassment. Family and Medical Leave Act. Health and Safety. Illegal Reasons for Firing Employees. Discrimination. Retaliation. Lie Detector Test. Alien Status. OSHA Violation Complaint. Violations of Public Policy. Guidelines for Handling Discrimination and Harassment Complaints. Workplace Diversity. Equal Employment Opportunity. Affirmative Action. Intercultural Communication. Interview Questions. Summary/Reflections. Web Sites. Bibliography. Laboratory Activity 10.1. Laboratory Activity 10.2.

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eBook

## FITNESS AND WELLNESS, INTERNATIONAL EDITION, 10E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Hoeger and Hoeger's **FITNESS AND WELLNESS, 10E, International Edition** encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, **FITNESS AND WELLNESS, 10E, International Edition** is part of an integrated textbook program that extends beyond the text to online resources within WebTutor or CengageNOW that further students' understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

### NEW TO THIS EDITION

- **NEW:** Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
- **NEW:** Data on the escalating obesity epidemic and its causes in the United States has been updated in Chapter 6, "Weight Management." The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
- **NEW:** Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.

## FEATURES

- **FITNESS AND WELLNESS** is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
- Behavior modification is a hallmark of the Hoegers' fitness and wellness series--and an integral theme of **FITNESS AND WELLNESS**. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- A unique Chapter 9, "Relevant Questions and Answers About Fitness and Wellness," uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.
- "Assess Your Knowledge" multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
- "Assess Your Behavior" sections at the end of each chapter assess students' current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
- "Frequently Asked Questions" address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

## CONTENTS

1. The Importance of Physical Fitness and Wellness. 2. Assessment of Physical Fitness. 3. Exercise Prescription. 4. Evaluating Fitness Activities. 5. Nutrition for Wellness. 6. Weight Management. 7. Stress Management and Assessment. 8. A Healthy Lifestyle Approach. 9. Relevant Fitness and Wellness Issues. Appendix A: Strength-Training Exercises, Strength-Training Exercises Without Weights, Strength-Training Exercises With Weights. Appendix B: Flexibility Exercises. Appendix C: Exercises

for the Prevention and Rehabilitation of Low-Back Pain. Appendix D: Contraindicated Exercises. Appendix E: Selective Nutrient Content of Common Foods.

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CourseMate

eBook

## HLTH (WITH COURSEMATE PRINTED ACCESS CARD)

Jeffrey S. Nevid, *St. John's University of New York*; Spencer A. Rathus, *New York University, School of Continuing and Professional Studies*

Created through a "student-tested, faculty-approved" review process with over 100 students and faculty, HLTH is an engaging and accessible solution to accommodate the diverse lifestyles of today's learners at a value-based price. HLTH engages students with interactive Health Check assessments, in addition to a range of features on everything from the effect of socioeconomic status on health to a checklist to help choose a primary care physician, that help students relate course concepts to their personal lives.

## FEATURES

- An innovative combination of content delivery both in print and online provides a core text and a wealth of comprehensive multimedia teaching and learning assets.
- Shorter, comprehensive chapters in a modern design present content in a more engaging and accessible format without minimizing coverage for your course.
- Chapter-In-Review Cards at the back of the Student Editions provide students a portable study tool containing all of the pertinent information for class preparation.
- Instructor Prep Cards at the back of the Instructor's Edition make preparation simple with detachable cards for each chapter, offering a quick map of chapter content, a list of corresponding PowerPoint and video resources, additional examples, and suggested

assignments and discussion questions to help you organize chapter content efficiently.

- A full suite of unique learning tools that appeal to different learning styles is available to students with the purchase of a new book. Quizzes, videos, and more are only a click away.
- All of the content and resources you expect with a supplements package that is second to none including PowerPoint lecture slides, Instructor's Manual and Test Bank, and interactive quizzing.
- Perforated Health Check assessment activities available within and at the end of each chapter help tie course content to student life.
- Three unique and engaging features in each chapter – Diversity, Prevention, and Health Skills – cover everything from the effect of socioeconomic status on health to how to choose a primary care physician.

## CONTENTS

1. A Healthy You! 2. Psychological Health. 3. Stress and Your Health. 4. Intimate Relationships and Sexuality. 5. Reproductive Choices. 6. Addiction and Drug Abuse. 7. Alcohol and Tobacco. 8. Fitness for Life. 9. Nutrition for Life. 10. Managing Your Weight. 11. Combating Cardiovascular Disease, Cancer, and Other Major Diseases. 12. Infection and Immunity. 13. Preventing Violence and Injury. 14. Managing Your Health Care. 15. Health and the Environment. 16. Health Across the Lifespan.

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eBook

## JOURNAL FOR HALES/CHRISTIAN'S AN INVITATION TO PERSONAL CHANGE

*Dianne Hales*

JOURNAL FOR AN INVITATION TO PERSONAL CHANGE is part of a unique three-part resource that

can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success. Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Meant to be used in conjunction with *An Invitation to Personal Change* and *Labs for Invitation to Personal Change*, the *Journal* guides the students through the process of making behavioral changes and helps them reflect on their goals and motivations.

## FEATURES

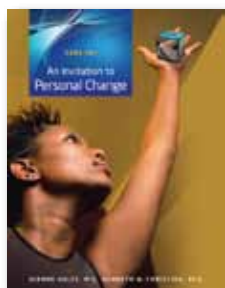
- Part I, "Invitation to Personal Change" presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The "Power Tools" section provides assessments, inventories, goal-setting, and journaling exercises.
- Part 2, "Labs for Invitation to Personal Change", includes 25 self-paced, independent labs, each following psychologist James Prochaska's stages of change. The labs are broken into stages: "Get Real", "Get Ready", "Get Going", and "Lock It In". Students can use this four-part approach to create personal change maps.
- Part 3, "Journal for Invitation to Personal Change", allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The "Journal" is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

## CONTENTS

Part I: THE NEW SCIENCE OF PERSONAL CHANGE. 1. Directing Change. 2. Personal Change 101. 3. The Story of You. Part II: THE POWER TOOLS OF PERSONAL CHANGE. Introduction. 1. Your Personal GPS. 2. A Call for Order. 3. Time Control. 4. Learning the Language of Change. 5. Going for Your Goals. 6. Power Journaling. 7. Making Yourself Lucky. 8. Reaching Out. 9. Shock Absorption. Labs for INVITATION TO PERSONAL CHANGE Introduction. Lab 1: Choosing to Change, Choosing a Change. Lab 2: The Grateful Thread. Lab 3: Soul Food. Lab 4: Your Personal Balance Point. Lab 5: Defusing Test Stress. Lab 6: Rx: Relax. Lab 7: Do It Now.

Lab 8: Your Psychological Self-Care Pyramid. Lab 9: Help Yourself. Lab 10: Excise Exercise Excuses. Lab 11: Mind over Platter. Lab 12: Thinking Thinner. Lab 13: Listen Up. Lab 14: What's Your Intimacy Quotient? Lab 15: To Have or Have Not. Lab 16: Don't Go There. Lab 17: Your Alcohol Audit. Lab 18: Butt Out. Lab 19: Taming a Toxic Temper. Lab 20: Sleep Power. Lab 21: The Seduction of Safer Sex. Lab 22: Health Assurance. Lab 23: Your Guardian Angel. Lab 24: OurSpace. Lab 25: Finity.

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eBook

## LABS FOR HALES/CHRISTIAN'S AN INVITATION TO PERSONAL CHANGE

*Dianne Hales; Kenneth W. Christian*

LABS FOR AN INVITATION TO PERSONAL CHANGE guide you through the process of making behavioral changes. There are 25 labs available on such diverse topics as dietary changes, smoking cessation, stress management, weight loss, and overcoming procrastination.

### FEATURES

- Part I, "Invitation to Personal Change" presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The "Power Tools" section provides assessments, inventories, goal-setting, and journaling exercises.
- Part 2, "Labs for Invitation to Personal Change", includes 25 self-paced, independent labs, each following psychologist James Prochaska's stages of change. The labs are broken into stages: "Get Real", "Get Ready", "Get Going", and "Lock It In". Students can use this four-part approach to create personal change maps.
- Part 3, "Journal for Invitation to Personal Change",

allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The "Journal" is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

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Part I: THE NEW SCIENCE OF PERSONAL CHANGE. 1. Directing Change. 2. Personal Change 101. 3. The Story of You. Part II: THE POWER TOOLS OF PERSONAL CHANGE. Introduction. 1. Your Personal GPS. 2. A Call for Order. 3. Time Control. 4. Learning the Language of Change. 5. Going for Your Goals. 6. Power Journaling. 7. Making Yourself Lucky. 8. Reaching Out. 9. Shock Absorption. Labs for INVITATION TO PERSONAL CHANGE Introduction. Lab 1: Choosing to Change, Choosing a Change. Lab 2: The Grateful Thread. Lab 3: Soul Food. Lab 4: Your Personal Balance Point. Lab 5: Defusing Test Stress. Lab 6: Rx: Relax. Lab 7: Do It Now. Lab 8: Your Psychological Self-Care Pyramid. Lab 9: Help Yourself. Lab 10: Excise Exercise Excuses. Lab 11: Mind over Platter. Lab 12: Thinking Thinner. Lab 13: Listen Up. Lab 14: What's Your Intimacy Quotient? Lab 15: To Have or Have Not. Lab 16: Don't Go There. Lab 17: Your Alcohol Audit. Lab 18: Butt Out. Lab 19: Taming a Toxic Temper. Lab 20: Sleep Power. Lab 21: The Seduction of Safer Sex. Lab 22: Health Assurance. Lab 23: Your Guardian Angel. Lab 24: OurSpace. Lab 25: Finity.

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**NEW EDITION!**

CourseMate MindTap  
CENGAGENOW

eBook

## PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, INTERNATIONAL EDITION, 12E

*Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger*

Help your students discover and achieve their personal fitness and wellness goals with Hoeger/Hoeger's

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition offers a variety of resources for students to turn active learning into active living, including new “MyProfile” boxes, “Behavior Modification Planning” boxes, exercise videos, online labs, and more. Encourage students to use these resources to achieve and maintain their personal health and wellness goals!

### NEW TO THIS EDITION

- NEW! Updated statistics and coverage appear throughout, including current information from the new U. S. National Physical Activity Plan, National Health Objectives for 2020, the new MyPlate nutritional guidelines and the 2010 Dietary Guidelines for Americans, and more.
- NEW! MyProfile box at the beginning of each chapter engages students by asking five questions about the knowledge they already have about the chapter content.
- NEW! Diversity Considerations boxes provide additional insights about topics relevant to diverse populations.
- NEW! Confident Consumer boxes help students become more informed consumers.
- NEW! Chapter 9, “Comprehensive Fitness Programming,” now includes information on the highly popular high-intensity interval training (HIIT) programs. Updates are also provided on Exercise and Type 2 Diabetes and Exercise and Physical Activity for Older Adults based on the recent release of the ACSM pronouncements on these topics. Additionally, information on the 2012 fitness trends is provided in the chapter.
- NEW! Profile Plus helps students track and achieve behavior change in their lives.

### FEATURES

- Behavior modification is an integral theme of the Hoegers’ fitness and wellness series. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.

- Inspiring “Real Life Stories” in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- “Frequently Asked Questions” sections engage students’ interest in key topics at the beginning of each chapter.
- “Critical Thinking” questions are integrated throughout the text to stimulate critical thinking as students learn and work through the contents of each chapter.

### CONTENTS

1. Physical Fitness and Wellness. 2. Behavior Modification. 3. Nutrition for Wellness. 4. Body Composition. 5. Weight Management. 6. Cardiorespiratory Endurance. 7. Muscular Strength and Endurance. 8. Muscular Flexibility. 9. Comprehensive Fitness Programming. 10. Stress Assessment and Management Techniques. 11. Preventing Cardiovascular Disease. 12. Cancer Prevention. 13. Addictive Behavior. 14. Preventing Sexually Transmitted Infections. 15. Lifetime Fitness and Wellness.

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### PROFILE PLUS FOR HEALTH

*Wadsworth*

NEW! Take control. Reach your goals. Experience Profile Plus. Profile Plus is a brand-new tool that not only allows your students to track their diet and activity, but also walks them through the key steps in behavior change. After completing a Wellness Profile, students are able to select areas where they would like to make a healthy lifestyle change, and create a behavior change contract. This contract helps students to focus on



working toward their goals. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change. Throughout the process students are encouraged to examine and reflect upon their current behaviors. Instructors can assign and review student work in the form of reports and labs that can be submitted through the system. In addition to tracking behavior change, students can track their diet and physical activity. Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives. The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals. Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

## FEATURES

- NEW! Students track their diet and activity.
- NEW! Students complete a wellness profile, and select areas where they would like to make a healthy lifestyle change.
- NEW! Students create a behavior change contract to focus on goals toward which they would like to work. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change.
- NEW! Throughout the behavior change process students are encouraged to examine and reflect upon their current behaviors.
- NEW! Instructors can assign and review student work in the form of reports and labs that can be submitted through the system.
- NEW! Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives.
- NEW! The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of

essential nutrients, vitamins, and minerals.

- NEW! Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

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## STUDENT COURSE GUIDE FOR JOURNEY TO HEALTH FOR HALES' AN INVITATION TO HEALTH, 15E

*Dianne Hales*

To accompany the "Journey to Health" telecourse produced by DALLAS TeleLearning of the LeCroy Center for Educational Telecommunications. The JOURNEY TO HEALTH course explores health in its broadest sense. Students are encouraged to use critical thinking and problem solving skills to develop their own healthy lifestyle using the most current information in the health and wellness field. The telecourse components consist of 26 half-hour video programs, the Hales AN INVITATION TO HEALTH text, the student telecourse guide, a faculty manual, and text-specific teaching and learning tools, including testing.

© 2013, 256pp, Paperback, 9781111990329

## PHYSICAL EDUCATION



eBook

### APPLIED BIOMECHANICS

#### Concepts and Connections, International Edition

John McLester, Kennesaw State University; Peter St. Pierre, Kennesaw State University

APPLIED BIOMECHANICS: CONCEPTS AND CONNECTIONS, International Edition is comprehensive in coverage and focuses on making connections between biomechanics and other subdisciplines of Exercise Science. Because students taking the course may not be math or science oriented, the text begins with a qualitative, conceptual explanation and then moves to a mathematical one, including both qualitative and some mathematical examples. The text also includes a brief review of anatomy.

#### FEATURES

- Chapters begin with an example designed to give a preview of the concepts to be covered in the chapters. The example is then carried throughout the chapters and referred to at relevant points. This provides concrete information that students can use to aid in understanding concepts and provides them clear application of the material.
- Each chapter is divided into “Concepts and Connections” sections. After presenting the fundamental concepts, the authors relate those concepts to subdisciplines (i.e. Exercise Physiology, Motor Behavior, Adapted PE, Pedagogy) to meet the needs of the mixed audience taking the course.
- “Focus on Research” sections at the end of the chapter pull concepts together, describing a recent research study and relating it to the chapter concepts. These important sections both demonstrate the variety of ongoing research in Biomechanics-related fields and provide information on the most up-to-date research.

- The text includes a great review of anatomy to help students coming into the course refresh their knowledge and be prepared for the course material.

#### CONTENTS

1. Biomechanics and Related Movement Disciplines.
  2. Describing the System and Its Motion.
  3. Paradigms for Studying Motion of the System.
  4. Interaction of Forces and the System.
  5. Linear Motion of the System.
  6. Angular Motion of the System.
  7. System Balance and Stability.
  8. The System and Machines.
  9. System Motion in a Fluid Medium.
  10. The System and Projectiles.
  11. Biomechanics of the Human Musculoskeletal System.
  12. Connection by Application.
- Glossary. Index. Appendix A: Metric Conversions. Appendix B: Bones. Appendix C: Ligaments. Appendix D: Joint Classifications. Appendix E: Muscle Origins and Insertions. Appendix F: Joint Actions and Involved Muscles.

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CourseMate

eBook

### EXERCISE PHYSIOLOGY

#### An Integrated Approach, International Edition

Peter B. Raven, PhD, University of North Texas Health Science Center; David H. Wasserman, PhD, Vanderbilt University School of Medicine; William G. Squires, PhD, Texas Lutheran University; Tinker D. Murray, PhD, Texas State University

EXERCISE PHYSIOLOGY, International Edition presents the fundamental concepts of exercise physiology. Students learn the immediate and long-term effects of exercise on physiological systems in the context of the most recent research, including molecular and genetics studies. The text focuses on issues like obesity, diabetes, and metabolic syndrome, and is designed to address the global pandemic of sedentary diseases in all age groups. The examples in the text are integrated throughout and link the principles of exercise physiology to strategies that students can use to apply the science in real-life client situations.

## FEATURES

- **CONCEPTS AND APPLICATIONS:** Student learn how the body adapts to exercise and how to apply these principles to make a more global impact--from improving physical fitness and managing disease to training for peak performance and developing effective rehabilitation programs for future clients.
- **FOCUSED LEARNING:** Preparing a wide range of students, the “Warm Up” pre-test questions help students determine their current knowledge and review needs. The “Quick Start” questions then help students think about how they can use information in the chapter with clients.
- **REAL WORLD EXAMPLES:** “In Practice” examples provide students with perspectives related to health/fitness, athletic performance, and rehabilitation. Students also learn from “In the Spotlight” biographies of experts in each chapter topic and “In Retrospect” examples of classical exercise physiology experiments that were used to investigate the topics.
- **CRITICAL THINKING:** “Concepts, Challenges & Controversies” provide students with more in depth information about exercise physiology topics that seem to be “ever changing.” Parenthetical Questions throughout each chapter challenge students to read or re-read pertinent portions of the text enabling them to interpret the text and answer the question.
- **END OF CHAPTER REINFORCEMENT:** The End of chapter support includes a bulleted Chapter Summary, “Terms to Know” with page references, Study Questions, Exercise Physiology Web Links, Selected References, and Exercise Physiology Reality – interactive labs that reinforce concepts presented in each chapter.

## CONTENTS

1. Epidemiology, Physical Activity, Exercise and Health. 2. Basic Training Principles for Exercise. 3. Neuromuscular Responses and Adaptations to Exercise. 4. Basics of Exercise Metabolism. 5. Fuel Utilization During Exercise. 6. Hormonal Regulation of Metabolism During Exercise. 6A. Exercise, Obesity, and Metabolic Syndrome. 6B. Exercise and Diabetes Mellitus. 7. The Cardiovascular System and Exercise. 8. Cardiovascular Adaptations to an Exercise Program. 9. The Respiratory System and Exercise. 10. Measurement of Common Anaerobic Abilities and Cardiorespiratory Responses Related to Exercise. 11. Basics of Nutrition

for Exercise. 12. Nutritional Strategies and Ergogenic Aids to Enhance Exercise. 13. Body Composition and Weight Management. 14. Adaptations to Environmental Extremes: Heat, Cold, Altitude, Pollution. Appendix. Training Program Examples.

© 2013, 592pp, Paperback, 9780538735469



## MOTOR LEARNING AND MOTOR CONTROL

**From Theory to Practice, International Edition**

*William H. Edwards, Sacramento State University*

The goal of Motor Learning and Control: From Theory to Practice, International Edition is to introduce students to the dynamic field of motor learning and control in ways that are meaningful, accessible, and thought-provoking. This text offers a comprehensive and contemporary overview of the major areas of study in motor learning and control using several different perspectives applied to scholarly study and research in the field. Presenting the most current theories applied to the study and understanding of motor skills, this text is filled with practical examples and interactive applications to help students prepare for careers in movement-related fields.

## FEATURES

- **Boxed features\*** in every chapter provide constant reinforcement of main topical ideas through real-life examples as well as professional and personal applications designed to enhance both interest and understanding of the chapter content.
- **Figures and tables\*** visually illustrate and clarify difficult concepts.
- **Learning Exercises\*** at the end of each chapter include critical analyses and application exercises in which chapter topics must be used to solve professional and

movement-skill problems as well as field observations, including both interview and observational analyses.

- For Further Study\* section begins with a short multiple-choice and completion quiz, testing students' knowledge of the chapter and helping them identify possible areas in need of reevaluation or additional study.
- Videos\* accompanied by questions (found in CourseMate and on the PowerLecture DVD-ROM) show a variety of movement skills and ask students to explain them using concepts from the chapter.
- CourseMate\* brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook.
- CourseSmart goes beyond traditional expectations—providing instant, online access to the textbooks and course materials you need and at a lower cost to your students. To request an electronic sample of this Cengage Learning title, go to: [www.coursesmart.com/instructors](http://www.coursesmart.com/instructors).

## CONTENTS

1. Introduction. 2. What Is a Skill? 3. The Human Motor System. 4. The Learning Process. 5. Individual Differences. 6. Memory and Motor Skill Learning. 7. Theories of Motor Control and Motor Learning. 8. The Stages of Learning. 9. Preparing Learners for Practice: Motivation and Attention 10. Providing Instructions and Demonstrations. 11. Scheduling the Learning Experience. 12. Providing Feedback. Appendixes (Including Labs).

© 2011, 440pp, Paperback, 9780840053589

## PHYSICAL EDUCATION ACTIVITY BOOKS



eBook

### BEGINNING RACQUETBALL, 7E

Cheryl Norton, *Metropolitan State College of Denver*; James S. Bryant, *San Jose State University*

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Wadsworth offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Wadsworth Physical Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Suitable for players at any level, **BEGINNING RACQUETBALL** covers the fundamentals of racquetball including equipment, offensive and defensive strokes, serves, playing strategies, drills, court etiquette, and more. Its many photographs and diagrams help students visualize the concepts, and rich pedagogy help them engage with the material, understand the concepts, and reinforce their learning.

### NEW TO THIS EDITION

- Updated “Check Points” include chapter-ending review questions that allow students to reaffirm their knowledge of the chapter concepts.
- A new 4-color design helps engage students, especially visual learners.
- The new USAR Racquetball Rules from 2007 included in the Appendix to give students quick access to the official rules of the game.
- Resources lists have been updated (and helpful websites added) to keep the text current and relevant.

### FEATURES

- The text has been strongly praised for its solid

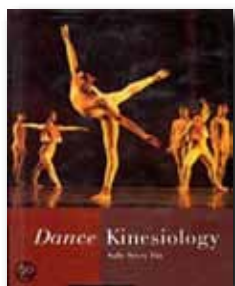
coverage of all the functional aspects of racquetball, including equipment, offensive and defensive strokes, serves, playing strategies, drills, and court etiquette.

- An accompanying Instructor's Manual includes teaching skills, teaching suggestions, lesson plans, homework assignments, student evaluations and forms (including written exams, drill tests, and game-playing evaluations), drill sheets, court quizzes, and a sample mid-term exam and final exam.

## CONTENTS

1. Court, Equipment, Safety, and Resources. 2. Preparation for Play. 3. Preliminaries to the Strokes in Racquetball. 4. Offensive Strokes. 5. Defensive Strokes. 6. Serves in Racquetball. 7. Use of the Back Wall and Corner Shots. 8. Putting the Strokes Together: Non-Thinking Strategy. 9. Putting the Strokes Together: Thinking Strategy. 10. Drills for the Player. 11. Court Etiquette and Interpreting the Rules. Appendix A: Official Rules of Racquetball.

© 2012, 144pp, Paperback, 9780840048103



eBook

## DANCE KINESIOLOGY, 2E

Sally Sevey Fitt, Professor Emeritus, University of Utah

Dance Kinesiology reflects modern techniques and includes articles addressing eight important systems of body work: the Pilates Method, Rolfing, the Feldenkrais Method, the Alexander Technique, Ideokinesis, Body-Mind Centering, the Bartenieff Fundamentals, and Laban Movement Analysis.

## FEATURES

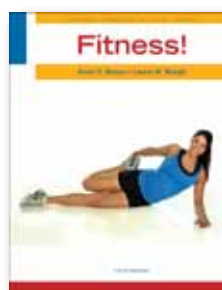
- Techniques are brought into focus through numerous anatomical drawings, illustrated practice sessions, and suggested further readings.
- Each article has been contributed by a trained practitioner and fosters insight into the practical

aspects of the material being presented.

## CONTENTS

Preface. SECTION 1: THE SCIENCE OF MOTION IN SUPPORT OF THE ART OF DANCE. 1. Domain of Dance Kinesiology. SECTION TWO: THE SKELETAL SYSTEM. 2. Overview of the Skeletal System. 3. Foot and Leg. 4. Pelvis and Spine. 5. Scapula and Humerus. 6. Radius, Ulna, and Hand. SECTION THREE: THE MUSCULAR SYSTEM. 7. Overview of the Muscular System. 8. Muscles of the Toes, the Tarsus, and the Ankle. 9. Muscles of the Knee and Hip. 10. Muscles of the Torso and the Neck. 11. Muscles of the Scapula and the Shoulder. 12. Muscles of the Elbow, Radio-Ulnar Joints, Wrist, and Hand. 13. Misalignments and Muscular Imbalances Common in Dance. SECTION FOUR: PHYSIOLOGICAL CONSIDERATIONS FOR DANCERS. 14. Physiological Support Systems. 15. Body Types. 16. Movement Behavior. SECTION FIVE: WELLNESS FOR DANCERS. 17. Somatics, Relaxation, and Efficiency. 18. Prevention of Dance Injuries. 19. Conditioning for Dancers. 20. Weight Management. SECTION SIX: CONCLUSION AND APPLICATIONS. 21. Enhancing Performance. 22. Applications of Dance Kinesiology. References. Contributors to the Second Edition. Index.

© 1996, 504pp, Hardback, 9780028645070



eBook

## FITNESS!, 5E

Karen S. Mazzeo, Bowling Green State University; Lauren M. Mangili, University of North Carolina

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere



fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. **FITNESS THROUGH AEROBICS, STEP TRAINING, AND WALKING**, Fifth Edition, uses an easy-to-follow sequential learning order that provides methods to achieve total fitness goals. The text covers the principles and techniques of aerobic dance exercise, step training, and fitness walking, with a new focus on strength training. Students will be able to structure a complete physical and mental training program that can work for a lifetime.

### NEW TO THIS EDITION

- **NEW:** Focus on strength training, which includes coverage of new research, emphasis on obesity, and more functional strength training options. Insights on strength training from top professionals are integrated throughout the text, demonstrating the importance of this topic.
- **NEW:** Current coverage of the latest technologies, such as heart rate monitors, pedometers, and new resistance equipment, shows students what products they can use in their own fitness programs and provides information for instructors about how to use them in the class setting.
- **NEW:** The author includes the latest information on nutrition, weight management, stress management, and relaxation techniques.
- **NEW:** Color photos and figures appear throughout the text.

### FEATURES

- All exercise movements shown are photographed using a “mirrored method” so that all written and oral cues directly match what the reader sees.
- Numerous assessments and monitoring tools throughout the text encourage awareness of starting points as well as growth/change points, allowing students to compare pre- and post-course information and data.
- Goal-setting worksheet to reflect “SMART” goals helps students align goals to their fitness program.
- A section on internal motivation and goal setting helps students get to the basics of each. The basics of motivation and goal setting are integrated into each chapter.
- The author has included numerous guidelines to healthy eating, including a Fluid Replacement

Pyramid, and information on disordered eating and problem eating behaviors with solutions.

- Three assessments for heart rate monitoring are presented: resting heart rates, after aerobic exercise intervals, and ratings of perceived exertion for all segments of the course.

### CONTENTS

1. Aerobic Exercise: The Way to Fitness. 2. Motivation and Goal Setting. 3. Safety First. 4. Posture and Positioning. 5. Fitness Testing. 6. Warm-Up. 7. Aerobic Exercise: #1 Aerobics. 8. Aerobic Exercise: #2 Step Training. 9. Aerobic Exercise: #3 Fitness Walking. 10. Strength Training. 11. Cool-Down and Flexibility Training. 12. Stress Management and Relaxation. 13. Nutrition. 14. Weight Management.

© 2013, 272pp, Paperback, 9780840048097



eBook

### RIGHT DOWN YOUR ALLEY, 7E The Complete Book of Bowling

*Vesma Grinfelds; Bonnie Hultstrand, Professor Emeritus Physical Education, University of Idaho*

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Wadsworth offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Wadsworth Physical Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. **RIGHT DOWN YOUR ALLEY: THE COMPLETE BOOK OF BOWLING**, 7th Edition, includes everything a bowler, whether beginner or advanced, young or old, needs to know about the game. This text takes students from holding a ball to principles of movement and competitive bowling, and provides strategies to

keep improving. **RIGHT DOWN YOUR ALLEY: THE COMPLETE BOOK OF BOWLING** also covers more advanced topics for those past the novice stage. Throughout the text, students will be introduced to the newest proven techniques, equipment, and teaching and learning concepts that are currently being used effectively by bowlers, coaches, and teachers across the country.

### NEW TO THIS EDITION

- Two new chapters have been added to the new edition. Chapter 8, “Scoring and Rules of Bowling,” gives the latest updates on scoring procedures and rules of the game. Chapter 9, “Preparing for League Bowling,” details the differences between scratch league and handicap league and how to accurately score each type.
- A new section on electronic bowling in Chapter 11 describes how students who have an available electronic game system can practice and perfect coordination, delivery, ball rolls, balance, and spot bowling.
- Expanded discussions of the “3-1-2 Strike Adjustment System” and “3-6-9 Spare Conversion System” have been added to update the material and introduce students to these methods.
- A new 4-color design helps engage students, especially visual learners.
- To reach a broader range of players, integrated instructions and photos for left-handed bowlers are included throughout the text and are now shaded for an easy-to-find reference.
- An online instructor’s teaching guide, which includes such resources as classroom activities and testing tools, provides time-saving lecture preparation tools.
- A short introduction provides a brief history of the game to give students a foundation for understanding the game completely.

### FEATURES

- Nearly 100 photos, along with numerous figures, help visually demonstrate proper techniques and form, giving students a better sense of the proper ways to bowl successfully.
- After every new concept, “Self Evaluation Questions” are integrated and easily locatable throughout each chapter, letting students review key concepts and techniques before moving on to new ones.

- Each chapter concludes with summarized main points, highlighting the key concepts covered in the chapter.

### CONTENTS

PART I: BASIC BOWLING. 1. Understanding the Basics. 2. Preparing for Action. 3. Stance, Approach, and Delivery Concepts. 4. Principles of Movement Applied to Bowling. 5. Common Errors and Corrective Actions. 6. 3-1-2 Strike Adjustment System. 7. 3-6-9 Spare Conversion System. 8. Scoring and Rules of Bowling. 9. Preparing for League Bowling. 10. Bowling for Those with Special Needs. 11. The Modern Bowling Environment and Twenty-First Century Technology. PART II: ADVANCED BOWLING. 12. Alternatives to the Four-Step Approach. 13. Ball Tracks. 14. Lift and Revolutions. 15. 3-4-5 Strike Adjustment System. 16. 2-4-6 Spare Adjustment System. 17. The Advanced Bowler and Technology. 18. Competitive Bowling. Appendix A: Glossary of Terms. Appendix B: Bowler’s Analysis Chart. Index.

© 2012, 192pp, Paperback, 9780840048073



eBook

## WALKING AND JOGGING FOR HEALTH AND WELLNESS, 6E

Frank Rosato, University of Memphis

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Introduce students to the health benefits of walking and jogging with this concise text, **WALKING AND JOGGING FOR HEALTH AND FITNESS**. It presents persuasive and logical reasons to include

exercise daily, and provides guidelines for beginning and sustaining walking and jogging programs in order to meet health and fitness goals.

### NEW TO THIS EDITION

- The sixth edition of WALKING & JOGGING FOR HEALTH AND WELLNESS features an all-new color design that will fully engage students in the fundamentals of walking and jogging.
- All new color photos have been added to the sixth edition, increasing the effectiveness of visual cues within the text and enhancing the overall student learning experience.
- Chapters 2-3 from the previous edition have been combined into one chapter for the sixth edition, streamlining the concepts of Motivational Techniques into a comprehensive chapter called “Getting Started.”

### FEATURES

- Discussions on current topics such as excessive exercise, environmental safety concerns, psychology of visualization and motivation, special populations, shoe selection, and why people quit, are covered throughout the text to engage students on emerging topics and show the wide range of topics related to walking and jogging.
- Chapter 2: “Getting Started” now integrates topics such as motivation, regular exercise, achieving objects, and principles of exercise.
- Chapter 5: “Prevention and Treatment of Walking and Jogging Injuries” is covered early in the text to help students learn ways to prevent an injury that might occur during their training and to help with the recognition of the signs and symptoms of an impending injury and the application of an appropriate treatment.
- “Key Terms” are included at the end of each chapter with page reference, giving students an added resource for a quick study reference.
- An emphasis on visuals throughout the text demonstrate important techniques such as proper posture and warm-up stretches so that they can use the photographs as models when they start exercising.
- Assessments like the Rockport Fitness Walking Test, the 3-Mile Walking Test, and the 1.5 Mile Running Test are included, with accompanying charts that allow exercisers to analyze their fitness level based on their

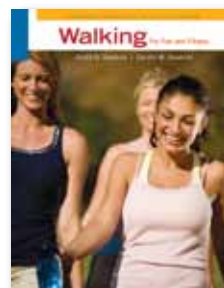
age and gender.

- End-of-Chapter Summaries succinctly encapsulate the chapter’s main points to help students review.

### CONTENTS

1. Physical Fitness: An Overview.
2. Getting Started.
3. Walking and Jogging for Health and Fitness.
4. Prevention and Treatment of Walking and Jogging Injuries.
5. Physiological Adaptations of Walking and Jogging.
6. Nutrition for Active People.
7. Reducing the Risk of Selected Diseases Through Exercise.

© 2012, 176pp, Paperback, 9780840048127



eBook

### WALKING FOR FUN AND FITNESS, 4E

Jerald D. Hawkins, Lander University; Sandra M. Hawkins

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Wadsworth offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Wadsworth Physical Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. WALKING FOR FUN AND FITNESS, 4th Edition, is divided into three parts: Part One is an introduction to walking; Part Two, Fun and Fitness Through Walking, discusses exercise principles and technique; and Part Three, Maximizing Your Walking Program, covers injury prevention, nutrition and weight management. Armed with the knowledge of this text, students learn effective motivation techniques to get them started (and keep them going!), and help them discover that walking can be fun and lead to greater fitness.

### NEW TO THIS EDITION

- The book covers the latest information on walking

as an effective exercise program and motivation techniques.

- Injury prevention and care, and proper walking attire are covered to help readers get their walking programs off on the right foot.
- All-new photos provided by the authors help illustrate the topics and techniques in the text.
- A new 4-color design helps engage students, especially visual learners.
- Updated resources, including a new food pyramid and updated nutrition recommendations, keep the text current and relevant.
- The previous Chapter 11 (Resources for the Fitness Walker) was eliminated, as resources are now included throughout the text.

### FEATURES

- Detailed discussion of the health benefits of walking help to educate and motivate readers as they embark on a walking program.
- Personal worksheets for calculating target heart rate and estimating daily energy expenditures, a walking accountability plan, and walking logs help students personalize their fitness walking program and keep them organized and on track.
- Proven motivational and incentive techniques are included to help readers get started and keep going.

### CONTENTS

PART I: INTRODUCTION TO WALKING. 1. Introduction. 2. Walking: Nature's Most Perfect Exercise. 3. Why Walking? PART II: FUN AND FITNESS THROUGH WALKING. 4. Exercise Principles and Fitness Walking. 5. Proper Walking Technique. 6. Preparing to Walk. 7. Making the "Do It!" Principle Work for You. 8. Prevention and Care of Injuries. PART III: MAXIMIZING YOUR WALKING PROGRAM. 9. Nutrition. 10. Weight Management. Appendix Worksheets. Index.

© 2012, 122pp, Paperback, 9780495558569



eBook

## WATER AEROBICS FOR FITNESS AND WELLNESS, 4E

*Terry-Ann Spitzer Gibson, Boise State University; Werner W.K. Hoeger, Boise State University*

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Offering the latest information for obtaining and maintaining wellness, WATER AEROBICS FOR FITNESS AND WELLNESS, Fourth Edition, provides students with guidelines, exercises, and examples to develop a water aerobic program. The text includes unique chapters on fitness assessment, nutrition, and weight management as well as hundreds of illustrations to promote a healthy fitness and wellness program. The use of this text in your course will provide an excellent resource guide to all participants.

### NEW TO THIS EDITION

- The fourth edition of WATER AEROBICS FOR FITNESS AND WELLNESS features an all-new color design that will fully engage students in the fundamentals of water aerobic exercise.
- All new color photos have been added to the fourth edition, increasing the effectiveness of visual cues within the text and enhancing the overall student learning experience.

### FEATURES

- Emphasis on students' visual understanding by providing photographs, visuals, and figures as well as additional sample programs and applications

to show how to successfully participate in a water aerobic program.

- Tips for behavior modification and adherence to a lifetime weight management program are integrated throughout the text, helping students recognize the importance of a lifetime commitment to good health.
- Uniquely includes over 90 shallow water exercises and over 30 deep water exercises, providing students with an array of exercise options for the different water depths.
- Unique chapters include Fitness Assessment (Chapter 2), Nutrition for Wellness (Chapter 6), and Weight Management for Wellness (Chapter 7), providing students with a stronger connection between the sport of water aerobics and an effective fitness and wellness program.

## CONTENTS

1. Why Water Aerobics? 2. Fitness Assessment. 3. Water Aerobics Fitness Programming. 4. Shallow Water Exercise. 5. Deep Water Exercise. 6. Nutrition for Wellness. 7. Weight Management for Wellness. Appendix A: Health History Questionnaire. Appendix B: Personal Fitness Profile: Pre-test. Appendix C: Personal Fitness Profile: Post-test.

© 2012, 160pp, Paperback, 9780840048134



## WEIGHT TRAINING FOR LIFE, INTERNATIONAL EDITION, 10E

James L. Hesson, Black Hills State University

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere

fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Practical, visual, and clear, the best-selling WEIGHT TRAINING FOR LIFE, 10e, International Edition prepares students to plan their own weight training programs for a lifetime of fitness. This text builds a solid foundation of current knowledge and practice in weight training for men and women of all ages and skill levels. It contains hundreds of full-color photos demonstrating exercises and proper techniques.

## NEW TO THIS EDITION

- New! Part Openers help break the material into easily digestible, practical segments. Each Part Opener includes a breakdown of the material presented in that part.
- New! Assessment questions at the end of each chapter with space for student response test the Learning Outcomes from the chapter openers, encouraging students to interact with the material.
- New! Cengage Learning's Health CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support WEIGHT TRAINING FOR LIFE, 10e, International Edition. Instructors can easily track students participation and engagement in course materials through a unique engagement tracker. Student have access to an interactive eBook.
- New photographs of proper techniques demonstrations for each featured exercise help readers more accurately perform each movement.
- New coverage includes dynamic warm-up, the waist to hip ratio, body mass index, and a mirror test for excess body fat.
- "Guided Learning Experiences" lab assignments highlight the personal relevance of the material as students interact with and respond to the information. A new listing of supplements and ergogenic aids for research is included in the Supplement Assignment "Guided Learning Experience" in Chapter 17.

## FEATURES

- The unique format helps students instantly learn correct exercise technique as well as similar exercises that develop the same muscles. The spiral binding and perforated pages makes it easy for students to use the text congruently while completing their workouts.
- Barbell and dumbbell exercises are on the left page



and directly across from them similar machine exercises are on the right page. An explanation of the advantages and disadvantages of training with free weights versus machines is included.

- The Total Ab Solution reduces abdominal circumference and the included exercises also improve posture.
- Focused on encouraging behavior change, the book includes a “Formula for Success” and contains step-by-step instructions on how to set and achieve exercise goals, tips for sticking with a weight training program, a student progress log, time management guidelines and assignments to create time for exercise, and a simple home training program for busy people.

## CONTENTS

PART I: GETTING STARTED. 1. What, Who, and Why. 2. Frequently Asked Questions. 3. Muscle Structure and Function. 4. Warm Up, Flexibility, and Stretching. 5. Safe and Effective Weight Training. 6. A Beginning Weight Training Program. 7. Nutrition and Rest. PART II: LEARNING MORE EXERCISES. 8. Chest Exercises. 9. Back Exercises. 10. Shoulder Exercises. 11. Arm Exercises. 12. Leg Exercises. 13. Core Exercises. PART III: BECOMING INDEPENDENT 14. Measurement and Evaluation. 15. A Formula for Success. 16. Planning Your Personal Weight Training Program. 17. Advanced Weight Training. 18. Weight Training for Life.

© 2012, 208pp, Paperback, 9781111988302



eBook

## YOGA FOR FITNESS AND WELLNESS, 2E

Ravi Dykema, Naropa University, Boulder, CO

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds,

the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. YOGA FOR FITNESS AND WELLNESS, 2nd Edition, introduces students to the ancient practice of yoga. Covering the history and philosophy of yoga and the theories of Hatha Yoga specifically, the text also explores yoga exercises, including breathing, stretching and strengthening, and relaxation and meditation.

## NEW TO THIS EDITION

- Photos and figures now appear in a 4-color design format to engage students, especially visual learners, and easily demonstrate yoga poses.
- Resources have been updated to keep the text current. Extensively researched, the text lends credibility to the class it accompanies. It deepens the readers' understanding of and appreciation for this ancient tradition.
- Updated poses give students detailed explanations to help them better understand and practice the poses, making it a great resource in and outside of the classroom.

## FEATURES

- The style of yoga covered is universal, appropriate to any class that emphasizes yoga poses and their benefits. Unlike many yoga manuals which teach only one style, the author discusses many styles of yoga and presents the basic elements of most modern yoga systems.
- Appropriate for all skill levels, the text presents the basic skills for yoga, including over 50 of the most commonly taught poses with accompanying photos, making it a great resource in and outside of the classroom.
- Beyond the basic practice skills presented, this text uniquely gives thorough coverage of the history and philosophy of yoga, providing a comprehensive introduction to this increasingly popular form of exercise.
- Included formulas and instructions on how to enter, hold, and exit each pose make it easy to learn the proper techniques.
- Sanskrit names, pronunciation guides, and an English translation for every practice in the text as well as key concepts in yoga's history and philosophy,

enable students to understand yoga writings and discuss yoga intelligently with other students and practitioners.

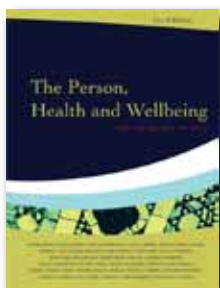
- The accompanying web-based Instructor's Manual includes tips for grading, sample course schedules, and sample quizzes to help you in course preparation.
- Appendixes including a list of yoga organizations, reading suggestions, descriptions of the 17 major yoga styles in the USA, advice on becoming a yoga instructor, and suggestions for designing a home practice give students many ways to continue their study of yoga beyond the classroom.

## CONTENTS

1. What Is Yoga? 2. History of Yoga. 3. Yoga Philosophy. 4. Yoga Theory: The Yoga of Balanced Energy. 5. Breathing in Yoga. 6. Postures. 7. Meditation/Relaxation. 8. Yoga for Special Needs. 9. Putting It All Together. Bibliography. Glossary. Pronunciation Guide. Yoga Resources.

© 2012, 192pp, Paperback, 9780840048110

## PHYSICAL FITNESS & WELLNESS



### CP0792 HLSC111 THE PERSON, HEALTH & WELLBEING

WEITEN

This is a Cengage Learning custom solution, designed specifically to meet the needs of Nursing students. The Person, Health and Wellbeing has been designed by Ailish Gill at the Australian Catholic University. It contains material from leading Cengage Learning textbooks.

## CONTENTS

Part 1: THE PERSON, HEALTH AND WELLBEING 1. Introduction to the Subject 2. Theories of Personality Development and Human Behaviour 3. Life-Span Development 4. Grief and Loss 5. Behavioural Change 6. Interviewing and Change Strategies for Helpers 7. Stress and Coping 8. The Family as a System Part 2: Extended Learning Resources 1. Biological Bases of Health and Illness 2. Learning Theory 3. Treatment of Psychological Disorders 4. Life-Span Perspective on Death and Diversity in Death Rituals 5. Communication: Listening and Responding Skills 6. The Research Enterprise in Psychology

© 2012, 944pp, Paperback, 9780170224758



**NEW EDITION!**

eBook

### FITNESS AND WELLNESS, 11E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Hoeger and Hoeger's FITNESS AND WELLNESS, 11e encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources that further students' understanding through personalized learning plans, online labs, and tracking their behavior change progress.

## NEW TO THIS EDITION

- The most up-to-date information is provided throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits. Also, for better organization and to aid with studying, the A-heads and B-heads have been numbered.

## FEATURES

- Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits. Also, for improved assignability, the A-heads and B-heads have been numbered.
- FITNESS AND WELLNESS is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
- FITNESS AND WELLNESS is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
- Behavior modification is a hallmark of the Hoegers' fitness and wellness series--and an integral theme of FITNESS AND WELLNESS. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- A unique Chapter 9, "Relevant Questions and Answers About Fitness and Wellness," uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.
- "Assess Your Knowledge" multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.

- "Assess Your Behavior" sections at the end of each chapter assess students' current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
- "Frequently Asked Questions" address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

## CONTENTS

1. Introduction to Physical Fitness and Wellness.
2. Assessment of Physical Fitness.
3. Exercise Prescription.
4. Evaluating Fitness Activities.
5. Nutrition for Wellness.
6. Weight Management.
7. Stress Management.
8. A Healthy Lifestyle Approach.
9. Relevant Fitness and Wellness Issues.
- Appendix A: Strength-Training Exercises.
- Appendix B: Flexibility Exercises.
- Appendix C: Exercises for the Prevention and Rehabilitation of Low Back Pain.
- Appendix D: Contraindicated Exercises.
- Appendix E: Selective Nutrient Content of Common Foods.
- Notes.
- Answer Key.
- Glossary.
- Index.

© 2015, 336pp, Paperback, 9781285733159



## FITNESS AND WELLNESS, INTERNATIONAL EDITION, 10E

Werner W.K. Hoeger, *Boise State University*; Sharon A. Hoeger

Hoeger and Hoeger's FITNESS AND WELLNESS, 10E, International Edition encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior

modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, *FITNESS AND WELLNESS, 10E, International Edition* is part of an integrated textbook program that extends beyond the text to online resources within WebTutor or CengageNOW that further students' understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

### NEW TO THIS EDITION

- **NEW:** Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
- **NEW:** Data on the escalating obesity epidemic and its causes in the United States has been updated in Chapter 6, "Weight Management." The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
- **NEW:** Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.

### FEATURES

- *FITNESS AND WELLNESS* is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
- Behavior modification is a hallmark of the Hoegers' fitness and wellness series--and an integral theme of *FITNESS AND WELLNESS*. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- A unique Chapter 9, "Relevant Questions and Answers About Fitness and Wellness," uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.

- "Assess Your Knowledge" multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
- "Assess Your Behavior" sections at the end of each chapter assess students' current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
- "Frequently Asked Questions" address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

### CONTENTS

1. The Importance of Physical Fitness and Wellness. 2. Assessment of Physical Fitness. 3. Exercise Prescription. 4. Evaluating Fitness Activities. 5. Nutrition for Wellness. 6. Weight Management. 7. Stress Management and Assessment. 8. A Healthy Lifestyle Approach. 9. Relevant Fitness and Wellness Issues. Appendix A: Strength-Training Exercises, Strength-Training Exercises Without Weights, Strength-Training Exercises With Weights. Appendix B: Flexibility Exercises. Appendix C: Exercises for the Prevention and Rehabilitation of Low-Back Pain. Appendix D: Contraindicated Exercises. Appendix E: Selective Nutrient Content of Common Foods.

© 2013, 336pp, Paperback, 9781111990008



## LIFETIME PHYSICAL FITNESS AND WELLNESS, 12E

**A Personalized Program, International Edition**

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

*LIFETIME PHYSICAL FITNESS AND WELLNESS, 12E, International Edition* provides students with current information, tools, and guidelines to implement and adhere to a lifetime physical fitness and wellness program. Throughout the text, Werner W. K. Hoeger

and Sharon A. Hoeger encourage students to take a critical look at their current behaviors in order to help them identify and abandon negative habits and adopt and maintain healthy behaviors. The authors' emphasis throughout the book is on teaching students how to take control of their personal lifestyles and make changes to promote overall health and wellness. In order to achieve this goal, the authors personalize the information to show students how content relates to their individual lives and provide easy steps to help students begin the process of behavior change. The unique design of this text integrates activities throughout each chapter, which allows students to learn core concepts and immediately apply their knowledge through self-review and application activities. In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS, 12E, International Edition is part of an integrated textbook program that extends beyond the text to online resources within CengageNOW and WebTutor that further students' understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

### NEW TO THIS EDITION

- **NEW:** Chapter opening "Personal Profile" feature asks students a series of questions regarding the current status of their own fitness/wellness. This inventory draws students into the text by showing them immediately how their actions are related to their current level of health, and what steps the text will outline for behavior change. Students can build upon the profile as they read the chapter, as well as keep the results as a profile piece for later review.
- **NEW:** Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
- **NEW:** Data on the escalating obesity epidemic and its causes in the United States has been updated in the topic of Chapter 5, "Weight Management." The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
- **NEW:** Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.
- **NEW:** A new Stress Events Scale, a 30-Second Body

Scan, a five-minute de-stress technique, and the concepts of mindless meditation and tai chi for stress management have all been added to the topic of Chapter 12, "Stress Management".

### FEATURES

- This text integrates over 50 activities that promote active learning and assess students' fitness and wellness levels making the concepts more relevant to students' lives. At the end of many activities, critical-thinking questions encourage students to apply what they have learned to their own personal fitness and wellness goals.
- "Behavior Modification Planning" boxes include bulleted information and research on popular topics that highlight ways students can change their fitness and wellness behavior. Topics include recognition of fad diet plans, cholesterol management, nutrition and cancer prevention, and anger management. Accompanying "Try It" critical thinking activities encourage students to put the recommended strategies and their own knowledge into action.
- Inspiring Real Life Stories in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- Tear-out reference cards provide practical information in a portable format. "For Easy Reference" cards list health information that students may use frequently, such as nutritional content for popular fast food menu options. "Check Yourself" cards provide checklists of positive health behaviors to help students assess their current behavior and they can track their progress toward better health throughout the semester and beyond.
- "Assess Your Knowledge" multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.

### CONTENTS

1. Physical Fitness and Wellness.
2. Behavior Modification.
3. Nutrition for Wellness.
4. Body Composition.
5. Weight Management.
6. Cardiorespiratory Endurance.
7. Muscular Strength and Endurance.
8. Muscular Flexibility.
9. Comprehensive Fitness Programming.



10. Preventing Cardiovascular Disease. 11. Cancer Prevention. 12. Stress Management. 13. Addictive Behavior. 14. Preventing Sexually Transmitted Infections. 15. Lifetime Fitness and Wellness. Appendix A: Physical Fitness and Wellness Profile. Appendix B: Nutritive Value of Selected Foods. Notes and Suggested Readings. Answer Key. Glossary. Text Credits. Index.

© 2013, 576pp, Paperback, 9781111990039



**NEW EDITION!**



**eBook**

## **LIFETIME PHYSICAL FITNESS AND WELLNESS, 13E**

### **A Personalized Program**

*Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger*

LIFETIME PHYSICAL FITNESS AND WELLNESS, 13th Edition, provides students with current information, tools, and guidelines to implement and adhere to a lifetime physical fitness and wellness program. Throughout the text, Werner W. K. Hoeger and Sharon A. Hoeger encourage students to take a critical look at their current behaviors in order to help them identify and abandon negative habits and adopt and maintain healthy behaviors. The authors' emphasis throughout the book is on teaching students how to take control of their personal lifestyles and make changes to promote overall health and wellness. In order to achieve this goal, the authors personalize the information to show students how content relates to their individual lives and provide easy steps to help students begin the process of behavior change. The unique design of this text integrates activities throughout each chapter, which allows students to learn core concepts and immediately apply their knowledge through self-review and application activities. In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources that further students'

understanding through personalized learning plans, online labs, and tracking their behavior change progress.

### **NEW TO THIS EDITION**

- This text has been thoroughly updated throughout to include the most up-to-date information from the latest research studies on physical activity and healthy lifestyle habits. Also, for improved assignability, the A-heads and B-heads have been numbered.

### **FEATURES**

- Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits. Also, for improved assignability, the A-heads and B-heads have been numbered.
- Chapter opening "Personal Profile" feature asks students a series of questions regarding the current status of their own fitness/wellness. This inventory draws students into the text by showing them immediately how their actions are related to their current level of health, and what steps the text will outline for behavior change. Students can build upon the profile as they read the chapter, as well as keep the results as a profile piece for later review.
- This text integrates over 50 activities that promote active learning and assess students' fitness and wellness levels making the concepts more relevant to students' lives. At the end of many activities, critical-thinking questions encourage students to apply what they have learned to their own personal fitness and wellness goals.
- "Behavior Modification Planning" boxes include bulleted information and research on popular topics that highlight ways students can change their fitness and wellness behavior. Topics include recognition of fad diet plans, cholesterol management, nutrition and cancer prevention, and anger management. Accompanying "Try It" critical thinking activities encourage students to put the recommended strategies and their own knowledge into action.
- Inspiring Real Life Stories in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- Tear-out reference cards provide practical information

in a portable format. “For Easy Reference” cards list health information that students may use frequently, such as nutritional content for popular fast food menu options. “Check Yourself” cards provide checklists of positive health behaviors to help students assess their current behavior and they can track their progress toward better health throughout the semester and beyond.

- “Assess Your Knowledge” multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
- “Assess Your Behavior” sections at the end of each chapter assess students’ current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
- “Frequently Asked Questions” address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

## CONTENTS

1. Physical Fitness and Wellness. 2. Behavior Modification. 3. Nutrition for Wellness. 4. Body Composition. 5. Weight Management. 6. Cardiorespiratory Endurance. 7. Muscular Strength and Endurance. 8. Muscular Flexibility. 9. Comprehensive Fitness Programming. 10. Preventing Cardiovascular Disease. 11. Cancer Prevention. 12. Stress Assessment and Management Techniques. 13. Addictive Behavior. 14. Preventing Sexually Transmitted Infections. 15. Lifetime Fitness and Wellness. Appendix A: Physical Fitness and Wellness Profile. Appendix B: Nutritive Value of Selected Foods. Notes and Suggested Readings. Answer Key. Glossary. Index.

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**NEW EDITION!**

CourseMate MindTap

CENGAGENOW

eBook

## PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, INTERNATIONAL EDITION, 12E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Help your students discover and achieve their personal fitness and wellness goals with Hoeger/Hoeger's PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition offers a variety of resources for students to turn active learning into active living, including new “MyProfile” boxes, “Behavior Modification Planning” boxes, exercise videos, online labs, and more. Encourage students to use these resources to achieve and maintain their personal health and wellness goals!

## NEW TO THIS EDITION

- NEW! Updated statistics and coverage appear throughout, including current information from the new U. S. National Physical Activity Plan, National Health Objectives for 2020, the new MyPlate nutritional guidelines and the 2010 Dietary Guidelines for Americans, and more.
- NEW! MyProfile box at the beginning of each chapter engages students by asking five questions about the knowledge they already have about the chapter content.
- NEW! Diversity Considerations boxes provide additional insights about topics relevant to diverse populations.
- NEW! Confident Consumer boxes help students become more informed consumers.
- NEW! Chapter 9, “Comprehensive Fitness Programming,” now includes information on the

highly popular high-intensity interval training (HIIT) programs. Updates are also provided on Exercise and Type 2 Diabetes and Exercise and Physical Activity for Older Adults based on the recent release of the ACSM pronouncements on these topics. Additionally, information on the 2012 fitness trends is provided in the chapter.

- NEW! Profile Plus helps students track and achieve behavior change in their lives.

## FEATURES

- Behavior modification is an integral theme of the Hoegers' fitness and wellness series. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- "Frequently Asked Questions" sections engage students' interest in key topics at the beginning of each chapter.
- "Critical Thinking" questions are integrated throughout the text to stimulate critical thinking as students learn and work through the contents of each chapter.

## CONTENTS

1. Physical Fitness and Wellness. 2. Behavior Modification. 3. Nutrition for Wellness. 4. Body Composition. 5. Weight Management. 6. Cardiorespiratory Endurance. 7. Muscular Strength and Endurance. 8. Muscular Flexibility. 9. Comprehensive Fitness Programming. 10. Stress Assessment and Management Techniques. 11. Preventing Cardiovascular Disease. 12. Cancer Prevention. 13. Addictive Behavior. 14. Preventing Sexually Transmitted Infections. 15. Lifetime Fitness and Wellness.

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**NEW EDITION!**



## PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 9E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Help your students discover and achieve their personal fitness and wellness goals with Hoeger/Hoeger's PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 9th Edition. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 9th Edition offers a variety of resources for students to turn active learning into active living, including new "MyProfile" boxes, "Behavior Modification Planning" boxes, exercise videos, online labs, and more. Encourage students to use these resources to achieve and maintain their personal health and wellness goals!

## NEW TO THIS EDITION

- NEW! Updated statistics and coverage appear throughout, including current information from the new U. S. National Physical Activity Plan, National Health Objectives for 2020, the new MyPlate nutritional guidelines and the 2010 Dietary Guidelines for Americans, and more.
- NEW! MyProfile box at the beginning of each chapter engages students by asking five questions about the knowledge they already have about the chapter content.
- NEW! Diversity Considerations boxes provide additional insights about topics relevant to diverse populations.
- NEW! Confident Consumer boxes help students become more informed consumers.
- NEW! Chapter 9, "Comprehensive Fitness Programming," now includes information on the highly popular high-intensity interval training (HIIT)

programs. Updates are also provided on Exercise and Type 2 Diabetes and Exercise and Physical Activity for Older Adults based on the recent release of the ACSM pronouncements on these topics. Additionally, information on the 2012 fitness trends is provided in the chapter.

- NEW! Profile Plus helps students track and achieve behavior change in their lives.

## FEATURES

- Behavior modification is an integral theme of the Hoegers' fitness and wellness series. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring "Real Life Stories" in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- "Frequently Asked Questions" sections engage students' interest in key topics at the beginning of each chapter.
- "Critical Thinking" questions are integrated throughout the text to stimulate critical thinking as students learn and work through the contents of each chapter.

## CONTENTS

1. Why Physical Fitness? 2. Behavior Modification. 3. Nutrition for Wellness. 4. Body Composition. 5. Weight Management. 6. Cardiorespiratory Endurance. 7. Muscular Strength and Endurance. 8. Muscular Flexibility. 9. Skill Fitness and Fitness Programming. 10. Stress Assessment and Management Techniques. 11. A Healthy Lifestyle.

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## PROFILE PLUS FOR HEALTH

*Wadsworth*

NEW! Take control. Reach your goals. Experience Profile Plus. Profile Plus is a brand-new tool that not only allows your students to track their diet and activity, but also walks them through the key steps in behavior change. After completing a Wellness Profile, students are able to select areas where they would like to make a healthy lifestyle change, and create a behavior change contract. This contract helps students to focus on working toward their goals. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change. Throughout the process students are encouraged to examine and reflect upon their current behaviors. Instructors can assign and review student work in the form of reports and labs that can be submitted through the system. In addition to tracking behavior change, students can track their diet and physical activity. Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives. The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals. Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

## FEATURES

- NEW! Students track their diet and activity.
- NEW! Students complete a wellness profile, and select areas where they would like to make a healthy

lifestyle change.

- NEW! Students create a behavior change contract to focus on goals toward which they would like to work. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change.
- NEW! Throughout the behavior change process students are encouraged to examine and reflect upon their current behaviors.
- NEW! Instructors can assign and review student work in the form of reports and labs that can be submitted through the system.
- NEW! Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives.
- NEW! The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals.
- NEW! Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

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## YOGA FOR FITNESS AND WELLNESS, 2E

Ravi Dykema, Naropa University, Boulder, CO

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond

the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. YOGA FOR FITNESS AND WELLNESS, 2nd Edition, introduces students to the ancient practice of yoga. Covering the history and philosophy of yoga and the theories of Hatha Yoga specifically, the text also explores yoga exercises, including breathing, stretching and strengthening, and relaxation and meditation.

### NEW TO THIS EDITION

- Photos and figures now appear in a 4-color design format to engage students, especially visual learners, and easily demonstrate yoga poses.
- Resources have been updated to keep the text current. Extensively researched, the text lends credibility to the class it accompanies. It deepens the readers' understanding of and appreciation for this ancient tradition.
- Updated poses give students detailed explanations to help them better understand and practice the poses, making it a great resource in and outside of the classroom.

### FEATURES

- The style of yoga covered is universal, appropriate to any class that emphasizes yoga poses and their benefits. Unlike many yoga manuals which teach only one style, the author discusses many styles of yoga and presents the basic elements of most modern yoga systems.
- Appropriate for all skill levels, the text presents the basic skills for yoga, including over 50 of the most commonly taught poses with accompanying photos, making it a great resource in and outside of the classroom.
- Beyond the basic practice skills presented, this text uniquely gives thorough coverage of the history and philosophy of yoga, providing a comprehensive introduction to this increasingly popular form of exercise.
- Included formulas and instructions on how to enter, hold, and exit each pose make it easy to learn the proper techniques.
- Sanskrit names, pronunciation guides, and an English translation for every practice in the text as well as key concepts in yoga's history and philosophy, enable students to understand yoga writings and



discuss yoga intelligently with other students and practitioners.

- The accompanying web-based Instructor's Manual includes tips for grading, sample course schedules, and sample quizzes to help you in course preparation.
- Appendixes including a list of yoga organizations, reading suggestions, descriptions of the 17 major yoga styles in the USA, advice on becoming a yoga instructor, and suggestions for designing a home practice give students many ways to continue their study of yoga beyond the classroom.

## CONTENTS

1. What Is Yoga? 2. History of Yoga. 3. Yoga Philosophy. 4. Yoga Theory: The Yoga of Balanced Energy. 5. Breathing in Yoga. 6. Postures. 7. Meditation/Relaxation. 8. Yoga for Special Needs. 9. Putting It All Together. Bibliography. Glossary. Pronunciation Guide. Yoga Resources.

© 2012, 192pp, Paperback, 9780840048110

# GENERAL NUTRITION

## ADVANCED NUTRITION



## ADVANCED NUTRITION AND HUMAN METABOLISM, INTERNATIONAL EDITION, 6E

Sareen S. Gropper, Auburn University; Jack L. Smith, University of Delaware

Current, comprehensive, and designed to maximize clarity of the concepts students need to know, longtime best seller ADVANCED NUTRITION AND HUMAN METABOLISM, 6E, International Edition delivers its signature quality content in a student-friendly presentation. This respected market leader is accessible, with relevant examples, illustrations,

applications, tables, and figures to emphasize key concepts. The authors have thoroughly updated the art for this edition by adding several new figures and improving accuracy and clarity of the existing ones. This text continues to set the standard through the authors' ability to clearly and accurately explain even the most complex metabolic processes and concepts. It's the only book written for undergraduates that consistently stays at that level. Providing thorough and detailed coverage, the text equips students with a solid understanding of digestion, absorption, and metabolism of fat, protein, and carbohydrates. It covers the biochemistry of vitamins, minerals, and energy nutrients. It also examines the structure and function of water-soluble and fat-soluble vitamins and their regulatory role in metabolism, looks at electrolyte and fluid balance, and covers the role of nutrition in the development or exacerbation of chronic disease. With ADVANCED NUTRITION AND HUMAN METABOLISM, 6E, International Edition students will be well prepared to continue their studies in the field of nutrition.

## NEW TO THIS EDITION

- Section III has been reorganized to integrate coverage of electrolytes with the discussion of fluid balance.
- Research methodologies are now discussed in context within the nutrient chapters.
- New Perspective features on high-fructose corn syrup, prebiotics, metabolic syndrome, and evaluation of nutrition information are included.
- Several new figures depicting important concepts such as GLUT4 membrane trafficking pathways, PUFA biosynthesis, and insulin receptor function have been added.
- Existing illustrations have been modified to more clearly and accurately represent important structures and processes.
- All chapters have been updated with the latest research findings, and citations and suggestions for further reading have been likewise updated.
- The discussion of protein (Chapter 6) has been reorganized to increase readability.
- The quality of the text overall has been improved through elimination of errors and clearer explanations of difficult concepts.
- A CourseMate website with Engagement Tracker will be available for this edition.

## FEATURES

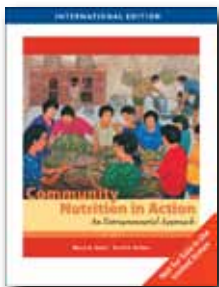
- Presenting topics to students in a systematic, logical manner, the text's reader-friendly cells-to-systems approach focuses on normal nutrition and physiological function in humans.

## CONTENTS

SECTION I: CELLS AND THEIR NOURISHMENT. 1. The Cell: A Microcosm of Life. 2. The Digestive System: Mechanism for Nourishing the Body. SECTION II: MACRONUTRIENTS AND THEIR METABOLISM. 3. Carbohydrates. 4. Fiber. 5. Lipids. 6. Protein. 7. Integration and Regulation of Metabolism and the Impact of Exercise and Sport. 8. Body Composition, Energy Expenditure, and Energy Balance. SECTION III: THE REGULATORY NUTRIENTS. 9. The Water-Soluble Vitamins. 10. The Fat-Soluble Vitamins. 11. Major Minerals. 12. Water and Electrolytes. 13. Essential Trace Minerals. 14. Additional Ultratrace Minerals.

© 2013, 608pp, Paperback, 9781133104070

## COMMUNITY NUTRITION



eBook

### COMMUNITY NUTRITION IN ACTION, 5E An Entrepreneurial Approach, International Edition

Marie A. Boyle, College of St. Elizabeth; David H. Holben, Ohio University, Athens

COMMUNITY NUTRITION IN ACTION, 5e, INTERNATIONAL EDITION introduces the program planning, policies, resources, and nutrition issues specific to community nutrition and provides an understanding of creating and implementing nutrition programs from various constituencies (elderly populations, children, impoverished populations, college students, etc.). Successful practitioners in

community nutrition have proven to have a mind and skill set that opens them up to new ideas and ventures. Incorporating an entrepreneurial approach, this book helps readers learn how to take risks, try new technologies, and use fresh approaches to improving the public's nutrition and health status. The book also delivers the core material important to those who will be active in solving community nutritional and health problems, including program delivery, nutrition education, nutrition assessment, and planning nutrition interventions.

## NEW TO THIS EDITION

- Beginning in Chapter 3, the new nutrition care process is integrated as appropriate throughout, including a new case study.
- Program Planning moved to Chapter 4 to highlight the importance of this core topic to the pre-professionals taking the course.
- New Chapter 15: Understanding and Achieving Behavior Change.
- New! Workbook containing example documents that students can complete to create a complete program plan. The project can span the entire semester.
- The updated and expanded list of "Internet Resources" is located at the end of each chapter for quick reference and accessibility.
- Research has been updated throughout, with extensive references listed at the end of each chapter.

## FEATURES

- "Community Learning Activities" research assignments are included throughout the text and have been adapted to complete using the Internet. Each encourages students to apply and expand their learning beyond just the text.
- "Case Study" sections are included at the end of each chapter. Each includes a scenario and identifiable learning outcomes. Students are asked to complete a series of steps to reinforce this feature as a useful learning tool.
- "Programs in Action" boxes spotlight successful community nutrition programs, covering such topics as HIV/AIDS, childhood obesity, behaviorally focused nutrition education programs for children, osteoporosis prevention for female athletes, and farm-to-school initiatives.
- The textbook includes four-color end-sheets

displaying the Dietary Guidelines for Americans, DRIs, Community Nutrition Internet Resources, the Food Guide Pyramid, and the Body Mass Index.

## CONTENTS

1. Opportunities in Community Nutrition. 2. Assessing Community Resources. 3. Assessing the Target Population's Nutritional Status. 4. Program Planning for Success (Prof. Focus is Nutrition Care Process). 5. Principles of Epidemiology. 6. The Art and Science of Policy Making. 7. A National Nutrition Agenda for the Public's Health. 8. Addressing the Obesity Epidemic: An Issue for Public Health Policy. 9. Health Care Systems and Policy. Section Two Community Nutritionists in Action: Delivering Programs. 10. Food Insecurity and the Food Assistance Programs. 11. Mothers and Infants: Nutrition Assessment, Services, and Programs. 12. Children and Adolescents: Nutrition Issues, Services, and Programs. 13. Growing Older: Nutrition Assessment, Services, and Programs. 14. World Hunger and Food Insecurity: Challenges and Opportunities. Section Three Community Nutritionists in Action: Guiding Nutrition Interventions. 15. Understanding and Achieving Behavior Change. 16. Gaining Cultural Competence in Community Nutrition. 17. Principles of Nutrition Education. 18. Marketing Nutrition and Health Promotion. 19. Managing Community Nutrition Programs. 20. Building Grantsmanship Skills. Appendixes. Appendix A: Nutrition Assessment and Screening. Appendix B: Complementary Nutrition and Health Therapies. Appendix C: The SMOG Readability Formula.

© 2010, 752pp, Paperback, 9781439045466



eBook

## COMMUNITY NUTRITION IN ACTION, 6E An Entrepreneurial Approach, International Edition

Marie A. Boyle, College of St. Elizabeth; David H. Holben, Ohio University, Athens

COMMUNITY NUTRITION IN ACTION, 6E, International Edition introduces the program planning, policies, resources, and nutrition issues specific to community nutrition and provides an understanding of creating and implementing nutrition programs from various constituencies (elderly populations, children, impoverished populations, college students, etc.). Successful practitioners in community nutrition have proven to have a mind and skill set that opens them up to new ideas and ventures. Incorporating an entrepreneurial approach, this book helps readers learn how to take risks, try new technologies, and use fresh approaches to improving the public's nutrition and health status. The book also delivers the core material important to those who will be active in solving community nutritional and health problems, including program delivery, nutrition education, nutrition assessment, and planning nutrition interventions.

### NEW TO THIS EDITION

- NEW! More vibrant art and text enhanced by a new two-color interior design.
- NEW! Focus on Careers feature that highlights professionals in community nutrition.
- NEW! Chapter Summary, divided by major section headings with bulleted key concepts, included at the end of every chapter.
- Enhanced integration with the new COMMUNITY NEEDS ASSESSMENT WORKBOOK with cross-references in the detailed Table of Contents.
- Research has been updated throughout, with extensive references listed at the end of the text.

## FEATURES

- “Case Study” sections are included at the end of each chapter. Each includes a scenario and identifiable learning outcomes. Students are asked to complete a series of steps to reinforce this feature as a useful learning tool.
- “Programs in Action” boxes spotlight successful community nutrition programs, covering such topics as HIV/AIDS, childhood obesity, behaviorally focused nutrition education programs for children, osteoporosis prevention for female athletes, and farm-to-school initiatives.
- “Professional Focus” features address topics such as teamwork and leadership. This feature offers students information to enhance and apply their real-world skills.
- Each chapter concludes with a Chapter Summary, Summary Questions, and Internet Resources to enable students to study, self-test, and further explore the chapter topics.
- The textbook includes four-color endsheets displaying the new DRIs, MyPlate food guidance system, Body Mass Index table, and Key Physical Activity Guidelines for Adults.

## CONTENTS

SECTION I: COMMUNITY NUTRITIONISTS IN ACTION: WORKING IN THE COMMUNITY. 1. Opportunities in Community Nutrition. 2. Assessing Community Resources. 3. Assessing the Target Population's Nutritional Status. 4. Program Planning for Success. 5. Principles of Epidemiology. 6. The Art and Science of Policy Making. 7. A National Nutrition Agenda for the Public's Health. 8. Addressing the Obesity Epidemic: An Issue for Public Health Policy. 9. Health Care Systems and Policy. SECTION II: COMMUNITY NUTRITIONISTS IN ACTION: DELIVERING PROGRAMS. 10. Food Insecurity and the Food Assistance Programs. 11. Mothers and Infants: Nutrition Assessment, Services, and Programs. 12. Children and Adolescents: Nutrition Issues, Services, and Programs. 13. Healthy Aging: Nutrition Assessment, Services, and Programs. 14. World Hunger and Food Insecurity: Challenges and Opportunities. SECTION III: COMMUNITY NUTRITIONISTS IN ACTION: PLANNING NUTRITION INTERVENTIONS. 15. Understanding and Achieving Behavior Change. 16. Gaining Cultural Competence in Community Nutrition. 17. Principles of Nutrition Education. 18. Marketing Nutrition

and Health Promotion. 19. Managing Community Nutrition Programs. 20. Building Grantsmanship Skills. Appendix A: Nutrition Assessment and Screening. Appendix B: Complementary Nutrition and Health Therapies. Appendix C: The SMOG Readability Formula.

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## CULTURAL FOODS



eBook

## FOOD AND CULTURE, INTERNATIONAL EDITION, 6E

Pamela Goyan Kittler; Kathryn P. Sucher, San Jose State University, Dept of Food and Nutrition; Marcia Nahikian Nelms, The Ohio State University

FOOD AND CULTURE, International Edition is the market-leading text for the cultural foods courses, providing current information on the health, culture, food, and nutrition habits of the most common ethnic and racial groups living in the United States. It is designed to help health professionals, chefs, and others in the food service industry learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner. The authors include comprehensive coverage of key ethnic, religious, and regional groups, including Native Americans, Europeans, Africans, Mexicans and Central Americans, Caribbean Islanders, South Americans, Chinese, Japanese, Koreans, Southeast Asians, Pacific Islanders, People of the Balkans, Middle Easterners, Asian Indians, and regional Americans.

### NEW TO THIS EDITION

- New! “Discussion Starter” feature invites students to learn actively, think critically about important issues related to the chapter topic, and engage in

cooperative problem solving. The feature introduces a specific problem scenario, poses a few questions for personal reflection, and culminates in a open-ended question for small-group discussion.

- Completely updated, this new edition incorporates the latest research in nutrition and its relationship to culture.
- The extensive reference list at the end of every chapter has been updated to include the most current research on topics related to the chapter.
- New! Global Nutrition Watch accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

## FEATURES

- Practical “Do’s, Don’ts and Differences” boxes provide practical tips for clear and polite communication with members of each major cultural group. In addition, sample menus in Chapters 5 – 14 provide a practical example of foods commonly eaten by various ethnic groups in North America, along with print and online recipe resources.
- Real-World Application Two interview sections provide students with real-world examples of different cultural lifestyles and the relationship to food. “New American Perspectives” present interviews with Americans who have emigrated from various countries and explain their culture and food habits. “Practitioner Perspectives” showcase interviews with dietetics practitioners who work with clients from various cultures.
- Critical Thinking “Cultural Controversy” boxes introduce students to hot topics in the field of food and culture, such as “Cultural Controversy: Does Hunger Cause Obesity?”
- Visual Understanding Cultural foods timeline in Chapter 1 introduces students to the interrelated history of food and culture in the United States. It gives an overview of how food and culture have developed hand in hand in the U.S. and includes popular brands students can relate to and are familiar with seeing and eating.
- “Cultural Food Group” lists found in each chapter provide table listings of foods eaten by each culture

and subgroup present in the text.

- A 16-page color insert provides examples of different foods discussed in the text, including ethnic starch, vegetables, fruits, and protein foods.

## CONTENTS

1. Food and Culture. 2. Traditional Health Beliefs and Practices. 3. Intercultural Communication. 4. Food and Religion. 5. Native Americans. 6. Northern and Southern Europeans. 7. Central Europeans, People of the Former Soviet Union, and Scandinavians. 8. Africans. 9. Mexicans and Central Americans. 10. Caribbean Islanders and South Americans. 11. Chinese, Japanese, and Koreans. 12. Southeast Asians and Pacific Islanders. 13. People of the Balkans and the Middle East. 14. Asian Indians and Pakistanis. 15. Regional Americans. Glossary of Ethnic Ingredients. Resources. Index.

© 2012, 560pp, Paperback, 9780538736220

## FOOD PREPARATION/ INTRODUCTION TO FOODS



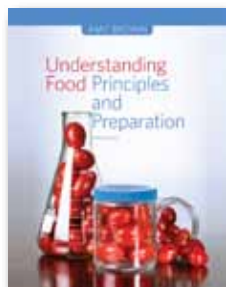
## LAB MANUAL FOR UNDERSTANDING FOOD, 4E

*Janelle M. Walter; Karen Beathard*

A Recipe for Success in Your Course! Use the lab manual as a valuable tool to help you apply what you learn. It includes recipes and experiments appropriate for a food principles and food preparation course.

© 2011, 336pp, Paperback, 9780538497954





**NEW EDITION!**



**eBook**

## **UNDERSTANDING FOOD, 5E** **Principles and Preparation**

*Amy Christine Brown, University of Hawaii, Manoa*

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is a best-selling food fundamentals text ideal for an undergraduate course that covers the basic elements of food preparation, food service, and food science. Contemporary and comprehensive in coverage, it introduces students to the variety of aspects associated with food preparation. The Fifth Edition thoroughly explores the science of food through core material on food selection and evaluation, food safety, and food chemistry. Food preparation, classification, composition, selection, purchasing, and storage for a range of traditional food items are discussed, and the various aspects of food service are covered: meal planning, basic food preparation, equipment, food preservation, and government regulations. A rich illustration and photo program and unique pedagogical features make the information easily understandable and interesting to students.

### **NEW TO THIS EDITION**

- New information in many chapters covers evolving trends in the food industry such as electronic noses, lean finely textured beef, DNA bar coding of fish, black and red rice varieties, and the sous-vide heat preservation technique, as well as recent related legislation such as the FDA Food Safety Modernization Act; Healthy, Hunger-Free Kids Act of 2010; and Patient Protection and Affordable Care Act of 2010.
- Discussions of many important topics, including formation of saturated and supersaturated solutions, nonnutritive sweeteners, and interfering agents, have been expanded.
- The presentation of many topics has been enhanced and clarified; examples include the discussions of

induction, protein contraction and relaxation, meat quality problems, pasteurization techniques, enzymes used in cheese production, bouillons, proofing of bread dough, surfactants and emulsifiers, descriptive terms for pastry (laminated vs. nonlaminated; long flake, short flake, and mealy textures), and food package health claims. The use of potentially confusing terms related to energy measurement and sugars is now clear and consistent.

- New figures demonstrate the gap between average U.S. dietary intakes and the Dietary Guidelines recommendations, forms of dispersion destabilization, a healthy meal plan, a cycle menu, methods of modifying commercial starches, varieties of unshortened cakes, laminated and nonlaminated pastries, saturated and supersaturated solutions, and commercial freeze-drying.
- The discussions of types of grains and flours have been reorganized to distinguish gluten-containing and gluten-free foods, and the presentation of yeast bread preparation, including the accompanying figures, has been reorganized to better reflect the chronology of this process.
- New “Chemist’s Corner” features explore solute concentrations, the measurement of food protein, factors affecting fatty acid melting points, and factors promoting small crystal formation in candies.

### **FEATURES**

- The text has been thoroughly updated to include the latest research, examples, and techniques related to food principles.
- This text uniquely integrates nutrition, dietetics, food industry, and food service topics, giving students a full overview of the different dimensions of food principles. The food-specific chapters are organized to follow a typical syllabus centered on the major food groups. Chapter 29: Food Careers showcases the variety of career options students have in the food industry.
- “Chemist’s Corner” features dive deeper into the scientific principles and methodologies relevant to food preparation and the food industry.
- “How & Why?” features further explain terms, processes, and distinctions important in food science and preparation, answering common questions about the chapter material.

## CONTENTS

PART I: FOOD SCIENCE AND NUTRITION. 1. Food Selection 2. Food Evaluation. 3. Chemistry of Food Composition. PART II: FOOD SERVICE. 4. Food Safety. 5. Food Preparation Basics. 6. Meal Management. PART III: FOODS. Protein-Meat, Poultry, Fish, Dairy, and Eggs. 7. Meat. 8. Poultry. 9. Fish and Shellfish. 10. Milk. 11. Cheese. 12. Eggs. Phytochemicals-Vegetables, Fruits, Soups, and Salads. 13. Vegetables and Legumes. 14. Fruits. 15. Soups, Salads, and Gelatins. Complex Carbohydrates-Cereals, Flour, and Breads. 16. Cereal Grains and Pastas. 17. Flours and Flour Mixtures. 18. Starches and Sauces. 19. Quick Breads. 20. Yeast Breads. Desserts-Refined Carbohydrates and Fat. 21. Sweeteners. 22. Fats and Oils. 23. Cakes and Cookies. 24. Pies and Pastries. 25. Candy. 26. Frozen Desserts. Water-Beverages. 27. Beverages. PART IV: FOOD INDUSTRY. 28. Food Preservation. 29. Government Food Regulations. 30. Careers in Food and Nutrition.

© 2015, 704pp, Hardback, 9781133607151



## UNDERSTANDING FOOD, 4E Principles and Preparation, International Edition

Amy Christine Brown, University of Hawaii, Manoa

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4e, International Edition is a best-selling food fundamentals text ideal for an undergraduate course that covers the basic elements of food preparation, food service, and food science. It is contemporary and comprehensive in coverage and introduces students to the variety of aspects associated with food preparation. UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4e, International Edition thoroughly explores the science of food through core material on food selection and evaluation, food safety, and food chemistry. The various aspects of food service are covered: meal planning, basic food

preparation, equipment, food preservation, and government regulations. The final sections of the text cover food preparation, classification, composition, selection, purchasing, and storage information for a range of traditional food items. A rich illustration and photo program and unique pedagogical features make the information easily understandable and interesting to students.

### NEW TO THIS EDITION

- Calorie Control feature\* explores the energy value of foods and emphasizes portion control—a topic of great interest to students both as individuals and as future food service professionals catering to weight-conscious clientele.
- Chapter 2: Food Evaluation\* responds to reviewers' requests to create a separate chapter on this topic. Instructors can choose to include this topic as part of the basic food course or as a part of an advanced food course.
- Chapter 4: Food Safety reorganized\* to provide an applied approach to food safety. The content is revised to teach students practical tips on preventing food-borne illness that follow food flow—purchasing, storage, preparation, cooking, holding, cooling, reheating, and sanitation. In addition, the content is enhanced with new figures.
- Expanded coverage of functional foods, specialized food products (e.g., gluten-free foods), and food industry innovations related to ingredients and processing.
- Thoroughly updated to include the latest research, examples, and techniques related to food principles.

### FEATURES

- This text uniquely integrates nutrition, dietetics, food industry, and food service topics, giving students a full overview of the different dimensions of food principles. The food-specific chapters are organized to follow a typical syllabus centered on the major food groups.
- Chapter 29: Food Careers showcases the variety of career options students have in the food industry. Highlights include careers associated with food service management, food science, and nutrition.
- “Professional Profiles” sections also introduce students to careers in the food and nutrition fields. These profiles include interviews from real people in

the field, sharing their work experiences.

- “Nutrient Content” sections supply specific data on the nutritional content of different foods.
- “Problems and Their Causes” tables identify common food preparation errors and explain how to avoid them.

## CONTENTS

PART I: FOOD SCIENCE AND NUTRITION. 1. Food Selection 2. Food Evaluation. 3. Chemistry of Food Composition. PART II: FOOD SERVICE. 4. Food Safety. 5. Food Preparation Basics. 6. Meal Management. PART III: FOODS. Protein—Meat, Poultry, Fish, Dairy, and Eggs. 7. Meat. 8. Poultry. 9. Fish and Shellfish. 10. Milk. 11. Cheese. 12. Eggs. Phytochemicals—Vegetables, Fruits, Soups, and Salads. 13. Vegetables and Legumes. 14. Fruits. 15. Soups, Salads, and Gelatins. Complex Carbohydrates—Cereals, Flour, and Breads. 16. Cereal Grains and Pastas. 17. Flours and Flour Mixtures. 18. Starches and Sauces. 19. Quick Breads. 20. Yeast Breads. Desserts—Refined Carbohydrates and Fat. 21. Sweeteners. 22. Fats and Oils. 23. Cakes and Cookies. 24. Pies and Pastries. 25. Candy. 26. Frozen Desserts. Water—Beverages. 27. Beverages. PART IV: FOOD INDUSTRY. 28. Food Preservation. 29. Government Food Regulations. 30. Careers in Food and Nutrition.

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## FOOD SCIENCE AND TECHNOLOGY



CourseMate

CENGAGENOW

eBook

## NUTRITIONAL SCIENCES, 3E

From Fundamentals to Food, International Edition (with Table of Food Composition Booklet)

Michelle ‘Shelley’ McGuire, Washington State University; Kathy A. Beerman, Washington State University

Crystal Clear Science + Compelling Applications =

A Balanced Program for Teaching and Learning In a concise format, NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD, 3E, International Edition clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to students’ daily lives and their careers. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES, 3E, International Edition offers a unique, balanced program for teaching and learning.

## NEW TO THIS EDITION

- NEW! NUTRITIONAL SCIENCES 3/e has been updated according to the latest research and nutritional guidelines, including the 2010 Dietary Guidelines for Americans, the new MyPyramid, and Healthy People 2020.
- NEW! Study cards for each chapter contain summaries and review questions that allow students to study anywhere at any time. These unique cards present concepts in smaller chunks with section headings that provide both orientation and review assistance.
- NEW! Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support NUTRITIONAL SCIENCES. Instructors can easily track students’ participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook, quizzes, Nutrition Tutorials, animations, flashcards and Pop-Up Tutor lectures.
- NEW! Global Nutrition Watch brings currency to the classroom. This student-friendly website provides convenient access to thousands of trusted sources, including academic journals, newspapers, videos, and podcasts, for students to use for research projects or classroom discussion. GLOBAL NUTRITION WATCH is updated daily to offer the most current news about topics related to Nutrition.

## FEATURES

- Crystal-clear science + Compelling applications: Fundamental scientific principles underlying nutrition are clearly explained and real-world examples are used to demonstrate application and relevance to students’

lives and careers.

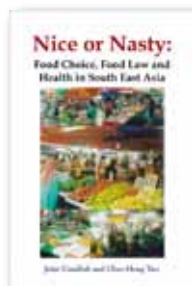
- “Everybody Has a Story” features provide engaging case studies that show application of chapter concepts and prompt critical thinking.
- “Diet Analysis Plus Activities” in each chapter integrate textbook concepts with the market-leading diet analysis software. These exercises demonstrate to students how nutrition relates to their personal health goals.
- “Nutrition Matters” mini-chapters appear at the end of several chapters and present important nutrition-related issues, such as diabetes, bone health, alcohol, cardiovascular disease, food safety, and eating disorders. These sections give professors the flexibility to decide how much detail they want to cover on certain topics in their courses.
- “Focus On” boxes integrate content related to scientific innovation; diet and health; food; clinical applications; nutrition through the life cycle; and sports nutrition throughout the text to highlight applied nutrition concepts.
- “Food Matters” boxes provide practical advice on how to meet the recommendations for the 2010 Dietary Guidelines for Americans. Students can apply the information from the chapter to the Dietary Guidelines by reading the material and then reflecting on the series of strategies provided.

## CONTENTS

1. The Science of Nutrition. 2. Nutritional Assessment and Dietary Planning. 3. Chemical, Biological, and Physiological Aspects of Nutrition. 4. Carbohydrates. Nutrition Matters Nutrition and Diabetes. 5. Protein. Nutrition Matters Food Safety. 6. Lipids. Nutrition Matters Nutrition and Cardiovascular Health. 7. Energy Metabolism. Nutrition Matters Alcohol, Health, and Disease. 8. Energy Balance and Body Weight Regulation. Nutrition Matters Disordered Eating. 9. Physical Activity and Health. 10. Water-Soluble Vitamins. 11. Fat-Soluble Vitamins. Nutrition Matters Nutrition and Cancer. 12. The Major Minerals and Water. Nutrition Matters Nutrition and Bone Health. 13. The Trace Minerals. 14. Life Cycle Nutrition. Nutrition Matters Food Insecurity, Hunger, and Malnutrition.

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## GENERAL NUTRITION



### NICE OR NASTY

#### Food Choice, Food Law and Health in South East Asia

*John Candlish, University of Malaysia Sarawak; Tan Chee Hong, National University of Singapore*

Nice or Nasty is an entertaining and informative book with a readable approach to a topic that is extremely important to all societies, namely food choice, in relation to its regulation by law, custom and beliefs, and its health and disease aspects. The focus is on South East Asia with its half a billion people and diverse food choice. Written by two experts with many years of experience in teaching and research in biomedicine, this book represents a synthesis of the seemingly diverse areas of nutrition, biomedicine, law and geography. The authors write in clear and precise language and explain scientific concepts in simple terms.

### FEATURES

- **INTEGRATIVE APPROACH:** The separate threads of food, nutrition science, food law and geography are treated conjunctively.
- **SOUTH EAST ASIAN ORIENTATION:** Treatment is focussed on the diverse peoples of South East Asia.
- **RISK ANALYSIS:** The dangers of adverse food choice and their sequelae are analysed.
- **CONTEMPORARY ISSUES:** Modern issues such as those germane to genetically modified foods, endangered species and obesity cures are discussed.
- **ILLUSTRATIONS:** There are copious illustrations of food choice in South East Asia.

### CONTENTS

Preface 1. PATTERNS OF FOOD AVOIDANCE AND SELECTION Some Language - Avoidance of specific

foods - Selection of specific foods - Some observations.

2. NICE OR NASTY “Unusual” foods and the law - Insect eating - Cats and dogs - Rodents - Scorpions - Snakes - The Durian - Milk - Coconut - Alcohol - Cannibalism - Some comparisons.

3. CHINESE FOOD BELIEFS The Chinese cuisine - Hot and cold theories - Foods as medicines - Language symbolism - The case of raw fish - Aphrodisiac foods - The soya bean - Bird’s nest - White rice - Shark’s fin - Alcohol - Steamboat - Food for the dead - The pace of change.

4. MALAY FOOD BELIEFS Kampung food - Spices and condiments - Hot and cold theories - Food and pregnancy - Jamu - Ulam.

5. FOOD ADVERTISING Types of consumer - Slimming advertisements - Specific slimming products - Legal aspects - Coda.

6. FOOD AND MEDICINE Names and claims - Interaction of health foods with medical cultures - The antioxidant imbroglio - Antidiabetic foods - Antihypertensives - Sports foods - The choice of fats - Some case studies - Summing up.

7. TOXINS IN FOOD Invisible hazards - Food safety legislation in South East Asia - Adulterants - Additives - Pesticides and other contaminating residues - Mycotoxins - Heavy metals - Overfried and charred meats - Environmental Endocrine Disrupters (EED) - Micro-organisms - Naturally occurring toxicants - Risk assessment - The toxic tort - International law and food toxins - Round-up.

8. GENETICALLY MODIFIED FOODS IN SOUTH EAST ASIA Emerging issues - The problem of labels - Gleanings from the wider world - International efforts - Risk assessment.

9. TRENDS Biological archetypes - After affluence - Natural and organic food - Street foods - The concept of healthy eating - Scientific uncertainty and the unease of the public - Summing up. Index

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## INTRODUCTORY NUTRITION



### NUTR (WITH NUTRITION COURSEMATE WITH EBOOK, DIET ANALYSIS PLUS 2-SEMESTER PRINTED ACCESS CARD)

Michelle ‘Shelley’ McGuire, Washington State University; Kathy A. Beerman, Washington State University

Created by the continuous feedback of a “student-tested, faculty-approved” process, NUTR delivers a visually appealing, succinct print component, tear-out review cards for students and instructors and a consistent online offering with CourseMate that includes an eBook in addition to a set of interactive digital tools all at a value-based price and proven to increase retention and outcomes. Through the consistent use of real-world applications in every chapter, students understand the true impact of nutrition on a personal and global scale. Supported by the valuable and trackable learning, study, and exam preparation tools in CourseMate, NUTR brings course concepts to life.

#### NEW TO THIS EDITION

- NUTR combines a visually engaging approach with real-world applications that will capture students’ attention and help them understand core concepts.
- Learning Outcomes organize each chapter providing students focus and a strong foundation in the essential concepts of nutrition.
- Running glossary on each page supports students with immediate help with the language of nutrition research.
- Real life applications consistently appear throughout NUTR framing the study of nutrition and connecting core concepts to student’s lives.
- Chapter In Review Cards give students a portable way



to review for exams. These perforated cards provide concise summaries of chapter concepts, along with key figures and study questions.

- Additional detachable In Review Cards contain important dietary references and calculations.
- Coverage of 2010 Dietary Guidelines for Americans, Healthy People 2020, and other important updates give students the most current information on topics and trends in Nutrition.
- Diet Analysis Plus, the market leading diet analysis software, is bundled with NUTR to give students practice tracking and analyzing their own diet. Students receive quick start instructions on a detachable In Review Card that guides them to make the most of the software.

## FEATURES

- An innovative combination of content delivery both in print and online provides a core text and a wealth of comprehensive multimedia teaching and learning assets based on input from student focus groups and surveys, and from interviews with Nutrition faculty and students.
- Shorter, comprehensive chapters in a modern design present content in a more engaging and accessible format without minimizing coverage for your course.

## CONTENTS

1. Why Does Nutrition Matter?
2. Choosing Foods Wisely.
3. Body Basics.
4. Carbohydrates.
5. Protein.
6. Lipids.
7. The Vitamins.
8. Water and the Minerals.
9. Energy Balance and Body Weight Regulation.
10. Life Cycle Nutrition.
11. Sports Nutrition.
12. Disordered Eating.
13. Alcohol, Health, and Disease.
14. Food Safety.
15. Food Insecurity.

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**NEW EDITION!**

CourseMate MindTap

CENGAGENOW

eBook

## NUTRITION, 13E

**Concepts and Controversies, International Edition**

*Frances Sizer; Ellie Whitney*

Why not have it ALL for your Introductory Nutrition course? With Sizer/Whitney's NUTRITION: CONCEPTS AND CONTROVERSIES, 13e, International you can! A trusted author team with unparalleled research and excellent writing. A modern textbook thoroughly updated and with relevant applications A superior program integrated with market-leading Diet Analysis software to meet all teaching and learning objectives. Updated throughout—from content to design and art—the new Thirteenth Edition continues to focus on core nutrition principles and their personal applications while offering outstanding coverage of the biological foundations of nutrition without assuming previous knowledge. The authors' lively, approachable writing style gives students just the right amount of detail—striking the perfect balance between scientific research, core concepts, and applications that provide a meaningful context for students. Drawing readers into the study of nutrition, the text dispels students' existing misconceptions, and empowers them to make better nutrition choices and enact real, lasting behavior change.

## NEW TO THIS EDITION

- Completely updated with MyPlate food guidance system, Dietary Guidelines for Americans 2010, and Nutrition-Related Healthy People 2020 Objectives, along with new recommendations for calcium and vitamin D and new guidelines for sodium intake.
- Consumer Corner has been completely revamped as "A Consumer's Guide to..." The new features guide readers with scientific clarity through an often bewildering marketplace, preparing them to move ahead with sound decisions regarding whole-grain

foods, safe seafood choices, amino acid supplements, calorie-rich beverages, organic foods, and many others. Each section ends with review questions, new to this edition.

- Controversies, at the close of each chapter, now contain critical thinking questions.
- Chapters open with “What Do You Think?” questions designed to identify misconceptions students may have and end with “What Did You Decide?” to encourage to clarify their thinking based on the chapter’s concepts.
- Chapter 9 has been substantially revised to reflect the latest research on obesity/overweight.
- Hundreds of content updates appear throughout the book.
- Margin notes have been substantially reduced and categorized as “Did You Know?” and “Do the Math”.

## FEATURES

- Appearing in each chapter, “Concepts in Action” features integrate Diet Analysis Plus activities to relate chapter concepts to students’ lives.
- Pop-up Tutors (short videos) in MindTap give students extra help on difficult concepts, such as protein synthesis and metabolism.
- “Food Feature” boxes that appear in most chapters act as bridges between theory and practice; they are practical applications of the chapter concepts that help readers to choose foods according to sound nutrition principles.

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**NEW EDITION!**



## **NUTRITION, 13E**

### **Concepts and Controversies**

*Frances Sizer; Ellie Whitney*

Why not have it ALL for your Introductory Nutrition course? With Sizer/Whitney's NUTRITION: CONCEPTS AND CONTROVERSIES 13e you can! A trusted author team with unparalleled research and excellent writing. A modern textbook thoroughly updated and with relevant applications A superior program integrated with market-leading Diet Analysis software to meet all teaching and learning objectives. Updated throughout—from content to design and art—the new Thirteenth Edition continues to focus on core nutrition principles and their personal applications while offering outstanding coverage of the biological foundations of nutrition without assuming previous knowledge. The authors' lively, approachable writing style gives students just the right amount of detail—striking the perfect balance between scientific research, core concepts, and applications that provide a meaningful context for students. Drawing readers into the study of nutrition, the text dispels students' existing misconceptions, and empowers them to make better nutrition choices and enact real, lasting behavior change.

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## NUTRITION APPLICATIONS WORKBOOK, 3E

*Castonguay*

This two-part workbook begins with case studies, including both brief cases with questions and a more complex diet project module with diet histories for a whole family. The second part contains personal diet analysis projects and activities offering students opportunities to apply their critical thinking skills and complete self-contained exercises.

### FEATURES

- Extensive group of practical case studies to bring real-world experience to the study of nutrition. Includes: 15 Group Case Study Projects, 5 Nutrient Analysis Exercises, Personal Diet Projects, including those for Diet Analysis + and MyPyramid.

### CONTENTS

PART 1: CASE STUDIES. Topical Case Studies. Group Case Study Project. PART 2: Nutrient Analysis and Calculations. Nutrient-Focused Exercises. Snack Assignment: The Virtual Snack Shop. PART 3: Personal Diet Projects. One-Day Diet Evaluation: Composition Tables. Healthy Heart Diet Analysis Project. Diet Analysis + 9.0 Online Assignment. ABCs of Good Health Diet Evaluation. Diet Analysis Labs. Diet Analysis Project: A Closer Look at Your Diet. Seven-Day Diet Evaluation with Diet Analysis +. Diet Project: Comparison of Two Distinct Diets.

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**NEW EDITION!**



## **NUTRITION NOW, INTERNATIONAL EDITION, 7E**

*Judith E. Brown, University of Minnesota*

NUTRITION NOW, 7E, International Edition introduces non-major students to the science of nutrition while engaging them through active learning exercises and applied, real-world examples. This text's unique modular format (33 units) helps students focus on critical content by organizing the material into smaller sections and provides instructors the flexibility to choose which units to cover and how to modify the order to meet course goals and objectives. NUTRITION NOW, 7E, International Edition continues to present evidence-based nutrition information at a level and depth aimed at meeting the needs of students with a wide variety of backgrounds, interests, and majors. The emphasis on active learning and critical thinking allows instructors to design an interactive environment regardless of class size or format (in classroom or online). NUTRITION NOW, 7E, International Edition offers a flexible option to meet your course needs that will get your students excited about the science of nutrition.

### **NEW TO THIS EDITION**

- Learning pedagogy clarified: Learning Objectives added at the beginning of each unit; repeated for review at each major head. Review Questions section expanded, with questions organized by learning objectives. Multiple-choice questions based on real-life case scenarios have been added. Additional questions are included that focus on student mastery of calculations fundamental to the study of nutrition. Interactive activities added on cards at the back of the book. These activities can be used with small groups, as in-class activities, or as course projects.
- Units are now organized into nine parts.

- CourseMate and WebTutor added for the first time.
- Completely updated with USDA's MyPlate, 2010 Dietary Guidelines for Americans, Healthy People 2020 information, and the 2011 recommendations for vitamin D and calcium.
- All units substantially revised with latest information.

### **FEATURES**

- Reality Check in each unit presents brief, real-life scenarios and asks students to give a thumbs up or down to the optional solutions posed.
- Nutrition Scoreboard at the beginning of each unit poses 3 to 5 questions as a pretest. Answers are given at the end of the unit.
- Health Action boxes present applications for students based on unit content.
- "Take Action" boxes encourage students to improve their health by making small, manageable changes such as increasing vegetable and fruit intake, stabilizing weight, and increasing the intensity of physical activity.
- How do you engage students in course material? Could you use a text that promotes active learning and provides a flexible, customizable format? Nutrition Now offers a unique 33 unit modular format that helps students focus on core concepts and allows instructors to easily modify the material to match your course outline. The emphasis on active learning and critical thinking will engage students in the material and apply it to their own lives.

### **CONTENTS**

**PART I: NUTRITION BASICS AND TOOLS FOR PLANNING.** Unit 1. Key Nutrition Concepts and Terms. Unit 2. The Inside Story about Nutrition and Health. Unit 3. Ways of Knowing about Nutrition. Unit 4. Understanding Food and Nutrition Labels. Unit 5. Nutrition, Attitudes, and Behavior. Unit 6. Healthy Diets, the Dietary Guidelines, MyPlate, and More. **PART II: FOOD IN THE BODY.** Unit 7. How the Body Uses Food: Digestion and Absorption. Unit 8. Calories! Food, Energy, and Energy Balance. Unit 9. Obesity to Underweight: The Highs and Lows of Weight Status. Unit 10. Weight Control: The Myths and Realities. Unit 11. Disordered Eating: Anorexia Nervosa, Bulimia, and Pica. **PART III: THE MACRONUTRIENTS: CARBOHYDRATES.** Unit 12. Useful Facts about Sugars, Starches, and Fiber. Unit 13. Diabetes Now. Unit 14. Alcohol: The Positives and

Negatives. PART IV: THE MACRONUTRIENTS: PROTEIN. Unit 15. Proteins and Amino Acids. Unit 16. Vegetarian Diets. Unit 17. Food Allergies and Intolerances. PART V: THE MACRONUTRIENTS: FAT (MOVE CURRENT UNIT 22 HERE?). Unit 18. Fats and Cholesterol in Health. Unit 19. Nutrition and Heart Disease. PART VI: VITAMINS, MINERALS, AND SUPERFOODS. Unit 20. Vitamins and Your Health. Unit 21. Phytochemicals. Unit 22. Diet and Cancer. Unit 23. Good Things to Know About Minerals. Unit 24. Dietary Supplements and Functional Foods. Unit 25. Water Is an Essential Nutrient. Unit 26. Nutrition-Gene Interactions in Health and Disease. PART VII: NUTRITION AND FITNESS. Unit 27. Nutrition and Physical Fitness for Everyone. Unit 28. Nutrition and Physical Performance. PART VIII: NUTRITION IN THE LIFE CYCLE Unit 29. Good Nutrition for Life: Pregnancy, Breastfeeding, and Infancy. Unit 30. Nutrition for the Growing Years: Childhood through Adolescence. Unit 31. Nutrition and Health Maintenance for Adults of All Ages. PART IX: GLOBAL CONSIDERATIONS. Unit 32. The Multiple Dimensions of Food Safety. Unit 33. Aspects of Global Nutrition.

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## NUTRITION NOW, INTERNATIONAL EDITION (WITH INTERACTIVE LEARNING GUIDE), 6E

Judith E. Brown, *University of Minnesota*

NUTRITION NOW, 6e, International Edition introduces non-major students to the science of nutrition while engaging them through active learning exercises and applied, real-world examples. This text's unique modular format (33 units) helps students focus on critical content by organizing the material into smaller sections and provides instructors the flexibility to

choose which units to cover and modify the order to meet course goals and objectives. This research-based text uses a direct, student-friendly writing style that makes content approachable, but not oversimplified. The emphasis on active learning and critical thinking both in the text and the "Interactive Learning Guide" allows instructors to design an interactive environment regardless of class size or format (in classroom or online). NUTRITION NOW, 6e, International Edition offers a flexible option to meet your course needs that will get your students excited about the science of nutrition.

### NEW TO THIS EDITION

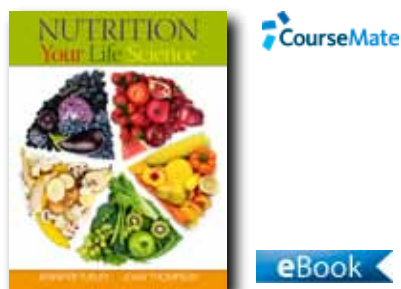
- New! "Take Action" boxes encourage students to improve their health by making small, manageable changes such as increasing vegetable and fruit intake, stabilizing weight, and increasing the intensity of physical activity.
- Enhanced coverage of the role of inflammation in chronic diseases.
- Integrated coverage of the roles of diet, food components, body fat, and physical activity.
- In-depth coverage of new MyPyramid and DASH Eating Plan tools and resources in Unit 6: "Healthful Diets: MyPyramid, the Dietary Guidelines, and More."
- New and revised dietary recommendations for heart disease, hypertension, diabetes, and cancer; and updated recommendations for physical activity in people of all ages.
- Updates to nutrition and physical performance content (from amino acid supplements and muscular recovery and strength to pre-event, event, and recovery foods and fluids). For a full listing of unit updates, see the preface of the Instructor's Edition.
- Figures, photos, and illustrations have been updated throughout to enhance the chapter material and to continue this text's reputation of being the most visually engaging personal nutrition text on the market.

### CONTENTS

1. Key Nutrition Concepts and Terms.
2. The Inside Story about Nutrition and Health.
3. The Ways of Knowing About Nutrition.
4. Understanding Food and Nutrition Labels.
5. Nutrition Attitudes and Behaviors.
6. Healthful Diets: MyPyramid, the Dietary Guidelines, and More.
7. How the Body Uses Food: Digestion and Absorption.
- 8.

Calories! Food, Energy, and Energy Balance. 9. Obesity and Underweight: The Highs and Lows of Weight Status. 10. Weight Control: The Myths and Realities. 11. Disordered Eating: Anorexia Nervosa, Bulimia, and Pica. 12. Useful Facts about Sugars, Starches, and Fiber. 13. Diabetes Now. 14. Alcohol: The Positives and Negatives. 15. Proteins and Amino Acids. 16. Vegetarian Diets. 17. Food Allergies and Intolerances. 18. Fats and Cholesterol In Health. 19. Nutrition and Heart Disease. 20. Vitamins and Your Health. 21. Phytochemicals and Genetically Modified Food. 22. Diet and Cancer. 23. Good Things to Know About Minerals. 24. Dietary Supplements and Functional Foods. 25. Water is an Essential Nutrient. 26. Nutrient-Gene Interactions in Health and Disease. 27. Nutrition and Physical Fitness for Everyone. 28. Nutrition and Physical Performance. 29. Good Nutrition for Life: Pregnancy, Breastfeeding, and Infancy. 30. Nutrition for the Growing Years: Childhood Through Adolescents. 31. Nutrition and Health Maintenance for Adults of All Ages. 32. The Multiple Dimensions of Food Safety. 33. Aspects of Global Nutrition.

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## NUTRITION YOUR LIFE SCIENCE

Jennifer Turley, Weber State University; Joan Thompson, Weber State University

NUTRITION: YOUR LIFE SCIENCE allows you to spend more time on what matters--teaching--through the unique partnership of a modular print text and interactive online lessons and study tools that together create an integrated, user-friendly teaching and learning experience. The authors, Jennifer Turley and Joan Thompson, understand the way today's students learn and incorporate these varied learning styles into the delivery of fundamental principles of nutritional science taking your students on a journey

that encourages engagement, critical thinking, and self-analysis. Using unique pedagogy, NUTRITION: YOUR LIFE SCIENCE helps students master skills, knowledge, and competencies outlined in learning objectives at the beginning of the module and tested through multiple layers of assessment, including Homework Assessment, Total Recall, and Exams. Experience the perfect partnership between NUTRITION: YOUR LIFE SCIENCE and your Introductory Nutrition course...it will change the way you think about teaching.

### NEW TO THIS EDITION

- Five "T-talk" audio-streamed PowerPoint lectures appear in each learning module and correspond to the five content units in the textbook and e-Book. They are accessible in the online platform for the textbook. Students can use "T-Talks" as their virtual lecture, as a study aid to revisit classroom lecture content, and/or to review content they may have missed. "T-Talk" audio can also be downloaded to a mobile device.
- "Bio Beat" features address major themes and organizing principles important to the study of nutrition. They often deal with the biological or chemical underpinnings -- how our bodies work, how food becomes fuel, how one's genes affect one's health risks, etc. Within each "Bio Beat," there are questions that can be used for discussion.
- "GENEies" are features in the modules that challenge students to solve problems. There are three different types: "Diet Analysis Plus (DA+)" GENEie" encourages students to use the online Diet Analysis Plus software program to analyze their own diets; "Data GENEie" asks students to calculate a dietary fact and work with numbers relevant to nutrition science; and "Demo GENEie" outlines a demonstration that uses everyday items or foods to reiterate a point reviewed in the module.
- "Study Activities" include a variety of online or small screen device activities, such as flashcards, fill-in-the-blank questions, matching games and crossword puzzles, that students use to master the terminology and comprehend the course material.
- "Summary Points" and "Take Ten on Your Knowledge and Know How" appear at the end of each of the content units to review key points and test students' knowledge.

## FEATURES

- Integrated modular textbook and e-Book work together to provide your students with an interactive, engaging learning experience. The portable and user-friendly spiralbound textbook is organized into 7 modules that supplies 5 lectures, an assessment, an exam, and several learning tools to prepare students to demonstrate knowledge, apply the information, and master terminology. Each module has a corresponding e-Book unit that includes links to activities, current information about nutrition, and embedded animations and videos for students to use at point of reference.
- Learning Objectives frame each module at the beginning and end to emphasize the key concepts. In addition, Personal Improvement Goals demonstrate how students can apply the information to their own lives.
- The Online Platform is the virtual textbook home and doubles as the nutrition class whether face-to-face enhanced, hybrid, or fully online. The online platform hosts the e-Book, "T-Talk" lectures, Homework Assessment, Total Recall, Exam bank, Weblinks, animations and videos, Diet Analysis Plus, study activities, and a sample syllabus.
- An extensive and comprehensive Sample Syllabus is available from the online platform. The syllabus speaks to each attribute of the course and integrates the printed and online textbook components which were designed to teach a three credit hour, introductory nutrition general education class. Since a syllabus is in essence a course contract, this sample syllabus reflects the estimated 140 hours of student time needed to successfully complete such as class
- Homework Assessments correlate to each learning module and test students' comprehension of the content. Two different versions of the assessment exist per module--one printed at the end of each module and one available online and in Appendix A. If the Homework Assessment is submitted online, it is instantaneously graded and reviewable

## CONTENTS

Module 1: NUTRITION BASICS. Nutrition basics and terminology. Carbohydrates. Proteins. Lipids/Fats. Vitamins, minerals, and water. Summary. Module 2: TOOLS TO PLAN, MANAGE, AND EVALUATE DIETS FOR OPTIMAL HEALTH. Food Labels. Dietary

Reference Intakes. The MyPlate Food Guidance System. Dietary Guidelines and Recommendations. Food Composition Information and the Exchange List System. Summary. Module 3: NUTRITION IN CHRONIC DISEASE. The Gastrointestinal System. Proteins: From Foods to Cells in the Body. Photosynthesis and Fiber. Carbohydrate Storage and Disorders. Lipids in Heart Disease and Cancer. Summary. Module 4: THE SCIENCE OF NUTRITION IN ENERGY BALANCE, BODY COMPOSITION, WEIGHT CONTROL AND FITNESS. Scientific Inquiry Tied To Genetics, Evolution, and Obesity. Energy Balance. Body Composition and Weight Control. Principles of Fitness for Health. The Fundamentals of Exercise Nutrition. Summary. Module 5: THE VITAMINS AND MINERALS. Fat-Soluble Vitamins. Water-Soluble Vitamins. Water and The Electrolytes. Major Minerals in Bone and Protein. Trace Minerals. Summary. Module 6: NUTRITION INFORMATION AND THE FOOD INDUSTRY. Nutrition Information Credibility (Fact versus Fallacy). Food, Drugs, and Supplements. Food Additives. Food Safety: Microbial Growth. Food Safety: Consumer Awareness. Summary. Module 7: NUTRITION THROUGH THE LIFESPAN. Reproductive Fitness and Prenatal Nutrition. Nutrition during Infancy and for Lactation. Childhood Nutrition. Adolescent Nutrition. Nutrition for the Older Adult. Summary.

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CourseMate

CENGAGENOW

eBook

## NUTRITIONAL SCIENCES, 3E

**From Fundamentals to Food, International Edition (with Table of Food Composition Booklet)**

*Michelle 'Shelley' McGuire, Washington State University; Kathy A. Beerman, Washington State University*

Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning In a concise format, NUTRITIONAL SCIENCES: FROM

FUNDAMENTALS TO FOOD, 3E, International Edition clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to students' daily lives and their careers. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES, 3E, International Edition offers a unique, balanced program for teaching and learning.

### NEW TO THIS EDITION

- NEW! NUTRITIONAL SCIENCES 3/e has been updated according to the latest research and nutritional guidelines, including the 2010 Dietary Guidelines for Americans, the new MyPyramid, and Healthy People 2020.
- NEW! Study cards for each chapter contain summaries and review questions that allow students to study anywhere at any time. These unique cards present concepts in smaller chunks with section headings that provide both orientation and review assistance.
- NEW! Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support NUTRITIONAL SCIENCES. Instructors can easily track students' participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook, quizzes, Nutrition Tutorials, animations, flashcards and Pop-Up Tutor lectures.
- NEW! Global Nutrition Watch brings currency to the classroom. This student-friendly website provides convenient access to thousands of trusted sources, including academic journals, newspapers, videos, and podcasts, for students to use for research projects or classroom discussion. GLOBAL NUTRITION WATCH is updated daily to offer the most current news about topics related to Nutrition.

### FEATURES

- Crystal-clear science + Compelling applications: Fundamental scientific principles underlying nutrition are clearly explained and real-world examples are used to demonstrate application and relevance to students' lives and careers.
- "Everybody Has a Story" features provide engaging

case studies that show application of chapter concepts and prompt critical thinking.

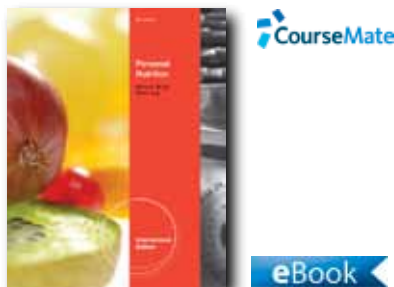
- "Diet Analysis Plus Activities" in each chapter integrate textbook concepts with the market-leading diet analysis software. These exercises demonstrate to students how nutrition relates to their personal health goals.
- "Nutrition Matters" mini-chapters appear at the end of several chapters and present important nutrition-related issues, such as diabetes, bone health, alcohol, cardiovascular disease, food safety, and eating disorders. These sections give professors the flexibility to decide how much detail they want to cover on certain topics in their courses.
- "Focus On" boxes integrate content related to scientific innovation; diet and health; food; clinical applications; nutrition through the life cycle; and sports nutrition throughout the text to highlight applied nutrition concepts.
- "Food Matters" boxes provide practical advice on how to meet the recommendations for the 2010 Dietary Guidelines for Americans. Students can apply the information from the chapter to the Dietary Guidelines by reading the material and then reflecting on the series of strategies provided.

### CONTENTS

1. The Science of Nutrition. 2. Nutritional Assessment and Dietary Planning. 3. Chemical, Biological, and Physiological Aspects of Nutrition. 4. Carbohydrates. Nutrition Matters Nutrition and Diabetes. 5. Protein. Nutrition Matters Food Safety. 6. Lipids. Nutrition Matters Nutrition and Cardiovascular Health. 7. Energy Metabolism. Nutrition Matters Alcohol, Health, and Disease. 8. Energy Balance and Body Weight Regulation. Nutrition Matters Disordered Eating. 9. Physical Activity and Health. 10. Water-Soluble Vitamins. 11. Fat-Soluble Vitamins. Nutrition Matters Nutrition and Cancer. 12. The Major Minerals and Water. Nutrition Matters Nutrition and Bone Health. 13. The Trace Minerals. 14. Life Cycle Nutrition. Nutrition Matters Food Insecurity, Hunger, and Malnutrition.

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## PERSONAL NUTRITION, INTERNATIONAL EDITION, 8E

Marie A. Boyle, College of St. Elizabeth; Sara Long Roth, Southern Illinois University

Nutrition is personal. Knowledge is power. PERSONAL NUTRITION, 8E, International Edition helps students turn knowledge into the power to make changes and live smarter. Created to help students be smarter consumers, PERSONAL NUTRITION, 8E, International Edition builds the scientific foundation of nutrition through an accessible narrative and application. The functional presentation of vitamins and minerals provides students with a meaningful context for understanding their importance in maintaining good health. By engaging students through practical examples and exercises, the content empowers them with the knowledge and tools to make smart decisions regarding their personal nutrition and health. Updated with 2010 Dietary Guidelines and new learning objectives, the Eighth Edition presents current information in a format that focuses students on the most important topics. PERSONAL NUTRITION, 8E, International Edition motivates students to become informed consumers and to make changes in their everyday life — starting now.

### NEW TO THIS EDITION

- New! Learning objectives added in each chapter to focus students on the key concepts.
- New! All chapters have been updated with new Dietary Guidelines 2010 and Healthy People 2020 objectives to provide the most current information.
- New! Simple math calculations in the margins provide students with easy reference for calculating specific nutritional data, such as the numbers of fat grams in a food or the grams of protein they are currently consuming.

- New! Detachable Study Cards at the end of the book include chapter reviews that previously appeared at the end of each chapter.
- New! Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support PERSONAL NUTRITION. Instructors can easily track student's participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook, Nutrition Tutorials, Pop-Up Tutors, quizzes, videos, flashcards, and more.
- Responding to reviewer requests, additional menus have been added in “Savvy Diner” and “Eat Well, Be Well” boxes.
- Vitamins and minerals are presented according to function in the body. In this edition, the coverage is split into two chapters (Chapter 7 and Chapter 8) to help students better understand the concepts.
- The Eighth Edition includes the latest research and data on current dietary recommendations, childhood obesity and weight management, heart-healthy fats, organic foods, athletes and supplements, nutrition and cancer, and more.

### FEATURES

- Each chapter provides activities that incorporate Diet Analysis Plus, the market-leading diet analysis software, to help students directly relate nutritional concepts to their own lives.
- A “Nutrition Scorecard” quiz in each chapter encourages students to compare their own behavior and knowledge with nutrition principles and guidelines for healthy eating. Topics include “Rate Your Fats and Health IQ,” “Healthy Weight,” and “Estimate Your Protein Intake

### CONTENTS

1. The Basics of Understanding Nutrition.
  2. The Pursuit of a Healthy Diet.
  3. Anatomy for Nutrition's Sake.
  4. The Carbohydrates: Sugar, Starch, and Fiber.
  5. The Lipids: Fats and Oils.
  6. The Proteins and Amino Acids.
  7. The Vitamins: A Functional Approach.
  8. The Minerals and Water.
  9. Impact of Fluids and Beverages on Nutritional Health.
  10. Weight Management.
  11. Nutrition and Fitness.
  12. The Life Cycle: Conception Through the Later Years.
  13. Food Safety and the Global Food Supply.
- Appendix A: An Introduction to the Human Body. Appendix B: Aids to Calculations and the Food

Exchange System. Appendix C: Canadian Nutrition and Physical Activity Guidelines. Appendix D: Chapter Notes. Appendix E: Answers to in Review Questions. Appendix F: Table of Food Composition. Glossary. Index.

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## STUDENT COURSE GUIDE: NUTRITION PATHWAYS, 8E

*Eleanor Noss Whitney; Sharon Rady Rolfes*

Wadsworth, a part of Cengage Learning, is pleased to partner with Dallas TeleLearning and the LeCroy Center for Educational Telecommunication by publishing a text-specific Student Course Guide for the Nutrition Pathways Telecourse. The guide is designed to help connect the course to the assigned text (Understanding Nutrition 13th Edition) and maximize student learning. The Student Course Guide features chapter and video assignments, lesson overviews, chapter learning objectives, key lesson concepts, and a practice test for each lesson. A must have for every student!

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**NEW EDITION!**

## STUDY GUIDE FOR SIZER/WHITNEY'S NUTRITION: CONCEPTS AND CONTROVERSIES, 13E

*Frances Sizer; Ellie Whitney*

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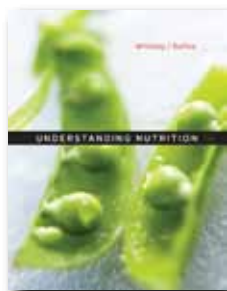
## STUDY GUIDE FOR WHITNEY/ROLFES' UNDERSTANDING NUTRITION, 13E

*Eleanor Noss Whitney; Sharon Rady Rolfes*

This study guide is replete with practice questions to help you focus on key concepts and prepare for exams! Fill-in-the-blank chapter summaries, multiple-choice sample tests, and short answer and discussion questions review important information from each section; new matching exercises and crossword puzzles help you recognize key terms; and calculation problems and figure identification items allow you to practice nutrition-related math and chemistry.

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## UNDERSTANDING NUTRITION, 13E

*Eleanor Noss Whitney; Sharon Rady Rolfes*

Used by more than one million students, Ellie Whitney and Sharon Rady Rolfes' UNDERSTANDING NUTRITION is THE best-selling introductory nutrition text on the market today! While maintaining the stellar quality and support that discerning instructors demand for the majors course, the Thirteenth Edition takes UNDERSTANDING NUTRITION to a new level with an integrated pedagogy, along with an emphasis on active learning, assignable content, and integrated resources that support instructors' course objectives and students' future career opportunities. From its beautiful and carefully developed art program to its strong science base, contemporary coverage, and market-leading supplements, the Thirteenth Edition of UNDERSTANDING NUTRITION connects with its readers and continues to set the standard for texts in this market. This text includes 20 chapters beginning with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and following with chapters on diet and health, fitness, life span nutrition, food safety, and world hunger. Praised for its consistent level, approachable narrative, and careful explanations of key topics, UNDERSTANDING NUTRITION connects with students--engaging them as it teaches the basic concepts and applications of nutrition. Take a fresh look at UNDERSTANDING NUTRITION.

### NEW TO THIS EDITION

- Learning Objectives have been added for the first time in this edition. Each learning objective is tied to a main section of the chapter (called Learn It) and repeated as reinforcement in the end-of-section summary (called Review It). Learning objectives also appear in the study cards at the back of the book (Study It) and

quiz questions (Test It).

- Nutrition in Your Life, which appears at the beginning of each chapter and serves to provide a personal application of chapter content for the student, is now explicitly tied to the Nutrition Portfolio at the end of the chapter, which includes a related activity to be done in Diet Analysis Plus.
- Updated coverage throughout every chapter in the Thirteenth Edition presents the field's latest developments, including the USDA's new MyPlate Food Guide, Dietary Guidelines for Americans 2010, and nutrition and health objectives from the Healthy People 2020. In addition, the newest dietary guidelines for vitamin D, calcium, and sodium have been included.
- Chapter 9's coverage of obesity and overweight has been thoroughly updated to reflect the considerable research on the topic in the last three years. A new How To box discusses ways of identifying fad diets and weight-loss scams.
- The Highlight for Chapter 3 now contains a section on celiac disease. Chapter 4 contains a new box: How To Reduce the Intake of Added Sugars, and Chapter 14 contains a new How To on calculating the carbohydrate concentration of sports drinks. These are just a few of the hundreds of updates throughout.

### FEATURES

- Pop-up Tutors are lecture videos developed by Dr. Jessica Coppola at Sacramento City College that reinforce key concepts and provide students with further instruction and practice on particularly difficult topics; such as, metabolism, digestion, and absorption. Students can access the Pop-up Tutors via WebTutor for BlackBoard and WebCT.
- Detachable Study Cards at the end of the book provide concise summaries of the key chapter concepts along with key figures and study questions. These cards are perforated and designed for students to use as a quick review for exams.
- At the end of each chapter, "Nutrition Portfolio" sections invite students to evaluate and compare their personal dietary choices with dietary goals introduced in the text by completing an activity in Diet Analysis Plus.
- "How To" sections guide readers through problem-solving tasks such as calculating energy intake from the grams of carbohydrate, fat, and protein in a

food. Each “How To” feature is accompanied by “Try It” activities for students to practice these skills.

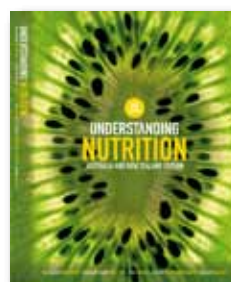
- WebTutor Premium, your complete solution for Nutrition, provides course management tools for instructors and various online study tools for your students. Each chapter in UNDERSTANDING NUTRITION prompts students to use online resources: review quizzes, Pop-up Tutors, animations, case studies, interactive exercises, and more. Easy to assign and track, WebTutor will save time both for instructors and students to better support course goals and learning objectives.

## CONTENTS

1. An Overview of Nutrition. Highlight: Nutrition Information and Misinformation--On the Net and in the News.
2. Planning a Healthy Diet. Highlight: Vegetarian Diets.
3. Digestion, Absorption, and Transport. Highlight: Common Digestive Problems.
4. The Carbohydrates: Sugars, Starches, and Fibers. Highlight: Carbs, Calories, and Controversies.
5. The Lipids: Triglycerides, Phospholipids, and Sterols. Highlight: High-Fat Foods--Friend or Foe?
6. Protein: Amino Acids. Highlight: Nutritional Genomics.
7. Metabolism: Transformations and Interactions. Highlight: Alcohol and Nutrition.
8. Energy Balance and Body Composition. Highlight: Eating Disorders.
9. Weight Management: Overweight, Obesity, and Underweight. Highlight: The Latest and Greatest Weight-Loss Diet--Again.
10. The Water-Soluble Vitamins: B Vitamins and Vitamin C. Highlight: Vitamin and Mineral Supplements.
11. The Fat-Soluble Vitamins: A, D, E, and K. Highlight: Antioxidant Nutrients in Disease Prevention.
12. Water and the Major Minerals. Highlight: Osteoporosis and Calcium.
13. The Trace Minerals. Highlight: Phytochemicals and Functional Foods.
14. Fitness: Physical Activity, Nutrients, and Body Adaptations. Highlight: Supplements as Ergogenic Aids.
15. Life Cycle Nutrition: Pregnancy and Lactation. Highlight: Fetal Alcohol Syndrome.
16. Life Cycle Nutrition: Infancy, Childhood, and Adolescence. Highlight: Childhood Obesity and the Early Development of Chronic Diseases.
17. Life Cycle Nutrition: Adulthood and the Later Years. Highlight: Nutrient-Drug Interactions.
18. Diet and Health. Highlight: Complementary and Alternative Medicine.
19. Consumer Concerns about Foods and Water. Highlight: Food Biotechnology.
20. Hunger and the Global Environment. Highlight: Environmentally-Friendly Food

Choices. Appendix A Cells, Hormones, and Nerves. Appendix B Basic Chemistry Concepts. Appendix C Biochemical Structures and Pathways. Appendix D Measures of Protein Quality. Appendix E Nutrition Assessment. Appendix F Physical Activity and Energy Requirements. Appendix G United States: Exchange Lists. Appendix H Table of Food Composition. Appendix I WHO: Nutrition. Recommendations Canada: Choice. System and Guidelines. Appendix J Healthy People 2010. Glossary. Index. Dietary Reference Intakes. Aids to Calculations. Daily Values for Food Labels. Glossary of Nutrient Measures. Body Mass Index.

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**NEW EDITION!**

CENGAGENOW

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## UNDERSTANDING NUTRITION, 2E Australian And New Zealand Edition

*Tim Crowe, Deakin University; David Cameron-Smith, University of Auckland, Liggins Institute; Adam Walsh, Deakin University; Eleanor Noss Whitney, Nutrition and Health Associates*

Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition. Building upon Ellie Whitney and Sharon Rady Rolfes' classic text, this second Australian and New Zealand edition equips students to optimise health and wellbeing. With its focus on Australia and New Zealand, the text incorporates current nutrition guidelines, recommendations and public health nutrition issues relevant to this region of the world. This textbook is praised for consistent level and readability, and careful explanations of all key topics (including energy metabolism and other complex processes). It opens with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and follows with chapters on diet and health, fitness, life span nutrition and food safety. This book that connects with students - engaging them as it teaches them the basic concepts and applications of nutrition.

## NEW TO THIS EDITION

- Updated to reflect the 2013 Dietary Guidelines for Australia and the latest New Zealand Total Diet Surveys
- Updated end of chapter Highlights engage students with a deeper look into selected topics and trends in nutrition
- NEW Current Research in Nutrition boxes provide students with details of leading nutritional research in the region and internationally
- NEW Applications of Research boxes give students an insight into the practical applications of nutritional science.

## FEATURES

- Making Nutrition more relevant to your teaching and your students, Australian Dietary Guidelines and Recommended Daily Intake (RDI) standards are used throughout the text.
- Up-to-date local and international research.
- Save time in research and study with Search me! nutrition featuring current local and international papers and articles that are relevant to your teaching and your students.
- Nutrition in Your Life chapter openers introduce and engage students by connecting chapter topics to applications in students' lives.
- How To sections guide your students through problem-solving tasks; such as, calculating energy intake from the grams of carbohydrate, fat, and protein in a food.
- At the end of each chapter, Nutrition Portfolio sections invite students to evaluate and compare their personal dietary choices with dietary goals introduced in the text.

## CONTENTS

1. An overview of nutrition 2. Planning a healthy diet 3. Digestion, absorption and transport 4. The Carbohydrates: sugar, starch and dietary fibre 5. The Lipids: triglycerides, phospholipids, and sterols 6. Protein: amino acids 7. Metabolism: transformations and interactions 8. Energy balance and body composition 9. Weight management: overweight, obesity and underweight 10. The water-soluble vitamins: B group vitamins and vitamin C 11. The fat-soluble vitamins: A, D, E, and K 12. Water and the major minerals 13. The trace minerals 14. Fitness: physical activity, nutrients, and

body adaptations 15. Life cycle nutrition: pregnancy and lactation 16. Life cycle nutrition: infancy, childhood and adolescence 17. Life cycle nutrition: adulthood and the later years 18. Diet and health 19. The food and water supply App A. Cells, hormones, and nerves App B. Basic chemistry concepts App C. Biochemical structures and pathways App D. Measures of protein quality App E. Nutrition assessment App F. Physical activity and energy requirements App G. Aids to calculation

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## LIFE SPAN NUTRITION



**NEW EDITION!**

 CourseMate

 eBook

## NUTRITION THROUGH THE LIFE CYCLE, 5E

Judith E. Brown, University of Minnesota; Janet Isaacs; Bea Krinke; Ellen Lechtenberg

The most respected nutrition life cycle text, NUTRITION THROUGH THE LIFE CYCLE, Fifth Edition uses current research to explain the nutritional foundations necessary for the growth, development, and normal functioning of individuals in each stage of the life span. From preconception to the final stages of life, this text covers also clinical and nutritional interventions for each part of the life cycle. The text is organized systematically, with clinical nutrition topics following normal nutrition topics. The text maintains a consistent level of pedagogy throughout, highlighting key nutrition concepts, nutritional needs, nutrition and health disease outcomes, model programs, and case studies. Additionally, the text addresses new research on the roles played by healthful diets, nutrients, gene variants, and nutrient-gene interactions. NUTRITION THROUGH THE LIFE CYCLE, Fifth Edition features an expert author team providing a broad range of



normal and clinical nutrition expertise from registered dietitians, teachers, and researchers. Available with InfoTrac® Student Collections <http://goengage.com/infotrac>.

### NEW TO THIS EDITION

- Created learning objectives relevant to each major topic covered in the chapters.
- Expanded the number and types of review questions listed at the end of the chapters.
- Inserted new photographs, tables, and figures to enhance instruction and student understanding of material presented.
- Incorporated information from ChooseMyPlate, the 2010 Dietary Guidelines, and the 2020 Health Objectives for the Nation.
- New research on the roles played by healthful diets, nutrients, gene variants and nutrient–gene interactions, body fat, physical activity, and dietary supplements illustrated by tables, graphs, and figures.
- Added detailed information on the emerging emphasis on electronic medical records, evidence-based health care services, and standardization of care delivery.
- Included discussion of the new nutrition care process standards developed and implemented by the Academy of Nutrition and Dietetics.
- Updated each of the following resources: 2010 WHO recommendations on breastfeeding and HIV, NIH allergy guidelines and for lactose and soy formula, IUGR growth charts, NHANES 2009-10 overweight and obesity data, new info from NHLBI expert panel recommendations on evidence-based cardiovascular health guidelines, ADA Exchange Lists for diabetes meal planning.

### FEATURES

- Emphasis throughout the text on the nutrition care process standards developed by the American Dietetic Association. This new emphasis is important because the practice of dietetics and nutrition is changing due to the emerging emphasis on electronic medical records, evidence-based health care services, and standardization of care delivery. The following additions have been made to the Fourth Edition to incorporate the nutrition care process: 1. Expanded coverage of nutrition assessment in all chapters. New content in Case Studies related to the nutrition care process. Added nutrition biomarker values by

life cycle stages.

- New Review Questions at the end of Chapters 2-10.

### CONTENTS

1. Nutrition Basics. 2. Preconception Nutrition. 3. Preconception Nutrition: Conditions and Interventions. 4. Nutrition During Pregnancy. 5. Nutrition During Pregnancy: Conditions and Interventions. 6. Nutrition During Lactation. 7. Nutrition During Lactation: Conditions and Interventions. 8. Infant Nutrition. 9. Infant Nutrition: Conditions and Interventions. 10. Toddler and Preschooler Nutrition. 11. Toddler and Preschooler Nutrition: Conditions and Interventions. 12. Child and Preadolescent Nutrition. 13. Child and Preadolescent Nutrition: Conditions and Interventions. 14. Adolescent Nutrition. 15. Adolescent Nutrition: Conditions and Interventions. 16. Adult Nutrition. 17. Adult Nutrition: Conditions and Interventions. 18. Nutrition and Older Adults. 19. Nutrition and Older Adults: Conditions and Interventions. Answers to Review Questions. Appendix A: Summary of Research of Effects of Exercise Activities on Health of Older Adults. Appendix B: Measurement Abbreviations and Equivalents. Appendix C: Body Mass Index (BMI). References. Glossary. Index.

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## NUTRITION THROUGH THE LIFE CYCLE, INTERNATIONAL EDITION, 4E

Judith E. Brown, *University of Minnesota*; Janet Isaacs; Bea Krinke; Ellen Lechtenberg

The most respected nutrition life cycle text, *NUTRITION THROUGH THE LIFE CYCLE, 4e, International Edition* uses current research to explain the nutritional foundations necessary for the growth, development, and normal functioning of individuals in each stage

of the life span. From preconception to the final stages of life, this text covers clinical and nutritional interventions for each part of the life cycle. The text is organized systematically, with clinical nutrition topics following normal nutrition topics. The text maintains a consistent level of pedagogy throughout, highlighting key nutrition concepts, nutritional needs, nutrition and health disease outcomes, model programs, and case studies. **NUTRITION THROUGH THE LIFE CYCLE, 4e**, International Edition features an expert author team, this text benefits from a broad range of normal and clinical nutrition expertise from registered dietitians, teachers, and researchers.

### NEW TO THIS EDITION

- New Emphasis throughout the text on the nutrition care process standards developed by the American Dietetic Association. This new emphasis is important because the practice of dietetics and nutrition is changing due to the emerging emphasis on electronic medical records, evidence-based health care services, and standardization of care delivery. The following additions have been made to the Fourth Edition to incorporate the nutrition care process: 1. Expanded coverage of nutrition assessment in all chapters. 2. New content in Case Studies related to the nutrition care process. 3. Added nutrition biomarker values by life cycle stages.
- New Review Questions at the end of Chapters 2-10.
- Increased emphasis on the use of SI units.
- Substantial updates in every chapter based on research since the last edition was published.
- Expanded presentation of oxidative stress, free radicals, antioxidants, chronic inflammation, and their relationship to diet and disease states from infertility to aging.
- Expanded coverage of ethnic disparities in health status.
- Incorporated presentations of mechanisms underlying nutrition and disease relationships throughout.

### FEATURES

- Several of the chapters were developed with the help of a team of expert authors who are actively engaged in clinical practice, teaching, or research related to nutrition during the specific phase of the life cycle.
- The first chapter for each life cycle phase covers normal nutrition topics, and the following chapter covers

nutrition-related “conditions and interventions.”

- “Key Nutrition Concepts” begin each chapter to prepare students for what they will learn.

### CONTENTS

1. Nutrition Basics. 2. Preconception Nutrition. 3. Preconception Nutrition: Conditions and Interventions. 4. Nutrition During Pregnancy. 5. Nutrition During Pregnancy: Conditions and Interventions. 6. Nutrition and Lactation. 7. Nutrition and Lactation: Conditions and Interventions. 8. Infant Nutrition. 9. Infant Nutrition: Conditions and Interventions. 10. Toddler and Preschooler Nutrition. 11. Toddler and Preschooler Nutrition: Conditions and Interventions. 12. Child and Preadolescent Nutrition. 13. Child and Preadolescent Nutrition: Conditions and Interventions. 14. Adolescent Nutrition. 15. Adolescent Nutrition: Conditions and Interventions. 16. Adult Nutrition. 17. Adult Nutrition: Conditions and Interventions. 18. Nutrition and the Elderly. 19. Nutrition and the Elderly: Conditions and Interventions. Appendix A: CDC Growth Charts. Appendix B: BMI Charts for Adults with Silhouettes. Appendix C: Nutrient Intakes of Adults Aged 70 and Older.

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## NORMAL & CLINICAL NUTRITION/MEDICAL NUTRITION THERAPY

**NEW EDITION!**



**eBook**

### MEDICAL NUTRITION THERAPY, 4E A Case Study Approach, International Edition

*Marcia Nelms, The Ohio State University; Sara Long Roth, Southern Illinois University*

Building a bridge from classroom to clinical practice,

this casebook is composed of 34 realistic case studies appropriate for introductory and advanced level courses in nutrition and diet therapy. Each case study uses the medical record as its structure. The student “solves the case” by using the medical record information provided such as hospital admission data, laboratory test results, intake/output records, and the physician’s progress notes. The case is followed by a series of questions that focus on pathophysiology; assessment; clinical, nutritional and behavioral outcomes; interventions; and appropriate follow-up for the patient. This “real world” approach helps to prepare the student for the professional setting. Objectives for student learning within each case are built around the nutrition care process and competencies for dietetic education.

### NEW TO THIS EDITION

- The 4th edition offers a larger variety of briefer cases, increasing topic selection and reducing completion/grading time requirements.
- Includes new cases on bariatric surgery, malnutrition in chronic disease, irritable bowel syndrome, acute pancreatitis, pediatric and adult type 1 and type 2 diabetes, chronic kidney disease, acute kidney injury, anemia in pregnancy, pernicious anemia, Parkinson’s disease, sepsis, and burns.
- Questions for revised cases have been rewritten so that each case features a smaller number of more focused questions.
- New case layout and organization more closely resemble the electronic medical record.
- Intake/output records and nursing assessment charts are now included for hospitalized patients.
- Cases incorporate up-to-date medications, surgical and other treatments, tests, and normal lab values to simulate current clinical practice.

### FEATURES

- Questions for each case are organized using the nutrition care process.
- Thirty-four case studies place the student in situations that force integration of knowledge from many sources, support use of previously learned information, put the student in a decision-making role, and nurture critical thinking.
- Using the medical record as the structure for each, the cases represent the most common diagnoses that rely on nutrition therapy as an essential component

of medical care as well as those in which nutrition therapy plays a supporting role.

- The concepts presented in the cases can apply to many medical conditions other than the ones presented.

### CONTENTS

UNIT 1: ENERGY BALANCE AND BODY WEIGHT. Case 1 Pediatric Weight Management. Case 2 Bariatric Surgery for Morbid Obesity. Case 3 Malnutrition Associated with Chronic Disease. UNIT 2: NUTRITION THERAPY FOR CARDIOVASCULAR DISORDERS. Case 4 Hypertension and Cardiovascular Disease. Case 5 Myocardial Infarction. Case 6 Heart Failure with Resulting Cardiac Cachexia. UNIT 3: NUTRITION THERAPY FOR UPPER GASTROINTESTINAL DISORDERS. Case 7 Gastroesophageal Reflux Disease. Case 8 Ulcer Disease: Medical and Surgical Treatment. UNIT 4: NUTRITION THERAPY FOR LOWER GASTROINTESTINAL DISORDERS. Case 9 Celiac Disease. Case 10 Irritable Bowel Syndrome (IBS). Case 11 Inflammatory Bowel Disease: Crohn’s Disease. UNIT 5: NUTRITION THERAPY FOR HEPATOBIILIARY AND PANCREATIC DISORDERS. Case 12 Cirrhosis of the Liver. Case 13 Acute Pancreatitis. UNIT 6: NUTRITION THERAPY FOR ENDOCRINE DISORDERS. Case 14 Pediatric Type 1 Diabetes Mellitus. Case 15 Type 1 Diabetes Mellitus in the Adult. Case 16 Type 2 Diabetes Mellitus—Pediatric Obesity. Case 17 Adult Type 2 Diabetes Mellitus: Transition to Insulin. UNIT 7: NUTRITION THERAPY FOR RENAL DISORDERS. Case 18 Chronic Kidney Disease (CKD) Treated with Dialysis. Case 19 Chronic Kidney Disease: Peritoneal Dialysis. Case 20 Acute Kidney Injury (AKI). UNIT 8: NUTRITION THERAPY FOR HEMATOLOGICAL DISORDERS. Case 21 Anemia in Pregnancy. Case 22 Folate and Vitamin B12 Deficiencies. UNIT 9: NUTRITION THERAPY FOR NEUROLOGICAL DISORDERS. Case 23 Ischemic Stroke. Case 24 Progressive Neurological Disease: Parkinson’s Disease. Case 25 Alzheimer’s Disease. UNIT 10: NUTRITION THERAPY FOR PULMONARY DISORDERS. Case 26 Chronic Obstructive Pulmonary Disease. Case 27 COPD with Respiratory Failure. UNIT 11: NUTRITION THERAPY FOR METABOLIC STRESS AND CRITICAL ILLNESS. Case 28 Pediatric Traumatic Brain Injury: Metabolic Stress with Nutrition Support. Case 29 Metabolic Stress and Trauma: Open Abdomen. Case 30 Nutrition Support for Burn Injury. Case 31 Nutrition Support in Sepsis and Morbid Obesity. UNIT 12: NUTRITION THERAPY FOR NEOPLASTIC DISEASE.

Case 32 Acute Lymphoblastic Leukemia Treated with Hematopoietic Cell Transplantation. Case 33 Esophageal Cancer Treated with Surgery and Radiation. UNIT 13: NUTRITION THERAPY FOR HIV/AIDS. Case 34 AIDS. Appendix A: Common Medical Abbreviations. Appendix B: Normal Values for Physical Examination. Appendix C: Routine Laboratory Tests with Nutritional Implications. Appendix D: Exchange Lists for Diabetes Meal Plan Form and Food Lists Nutrient Information.

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## NORMAL AND CLINICAL NUTRITION, INTERNATIONAL EDITION, 9E

Sharon Rady Rolfes; Kathryn Pinna, City College of San Francisco; Ellie Whitney

NORMAL AND CLINICAL NUTRITION, 9E, International Edition provides the most current and comprehensive coverage of the fundamentals of nutrition and nutrition therapy for an introductory course. The early chapters focus on “normal” nutrition, including digestion and metabolism, vitamins and minerals, and life cycle nutrition. The later chapters cover “clinical” nutrition—the pathophysiology and nutrition therapy for a wide range of medical conditions. The text integrates practical information and valuable resources to help students apply nutrition knowledge and skills to their daily lives and the clinical setting. Features, such as case studies, “How To” boxes with real-world examples, and study cards, help students apply the material and build their conceptual understanding. Regardless of the students’ background, the consistent level, approachable narrative, and careful explanations in NORMAL AND CLINICAL NUTRITION, 9E, International Edition will engage students and enable them to be actively involved in the field of nutrition.

### NEW TO THIS EDITION

- New! Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support NORMAL AND CLINICAL NUTRITION, 9E, International Edition. Instructors can easily track students’ participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook.
- New! Highlight in Chapter 4 explores the roles of carbohydrates in weight gain and in weight loss.
- New! “Try It” activities added to this edition accompany the “How To” lessons to promote active learning and encourage students to practice the problem-solving tasks outlined in the “How To” sections.
- New! Activities in the “Nutrition Portfolio” feature, now correlated to Diet Analysis Plus, require students to use the dietary tracking information to evaluate and compare their personal dietary choices with dietary goals introduced in the text, exploring how their knowledge and behaviors have changed as their understanding of the science of nutrition progresses.
- New! Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support NORMAL AND CLINICAL NUTRITION, 9E, International Edition. Instructors can easily track students’ participation and engagement in course materials.
- Enhanced pedagogy in the clinical nutrition chapters—including reorganized tables with new sample menus for fat-controlled and gluten-free diets and new tables presenting types of anemia and the potassium content of fruits and vegetables—distills key nutrition therapy principles while reinforcing them with practical examples.
- Redesigned “Diet-Drug Interactions” feature provides important reference information in an accessible format.
- Detachable Study Cards at the end of the book give students a quick, portable way to review for exams. These perforated cards provide concise summaries of the key chapter concepts, along with key figures and study questions.
- “Dietary Guidelines for Americans” boxes in the normal nutrition chapters, newly updated for the 2010

release, help students review and retain important points and recommendations as they relate to key chapter material.

- Updated coverage throughout every chapter presents the field's latest developments and evidence-based practice guidelines, including additional information on nutritional genomics and a new figure illustrating nutrient regulation of gene expression; coverage of the 2010 Dietary Guidelines for Americans and the ACSM's 2008 Physical Activity Guidelines for Americans; new RDA for calcium and vitamin D; more information on childhood obesity; the latest nutrition therapy recommendations for diabetes and chronic kidney disease from the American Diabetes Association and National Kidney Foundation, respectively; and research updates on dozens of other topics.

## CONTENTS

1. AN OVERVIEW OF NUTRITION. Highlight 1 Nutrition Information and Misinformation--On the Net and in the News. 2. PLANNING A HEALTHY DIET. Highlight 2 Vegetarian Diets. 3. DIGESTION, ABSORPTION, AND TRANSPORT. Highlight 3 Common Digestive Problems. 4. THE CARBOHYDRATES: SUGARS, STARCHES, AND FIBERS. Highlight 4 Carbs, kCalories, and Controversies. 5. THE LIPIDS: TRIGLYCERIDES, PHOSPHOLIPIDS, AND STEROLS. Highlight 5 High-Fat Foods--Friend or Foe?. 6. PROTEIN: AMINO ACIDS. Highlight 6 Nutritional Genomics. 7. METABOLISM: TRANSFORMATIONS AND INTERACTIONS. Highlight 7 Alcohol and Nutrition. 8. ENERGY BALANCE AND BODY COMPOSITION. Highlight 8 Eating Disorders. 9. WEIGHT MANAGEMENT: OVERWEIGHT, OBESITY, AND UNDERWEIGHT. Highlight 9 The Latest and Greatest Weight-Loss Diet--Again. 10. THE WATER-SOLUBLE VITAMINS: B VITAMINS AND VITAMIN C. Highlight 10 Vitamin and Mineral Supplements. 11. THE FAT-SOLUBLE VITAMINS: A, D, E, AND K. Highlight 11 Antioxidant Nutrients in Disease Prevention. 12. WATER AND THE MAJOR MINERALS. Highlight 12 Osteoporosis and Calcium. 13. THE TRACE MINERALS. Highlight 13 Phytochemicals and Functional Foods. 14. LIFE CYCLE NUTRITION: PREGNANCY AND LACTATION. Highlight 14 Fetal Alcohol Syndrome. 15. LIFE CYCLE NUTRITION: INFANCY, CHILDHOOD, AND ADOLESCENCE. Highlight 15 Childhood Obesity and the Early Development of Chronic Diseases. 16.

LIFE CYCLE NUTRITION: ADULTHOOD AND THE LATER YEARS. Highlight 16 Hunger and Community Nutrition. 17. NUTRITION CARE AND ASSESSMENT. Highlight 17 Nutrition and Immunity. 18. NUTRITION INTERVENTION. Highlight 18 Foodborne Illness. 19. MEDICATIONS, HERBAL PRODUCTS, AND DIET-DRUG INTERACTIONS. Highlight 19 Complementary and Alternative Medicine. 20. ENTERAL NUTRITION SUPPORT. Highlight 20 Inborn Errors of Metabolism. 21. PARENTERAL NUTRITION SUPPORT. Highlight 21 Ethical Issues in Nutrition Care. 22. METABOLIC AND RESPIRATORY STRESS. Highlight 22 Multiple Organ Dysfunction Syndrome. 23. UPPER GASTROINTESTINAL DISORDERS. Highlight 23 Dental Health and Chronic Illness. 24. LOWER GASTROINTESTINAL DISORDERS. Highlight 24 Probiotics and Intestinal Health. 25. LIVER DISEASE AND GALLSTONES. Highlight 25 Anemia in Illness. 26. DIABETES MELLITUS. Highlight 26 The Metabolic Syndrome. 27. CARDIOVASCULAR DISEASE. Highlight 27 Feeding Disabilities. 28. RENAL DISEASES. Highlight 28 Dialysis. 29. CANCER AND HIV INFECTION. Highlight 29 Food Allergies. Appendix A: Cells, Hormones, and Nerves. Appendix B: Basic Chemistry Concepts. Appendix C: Biochemical Structures and Pathways. Appendix D: Measures of Protein Quality. Appendix E: Nutrition Assessment. Appendix F: Physical Activity and Energy Requirements. Appendix G: Exchange Lists for Diabetes. Appendix H: Table of Food Composition. Appendix I: WHO: Nutrition Recommendations; Canada: Choice System and Guidelines. Appendix J: Healthy People 2020. Appendix K: Enteral Formulas. Glossary. Index. Aid to Calculations. Study Cards.

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**NEW EDITION!**

 CourseMate

 eBook

## **NUTRITION FOR HEALTH AND HEALTHCARE, 5E**

*Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco*

Current, practical information in a real-world context for future nurses and health care professionals. **NUTRITION FOR HEALTH AND HEALTH CARE** is a trusted text that demonstrates the important role of nutrition to future nurses and health care professionals in their future careers. The text begins by covering basic nutrition concepts and proceeds with clinical topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. Each chapter includes practical information, current research, and clinical practice guidelines for addressing nutrition concerns and incorporating nutrition into care plans. Use all of the valuable resources that accompany **NUTRITION FOR HEALTH AND HEALTH CARE** to prepare and manage your course.

### **NEW TO THIS EDITION**

- Coverage of new public health initiatives and recommendations, including Healthy People 2020 nutrition and weight status objectives, the 2010 \_Dietary Guidelines for Americans\_, MyPlate, and vitamin D and calcium recommendations.
- Coverage of the latest research on the causes and classification of malnutrition, the impact of the built environment on lifestyle and health, the degree of energy restriction required for weight loss, potassium and hypertension, magnesium and disease, benefits of alcohol intake, the clinical effects of altering omega-3 and omega-6 fatty acid intakes, hypocaloric feeding of obese critical care patients, medical treatment of kidney stones, and many other topics.
- Information on emerging trends, such as nutrient profiling, oral supplement products and use, and

“room service style” hospital foodservice.

- New figures or photos depicting food package health claims, complex carbohydrate structures, dietary sources of added sugars and solid fats, food choices that saturated with unsaturated fats, pressure sores, and acute effects of insulin deficiency.
- New “How To” feature providing suggestions for reducing added sugars intake.
- New tables on recognizing solid fats on food labels, identifying weight-loss scams, fat- versus water-soluble vitamins, tips for consuming phytochemicals, breast feeding benefits, disorders of nutrient metabolism, prevention of oral disease, high-phosphorus foods, and menus for chronic kidney disease patients.

### **FEATURES**

- Updated “Nutrition in Practice” features at the end of every chapter focus on popular trends in the field related to the chapter material.
- Thoroughly updated with the latest nutrition research and clinical practice guidelines, including information on the \_Dietary Guidelines for Americans\_, obesity/ bariatrics, nutrition therapy for chronic kidney disease, and much more.
- Updated examples of nursing diagnoses, new sample menus, and updated therapeutic diet tables connect nutrition concepts to practical patient care.
- Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. Watch student comprehension soar as your class works with the printed textbook and the textbook-specific website. Nutrition CourseMate goes beyond the book to deliver what you need! Learn more at [cengage.com/coursemate](http://cengage.com/coursemate)

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1. Overview of Nutrition and Health.
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7. Weight Management: Overweight and Underweight.
8. The Vitamins.
9. Water and the Minerals.
10. Nutrition through the Life Span: Pregnancy and Infancy.
11. Nutrition through the Life Span: Childhood and Adolescence.
12. Nutrition through the Life Span: Later Adulthood.
13. Nutrition Care and Assessment.
14. Nutrition Intervention and Diet-Drug Interactions.
- 15.

Enteral and Parenteral Nutrition Support. 16. Nutrition in Metabolic and Respiratory Stress. 17. Nutrition and Upper Gastrointestinal Disorders. 18. Nutrition and Lower Gastrointestinal Disorders. 19. Nutrition and Liver Diseases. 20. Nutrition and Diabetes Mellitus. 21. Nutrition and Disorders of the Heart and Blood Vessels. 22. Nutrition and Renal Diseases. 23. Nutrition, Cancer, and HIV Infection. Appendix A: Table of Food Composition. Appendix B: WHO: Nutrition Recommendations; Canada: Guidelines and Meal Planning. Appendix C: Exchange Lists for Diabetes. Appendix D: Physical Activity and Energy Requirements. Appendix E: Nutrition Assessment: Supplemental Information. Appendix F: Aids to Calculation. Appendix G: Enteral Formulas. Appendix H: Answers to Self Check. Glossary.

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eBook

## NUTRITION THERAPY AND PATHOPHYSIOLOGY, 2E

Marcia Nahikian Nelms, *The Ohio State University*; Kathryn P. Sucher, *San Jose State University, Dept of Food and Nutrition*; Karen Lacey, *University of Wisconsin - Green Bay*; Sara Long Roth, *Southern Illinois University*

NUTRITION THERAPY AND PATHOPHYSIOLOGY, 2e provides a comprehensive focus on pathophysiology and medical treatment with a thorough review of the most current research and application of evidence-based nutritional care for students, clinicians and researchers. The Second Edition not only continues to provide an all-in-one resource for the study of nutrition therapy, but also more closely integrates the nutrition care process through a reorganization of chapters and its pedagogy. NUTRITION THERAPY AND PATHOPHYSIOLOGY strives to educate students about not only facts and theories that comprise

current medical knowledge, but also the process of skill development that empowers students to grow in expertise within their field.

### NEW TO THIS EDITION

- Reorganized chapters (especially in Part IV: Nutrition Therapy) more closely mirror the steps of the nutrition care process.
- New! Chapter 4: Nutrition Intervention builds on the intervention terminology in Chapter 2 to explain the process of developing interventions, and includes coverage of both nutrition education and nutrition counseling with a focus on their use in acute care.
- Chapter 9: Cellular and Physiological Response to Injury: The Role of the Immune System integrates basic concepts of cellular injury, the physiological response, and immunology by combining Chapters 10 and 12 from the first edition to illustrate how the immune response occurs alongside this physiological response to injury and disease.
- Nutrition therapy within each systems chapter has been augmented with an emphasis on real-life application of the standards in patient care and has been updated with the latest evidence-based practice to prepare students to apply the nutrition therapy guidelines when interacting with patients and other health professionals.
- Moved from the appendix into each chapter, specific diets and food recommendations present a clear picture of which foods are recommended for or excluded from therapeutic diets in order to achieve the desired energy and nutrient levels.
- New “Life Cycle Perspectives” boxes focus on nutrition therapy for pediatric and pregnant clients to help students understand the ways nutrition therapy for certain conditions is individualized to meet the special needs of infants, children, and/or pregnant women.

### FEATURES

- Ideal coverage for instructors who want a text focused on “clinical” or “diet therapy” topics without the basic nutrition chapters.
- An emphasis on pathophysiology clearly connects nutrition therapy practices and expected outcomes to underlying disease processes at each level of organization, from cells to organ systems.
- In-chapter boxes throughout the text focus students on topics related to clinical applications, research,

brief historical developments in nutrition, and nutrition therapy for special populations.

- “Practitioner Interviews” provide real-life perspectives on working with patients in different specializations as well as advice for dietetic interns.

## CONTENTS

PART I: THE ROLE OF NUTRITION THERAPY IN HEALTH CARE. 1. Chapter 1 Role of the Dietitian in the Health Care System. PART II: THE NUTRITION CARE PROCESS. 2. The Nutrition Care Process. 3. Nutrition Assessment: Foundation of the Nutrition Care Process. 4. Nutrition Intervention. 5. Methods of Nutrition Support. 6. Nutrition Monitoring and Evaluation: Documentation of the Nutrition Care Process. PART III: INTRODUCTION TO PATHOPHYSIOLOGY. 7. Fluid and Electrolyte Balance. 8. Acid-Base Balance. 9. Cellular and Physiological Response to Injury: The Role of the Immune System. 10. Nutritional Genomics. 11. Pharmacology. PART IV: NUTRITION THERAPY. 12. Energy Balance and Body Weight. 13. Diseases of the Cardiovascular System. 14. Diseases of the Upper Gastrointestinal Tract. 15. Diseases of the Lower Gastrointestinal Tract. 16. Diseases of the Liver, Gallbladder, and Exocrine Pancreas. 17. Diseases of the Endocrine System. 18. Diseases of the Renal System. 19. Diseases of Hematological System. 20. Diseases and Disorders of the Neurological System. 21. Diseases of the Respiratory System. 22. Metabolic Stress and the Critically Ill. 23. Neoplastic Disease. 24. HIV and AIDS. 25. Diseases of the Musculoskeletal System. 26. Metabolic Disorders.

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**NEW EDITION!**

eBook

## STUDY GUIDE FOR WHITNEY/DEBRUYNE/PINNA/ROLFES' NUTRITION FOR HEALTH AND HEALTHCARE, 5E

*Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco*

The study guide provides students with a detailed review of chapter material, reiterating chapter objectives and key concepts. The guide challenges students with a variety of exercises designed to test their recall of chapter material and assist them with exam preparation. The fifth edition is thoroughly updated and includes new short answer and discussion items.

© 2014, 272pp, Paperback, 9781133600589

## NUTRITION COUNSELING



eBook

## NUTRITION COUNSELING AND EDUCATION SKILL DEVELOPMENT, INTERNATIONAL EDITION, 2E

*Kathleen D. Bauer, Montclair State University; Doreen Liou, Montclair State University; Carol A. Sokolik*

BASIC NUTRITION COUNSELING SKILL DEVELOPMENT, 2E, International Edition is a step-by-step guide to help entry-level practitioners through the basic components

involved in changing food behavior and improving nutritional status. This book provides nutritional professionals with a solid foundation of counseling and education principles, opportunities to practice new skills, and knowledge of evaluation methodologies in an organized, accessible, and engaging approach. The author's clear style helps readers translate theoretical perspectives on nutrition counseling into actual effective dialogues between client and counselor to influence client knowledge, skills, and attitudes. In addition, since the goals and objectives of nutrition counselors and educators complement each other, the scope of this text has expanded to include elements unique to nutrition education.

### NEW TO THIS EDITION

- **Keys to Nutrition Education Interventions.** Since nutrition education and counseling share many commonalities, Chapters 11 and 12 expands the scope of the second edition by incorporating principles of nutrition education.
- **Nutrition Care Process (NCP).** Chapter 5 provides an overview of the American Dietetic Association NCP and chapter 2 reviews the theoretical approaches covered in the NCP intervention guidelines. Emphasis is placed on developing PES (Problem-Etiology-Symptom) statements and ADIME (Assessment, Diagnosis, Intervention, Monitoring and Evaluation) documentation.
- **Expansion of Motivational Interviewing (MI).** Using MI to influence health behaviors has become widely accepted. The review of the approach found in Chapter 2 is covered in more depth than the first edition. As in the first edition, the Nutrition Counseling Motivation Algorithm found in Chapter 4 uses the guiding tenets of MI.
- **Incorporation of Factors Influencing Food Behavior.** Chapter 1 explores the multitude of factors affecting food behavior.
- **Expansion of Communication with Diverse Population Groups.** Chapter 9 explores the meaning of cultural competence in the health care arena and examines special counseling, education, and communication issues related to selected populations groups.
- **Expansion of Group Facilitation and Group Counseling.** In order to accommodate learning experiences related to group work, chapter 10 has been added to explore the effectiveness of this strategy.

- **New! Global Nutrition Watch** accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

### FEATURES

- **Practical examples:** Recognizing that nutrition education and counseling takes place in a variety of settings, concrete examples, case studies, and first person accounts are presented representing a variety of wellness, private practice and institutional settings.
- **Action based learning:** Exercises are integrated into the text to give students ample opportunity and encouragement to interact with the concepts covered in each chapter. Each chapter has a culminating assignment and a case study that integrates all or most of the major topics covered throughout the chapter. Instructors can choose to assign the activities to be done individually at home or used as classroom activities.
- **Evidence-based approaches,** grounded in behavior change models and theories, found to be effective for educational and counseling interventions are analyzed and integrated into skill development exercises.

### CONTENTS

PART I: AN INTRODUCTION TO WEIGHT MANAGEMENT. 1. Overweight, Underweight, and Obesity. 2. Assessment Approaches in Weight Management. PART II: METABOLIC AND PHYSIOLOGICAL ASPECTS OF WEIGHT MANAGEMENT. 3. Energy Metabolism. 4. Regulation of Eating Behavior and Body Weight. PART III: NUTRITION FOR HEALTH AND WEIGHT MANAGEMENT. 5. The Energy Nutrients and Weight Management. 6. Vitamins, Minerals, and Water. PART IV: PHYSICAL ACTIVITY FOR HEALTH AND WEIGHT MANAGEMENT. 7. Physical Activity and Exercise: The Basics. 8. Physical Activity, Health, and Weight Management. PART V: APPROACHES TO WEIGHT MANAGEMENT. 9. Behavioral Approaches to Weight Management. 10. Nonbehavioral Approaches to Weight Management. PART V: IDENTIFICATION, PREVENTION, AND TREATMENT OF EATING DISORDERS AND CHILDHOOD OBESITY. 11. Eating Disorders. 12. Childhood Obesity.

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## NUTRITION FOR NURSING/DIET THERAPY



CourseMate

eBook

### NUTRITION AND DIET THERAPY (WITH INFOTRAC® 1-SEMESTER, PREMIUM WEB SITE PRINTED ACCESS CARD), 7E

Linda Kelly DeBruyne; Eleanor Noss Whitney; Kathryn Pinna, City  
College of San Francisco

NUTRITION AND DIET THERAPY is the only text organized by diets rather than by organ systems or disease states and distinguishes itself through rich pedagogical features that get students to apply their knowledge as they are learning it. It provides core nutrition concepts and up-to-date clinical content at a level that is accessible to the range of health care team members who are responsible for a client's nutrition needs. The text provides the basic facts and a wealth of practical information readers need to assume their responsibility for nutrition care.

#### NEW TO THIS EDITION

- NUTRITION AND DIET THERAPY is the only diet therapy text organized by diets. It is also broken into four distinct parts (basic nutrition, nutrition through the life cycle, nutrition in health care, and diet therapy) and gets students involved in their learning by including chapter reviews, applications, case studies, and calculation practice. This text will get students in the position of success for future careers in nutrition therapy.
- Thoroughly updated, the text covers the latest research and highlights in nutrition and diet therapy, including information on the nutrition care process, bariatric surgery, inflammatory bowel diseases, and new nutrition guidelines for most major chronic diseases.

- The text has been reorganized to make it leaner and better focused on the content students need to know to be successful in their future careers. The text has been resigned into 25 chapters (vs. the previous 28), with a new Chapter 15 on "Illness and Nutrition Care, and Chapter 17 on "Specialized Nutrition Support: Enteral and Parental Nutrition."
- Reviewer-praised Nutrition in Practice features at the end of every chapter explore current topics and specialty areas in fascinating detail. NEW topics in this edition include: "Figuring Out Fats," "Food-borne Illnesses," "Fad Diets," and "Probiotics and Intestinal Health."
- "How To" boxes include step-by-step guides to estimations, calculations, and other facets of diet planning. Students are able to apply their critical thinking and mathematical skills.
- DIET ANALYSIS PLUS 8.0, available online and on a Win/Mac CD-ROM, this updated diet analysis program includes over 22,000 foods, over seven reports for analysis, the ability to add foods, create multiple patient profiles, and even create recipes! For more information and ordering instructions, visit [academic.cengage.com/nutrition](http://academic.cengage.com/nutrition) or contact your local Cengage Learning representative.
- Interested in creating a text that fits your course syllabus more specifically? Custom publishing is a great option for doing just that. Pick and organize the chapters as you wish. For more information about custom options, contact your local Wadsworth representative or call 800-423-0563. Restrictions do apply.

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## NUTRITION AND DIET THERAPY, INTERNATIONAL EDITION, 8E

Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco;  
Eleanor Noss Whitney

NUTRITION AND DIET THERAPY, 8e, International Edition is unique in its organization by diets rather than by organ systems or disease states and distinguishes itself through rich pedagogical features that require students to apply their knowledge as they learn it. This text provides core nutrition concepts and up-to-date clinical content at a level that is accessible to the range of health care team members who are responsible for a client's nutrition needs. NUTRITION AND DIET THERAPY, 8e, International Edition provides the basic facts and a wealth of practical information readers need to assume their responsibility for nutrition care.

### NEW TO THIS EDITION

- New Cengage Learning's Nutrition CourseMate\* brings course concepts to life with interactive learning, study, and exam preparation tools that support NUTRITION AND DIET THERAPY, 8e, International Edition. Instructors can easily track students participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook.
- New personal nutrition and health recommendations:\* The latest authoritative recommendations, including the 2010 Dietary Guidelines for Americans, new RDA for calcium and vitamin D, the 2008 Physical Activity Guidelines for Americans, and guidelines from the American Heart Association and American Cancer Society.
- New evidence-based practice guidelines:\* Up-to-date Institute of Medicine pregnancy weight gain goals for obese women; vitamin D recommendations for infants and children from the American Academy

of Pediatrics; and nutrition therapy guidelines for diabetes and chronic kidney disease from the American Diabetes Association and National Kidney Foundation, respectively.

- Reorganization of key topics:\* Updated discussions of protein turnover and functions, bariatric surgery, and viral hepatitis; parallel placement of the risks of overweight and underweight; and relocation of several “Nutrition in Practice” features to better align with the main chapter topics.
- New and enhanced pedagogy:\* More detailed reference tables and new sample menus for therapeutic diets; new tables presenting vegetarian sources of key nutrients and physical activity strategies for weight management; reorganized tables on fat-controlled and gluten-free diets; redesigned Diet-Drug Interactions features.
- New and enhanced figures and photos\* to help students visualize key topics.

## FEATURES

- NUTRITION AND DIET THERAPY, 8e, International Edition is organized by diets and broken into four distinct parts (basic nutrition, nutrition through the life cycle, nutrition in health care, and diet therapy).
- Reviewer-praised “Nutrition in Practice” features appear at the end of every chapter and explore current topics and specialty areas that relate to students’ future careers.
- “How To” boxes include step-by-step guides to estimations, calculations, and other facets of diet planning. Students are able to apply their critical thinking and mathematical skills.
- Sample menus provide students with practical examples of meals tailored to meet the nutritional needs of an individual with a specific medical condition. New sample menus for therapeutic diets are included in this edition.

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PART I: BASIC NUTRITION. 1. Overview of Nutrition and Health. Nutrition in Practice: Finding the Truth about Nutrition. 2. Carbohydrates. Nutrition in Practice: The Glycemic Index in Nutrition Practice. 3. Lipids. Nutrition in Practice: Figuring Out Fats. 4. Proteins and Amino Acids. Nutrition in Practice: Vegetarian Diets. 5. Digestion and Absorption. Nutrition in Practice: Food Safety. 6. Metabolism,

Energy Balance, and Body Composition. Nutrition in Practice: Eating Disorders. 7. Weight Management: Overweight and Underweight. Nutrition in Practice: Fad Diets. 8. The Vitamins. Nutrition in Practice: Phytochemicals and Functional Foods. 9. Water and the Minerals. Nutrition in Practice: Vitamin and Mineral Supplements. 10. Fitness and Nutrition. Nutrition in Practice: Supplements and Ergogenic Aids Athletes Use. PART II: NUTRITION THROUGHOUT LIFE. 11. Nutrition through the Life Span: Pregnancy and Lactation. Nutrition in Practice: Encouraging Successful Breastfeeding. 12. Nutrition Through the Life Span: Infancy, Childhood, and Adolescence. Nutrition in Practice: Childhood Obesity and the Early Development of Chronic Diseases. 13. Nutrition Through The Life Span: Later Adulthood. Nutrition in Practice: Hunger and Community Nutrition. PART III: NUTRITION IN HEALTH CARE. 14. Illness and Nutrition Care. Nutrition in Practice: Nutritional Genomics. 15. Medications, Herbal Supplements, and Diet-Drug Interactions. Nutrition in Practice: Complementary and Alternative Therapies. 16. Specialized Nutrition Support: Enteral and Parenteral Nutrition. Nutrition in Practice: Inborn Errors of Metabolism. PART IV: MEDICAL NUTRITION THERAPY. 17. Foods and Food Consistency for Upper GI Disorders. Nutrition in Practice: Oral Health. 18. Fiber-Modified Diets for Lower Gastrointestinal Tract Disorders. Nutrition in Practice: Probiotics and Intestinal Health. 19. Carbohydrate- and Fat-Modified Diets for Malabsorption. Nutrition in Practice: Anemia in Illness. 20. Nutrition Therapy for Liver and Gallbladder Diseases. Nutrition in Practice: Alcohol in Health and Disease. 21. Carbohydrate-Controlled Diets for Diabetes Mellitus. Nutrition in Practice: The Metabolic Syndrome. 22. Fat-Controlled, Mineral-Modified Diets for Cardiovascular Diseases. Nutrition in Practice: Helping People with Feeding Disabilities. 23. Protein-, Mineral-, and Fluid-Modified Diets for Kidney Diseases. Nutrition in Practice: Dialysis. 24. Energy- and Protein-Modified Diets for Metabolic and Respiratory Stress. Nutrition in Practice: Multiple Organ Dysfunction Syndrome. 25. Energy- and Protein-Modified Diets for Cancer and HIV Infection. Nutrition in Practice: Ethical Issues in Nutrition Care. APPENDIX A: Table of Food Composition. APPENDIX B: WHO: Nutrition Recommendations; Canada: Guidelines and Meal Planning. APPENDIX C: Exchange Lists for

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## NUTRITION FOR HEALTH AND HEALTH CARE, INTERNATIONAL EDITION, 4E

*Ellie Whitney; Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco; Sharon Rady Rolfes*

Current, practical information in a real-world context for future nurses and health care professionals. NUTRITION FOR HEALTH AND HEALTH CARE, 4e, International Edition is a trusted text that demonstrates the important role of nutrition to future nurses and health care professionals in their future careers. The text begins by covering basic nutrition concepts and followed by clinical topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. Each chapter includes practical information, current research, and clinical practice guidelines for addressing nutrition concerns and incorporating nutrition into care plans. Use all of the valuable resources that accompany NUTRITION FOR HEALTH AND HEALTH CARE, 4e, International Edition to prepare and manage your course.

### NEW TO THIS EDITION

- New Updated “Nutrition in Practice” features at the end of every chapter focus on popular trends in the field related to the chapter material. New topics include food safety (Chapter 2), expanded coverage on childhood obesity (Chapter 11), and probiotics (Chapter 18).

- New Thoroughly updated with the latest nutrition research and clinical practice guidelines, including information on physical activity recommendations, obesity/bariatrics, nutrition therapy for liver disease, and much more.
- New examples of nursing diagnoses, new sample menus, and updated therapeutic diet tables connect nutrition concepts to practical patient care.
- New Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. Watch student comprehension soar as your class works with the printed textbook and the textbook-specific website. Nutrition CourseMate goes beyond the book to deliver what you need! Learn more at [cengage.com/coursemate](http://cengage.com/coursemate)

### FEATURES

- “Review Notes” provide concise bulleted reviews of content in the main sections within each chapter.
- “Case Study” boxes in the clinical chapters encourage students to explore how the information presented in the chapter can be applied to real-world situations.
- NCLEX review questions appear in end-of-chapter material to help students better prepare for the national nursing exam.
- The “Nursing Diagnosis” marginal features can help nursing students correlate nutrition care with nursing care.
- “Nutrition Assessment Checklist” boxes highlight the assessment parameters particularly relevant to specific stages of the life cycle or groups of disorders.
- “Clinical Application” sections encourage readers to practice mathematical calculations, synthesize information from previous chapters, or understand how dietary modifications affect patients.

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**NEW EDITION!**

 CourseMate

 eBook

## **NUTRITION FOR HEALTH AND HEALTHCARE, 5E**

*Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco*

Current, practical information in a real-world context for future nurses and health care professionals. **NUTRITION FOR HEALTH AND HEALTH CARE** is a trusted text that demonstrates the important role of nutrition to future nurses and health care professionals in their future careers. The text begins by covering basic nutrition concepts and proceeds with clinical topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. Each chapter includes practical information, current research, and clinical practice guidelines for addressing nutrition concerns and incorporating nutrition into care plans. Use all of the valuable resources that accompany **NUTRITION FOR HEALTH AND HEALTH CARE** to prepare and manage your course.

### **NEW TO THIS EDITION**

- Coverage of new public health initiatives and recommendations, including Healthy People 2020 nutrition and weight status objectives, the 2010 \_Dietary Guidelines for Americans\_, MyPlate, and vitamin D and calcium recommendations.
- Coverage of the latest research on the causes and classification of malnutrition, the impact of the built environment on lifestyle and health, the degree of energy restriction required for weight loss, potassium and hypertension, magnesium and disease, benefits of alcohol intake, the clinical effects of altering omega-3 and omega-6 fatty acid intakes, hypocaloric feeding of obese critical care patients, medical treatment of kidney stones, and many other topics.
- Information on emerging trends, such as nutrient profiling, oral supplement products and use, and

“room service style” hospital foodservice.

- New figures or photos depicting food package health claims, complex carbohydrate structures, dietary sources of added sugars and solid fats, food choices that saturated with unsaturated fats, pressure sores, and acute effects of insulin deficiency.
- New “How To” feature providing suggestions for reducing added sugars intake.
- New tables on recognizing solid fats on food labels, identifying weight-loss scams, fat- versus water-soluble vitamins, tips for consuming phytochemicals, breast feeding benefits, disorders of nutrient metabolism, prevention of oral disease, high-phosphorus foods, and menus for chronic kidney disease patients.

## FEATURES

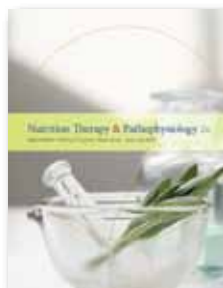
- Updated “Nutrition in Practice” features at the end of every chapter focus on popular trends in the field related to the chapter material.
- Thoroughly updated with the latest nutrition research and clinical practice guidelines, including information on the \_Dietary Guidelines for Americans\_, obesity/ bariatrics, nutrition therapy for chronic kidney disease, and much more.
- Updated examples of nursing diagnoses, new sample menus, and updated therapeutic diet tables connect nutrition concepts to practical patient care.
- Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. Watch student comprehension soar as your class works with the printed textbook and the textbook-specific website. Nutrition CourseMate goes beyond the book to deliver what you need! Learn more at [cengage.com/coursemate](http://cengage.com/coursemate)

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Enteral and Parenteral Nutrition Support. 16. Nutrition in Metabolic and Respiratory Stress. 17. Nutrition and Upper Gastrointestinal Disorders. 18. Nutrition and Lower Gastrointestinal Disorders. 19. Nutrition and Liver Diseases. 20. Nutrition and Diabetes Mellitus. 21. Nutrition and Disorders of the Heart and Blood Vessels. 22. Nutrition and Renal Diseases. 23. Nutrition, Cancer, and HIV Infection. Appendix A: Table of Food Composition. Appendix B: WHO: Nutrition Recommendations; Canada: Guidelines and Meal Planning. Appendix C: Exchange Lists for Diabetes. Appendix D: Physical Activity and Energy Requirements. Appendix E: Nutrition Assessment: Supplemental Information. Appendix F: Aids to Calculation. Appendix G: Enteral Formulas. Appendix H: Answers to Self Check. Glossary.

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eBook

## NUTRITION THERAPY AND PATHOPHYSIOLOGY, 2E

*Marcia Nahikian Nelms, The Ohio State University; Kathryn P. Sucher, San Jose State University, Dept of Food and Nutrition; Karen Lacey, University of Wisconsin - Green Bay; Sara Long Roth, Southern Illinois University*

NUTRITION THERAPY AND PATHOPHYSIOLOGY, 2e provides a comprehensive focus on pathophysiology and medical treatment with a thorough review of the most current research and application of evidence-based nutritional care for students, clinicians and researchers. The Second Edition not only continues to provide an all-in-one resource for the study of nutrition therapy, but also more closely integrates the nutrition care process through a reorganization of chapters and its pedagogy. NUTRITION THERAPY AND PATHOPHYSIOLOGY strives to educate students about not only facts and theories that comprise



current medical knowledge, but also the process of skill development that empowers students to grow in expertise within their field.

### NEW TO THIS EDITION

- Reorganized chapters (especially in Part IV: Nutrition Therapy) more closely mirror the steps of the nutrition care process.
- New! Chapter 4: Nutrition Intervention builds on the intervention terminology in Chapter 2 to explain the process of developing interventions, and includes coverage of both nutrition education and nutrition counseling with a focus on their use in acute care.
- Chapter 9: Cellular and Physiological Response to Injury: The Role of the Immune System integrates basic concepts of cellular injury, the physiological response, and immunology by combining Chapters 10 and 12 from the first edition to illustrate how the immune response occurs alongside this physiological response to injury and disease.
- Nutrition therapy within each systems chapter has been augmented with an emphasis on real-life application of the standards in patient care and has been updated with the latest evidence-based practice to prepare students to apply the nutrition therapy guidelines when interacting with patients and other health professionals.
- Moved from the appendix into each chapter, specific diets and food recommendations present a clear picture of which foods are recommended for or excluded from therapeutic diets in order to achieve the desired energy and nutrient levels.
- New “Life Cycle Perspectives” boxes focus on nutrition therapy for pediatric and pregnant clients to help students understand the ways nutrition therapy for certain conditions is individualized to meet the special needs of infants, children, and/or pregnant women.

### FEATURES

- Ideal coverage for instructors who want a text focused on “clinical” or “diet therapy” topics without the basic nutrition chapters.
- An emphasis on pathophysiology clearly connects nutrition therapy practices and expected outcomes to underlying disease processes at each level of organization, from cells to organ systems.
- In-chapter boxes throughout the text focus students on topics related to clinical applications, research,

brief historical developments in nutrition, and nutrition therapy for special populations.

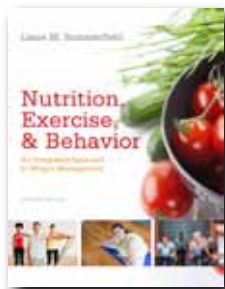
- “Practitioner Interviews” provide real-life perspectives on working with patients in different specializations as well as advice for dietetic interns.

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# NUTRITION/EXERCISE & WEIGHT MANAGEMENT



eBook

## NUTRITION, EXERCISE, AND BEHAVIOR, 2E

### An Integrated Approach to Weight Management

Liane M. Summerfield, Marymount University

Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management is designed for students and professionals in a variety of disciplines who need to understand the basic principles of weight management. It incorporates a multifaceted, public health approach to issues of weight management—examining not only individual factors, but societal, family, and environmental factors contributing to eating disorders and overweight/obesity. The text includes detailed coverage of assessment techniques, behavioral and non-behavioral treatment approaches, and prevention strategies.

#### NEW TO THIS EDITION

- New! A Case Study is integrated in each chapter with multiple parts and discussion questions which promote active learning and application of material to real-life scenarios.
- Chapter reorganization moved Chapter 3: Energy Metabolism and Chapter 4: Regulation of Eating Behavior and Body Weight to the beginning of the text in order to provide readers an earlier introduction to the concepts of energy transformation in the body, the components of energy expenditure, and the roles of body systems and genetics in determining how and where we store fat.
- Chapter 5: The Energy Nutrients and Weight Management contains a new section on dietary approaches to weight management.

- New! A sixth section was added to include two new chapters. Chapter 11: Eating Disorders covers identification, prevention, and treatment of eating disorders. Chapter 12: Childhood Obesity was completely rewritten due to the rising rates of childhood obesity. It focuses exclusively on primary, secondary, and tertiary prevention of childhood obesity.
- New! Global Nutrition Watch accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

#### FEATURES

- The text applies concepts from a variety of areas, including nutrition and exercise physiology, to present a comprehensive view of the issues involved in overall weight management.
- Each chapter concludes with a Highlight that explores topics related to the chapter material, such as “The Impact of Low-Fat Foods and Fat Substitutes on Eating Behaviors” in Chapter 4 and “The Value of Physical Activity Through the Life Span” in Chapter 8.
- Personal Self Study features throughout the chapters, such as “Calculate Your BMI” in Chapter 1 and “Reflect on Your Own Biological Makeup” in Chapter 7, encourage students to apply the concepts presented to analyze their own lifestyles, behaviors, and situations. Answers to some of the exercises are provided at the ends of the chapters.

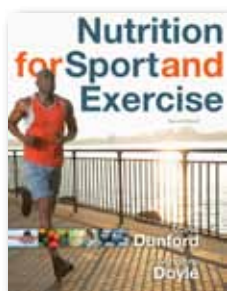
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PART I: AN INTRODUCTION TO WEIGHT MANAGEMENT. 1. Overweight, Underweight, and Obesity. 2. Assessment Approaches in Weight Management. PART II: METABOLIC AND PHYSIOLOGICAL ASPECTS OF WEIGHT MANAGEMENT. 3. Energy Metabolism. 4. Regulation of Eating Behavior and Body Weight. PART III: NUTRITION FOR HEALTH AND WEIGHT MANAGEMENT. 5. The Energy Nutrients and Weight Management. 6. Vitamins, Minerals, and Water. PART IV: PHYSICAL ACTIVITY FOR HEALTH AND WEIGHT MANAGEMENT. 7. Physical Activity and Exercise: The Basics. 8. Physical Activity, Health, and Weight Management. PART V: APPROACHES TO WEIGHT

MANAGEMENT. 9. Behavioral Approaches to Weight Management. 10. Non-behavioral Approaches to Weight Management. PART VI: IDENTIFICATION, PREVENTION, AND TREATMENT OF EATING DISORDERS AND CHILDHOOD OBESITY. 11. Eating Disorders. 12. Childhood Obesity.

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## SPORTS NUTRITION



CourseMate

eBook

### NUTRITION FOR SPORT AND EXERCISE, 2E

Marie Dunford, Formerly of the Department of Food Science and Nutrition, California State University, Fresno; J. Andrew Doyle, Department of Kinesiology and Health, Georgia State University

Insightful, well-organized, and clearly written, **NUTRITION FOR SPORT AND EXERCISE**, 2nd Edition integrates nutrition and exercise physiology principles, emphasizing scientific reasoning and examining research studies to illuminate the evidence for current nutritional recommendations. The authors carefully illustrate the connections between exercise, nutrition, and the ultimate goals--optimal performance and health. In addition to explaining the rationale behind the recommendations made to athletes, this text helps instructors and students translate these recommendations to specific plans for the appropriate amount and type of foods, beverages, and/or supplements to support training, performance, and recovery. First and foremost, this book is scientifically sound and evidence-based, but it also is filled with practical nutrition information to demonstrate the application of the material.

### NEW TO THIS EDITION

- The new edition includes the most current, cutting-edge scientific information, up-to-date guidelines, and evidence-based recommendations.
- NEW! Focus on Research is designed to help students understand research methods and results as well as highlighting the significance and application of those results.
- NEW! The Application exercise gives students a brief scenario, along with questions, and encourages them to apply the information that they have read.
- NEW! Key points and review questions at the end of each major section assist students in identifying the important information from that last section and test their mastery of that information.
- New! Global Nutrition Watch accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

### FEATURES

- Emphasizes the scientific basis for sports nutrition recommendations. Uses current research studies of trained athletes to help students interpret and apply scientific data.
- Integrates nutrition and exercise physiology by explaining basic physiology principles, the physiological responses and adaptations the body has to exercise training and the effects of training on nutritional requirements.
- Provides scientific and practical information about the use of dietary supplements to enhance training and improve performance. Addresses the legality, ethics, safety and effectiveness of a variety of supplements popular with athletes.
- Emphasizes the development of a comprehensive nutrition plan (i.e. nutrition periodization) to meet the individual needs of athletes in training. Illustrates the translation of broad nutritional recommendations and guidelines to specific foods, beverages, snacks and meals with practical, real-life examples for many different sports.
- Two chapters are devoted to the topic of energy to explore difficult concepts in detail, giving students more time to grasp this fundamental information.

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1. Introduction to Sports Nutrition. 2. Defining and Measuring Energy. 3. Energy Systems and Exercise. 4. Carbohydrates. 5. Proteins. 6. Fats. 7. Water and Electrolytes. 8. Vitamins. 9. Minerals. 10. Diet-Planning: Food First, Supplements Second. 11. Weight and Body Composition. 12. Disordered Eating and Exercise Patterns in Athletes. 13. Diet and Exercise for Lifelong Fitness and Health.

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**NEW EDITION!**

 CourseMate

 eBook

## NUTRITION FOR SPORT AND EXERCISE, 3E

Marie Dunford, *Formerly of the Department of Food Science and Nutrition, California State University, Fresno*; J. Andrew Doyle, *Department of Kinesiology and Health, Georgia State University*

Insightful, well-organized, and clearly written, **NUTRITION FOR SPORT AND EXERCISE**, 3rd Edition, integrates nutrition and exercise physiology principles, emphasizing scientific reasoning and examining research studies to illuminate the evidence for current nutritional recommendations. The authors carefully illustrate the connections between exercise, nutrition, and, the ultimate goals: optimal performance and health. In addition to explaining the rationale behind the recommendations made to athletes, this text helps instructors and students translate these recommendations to specific plans for the appropriate amount and type of foods, beverages, and/or supplements to support training, performance, and recovery. First and foremost, this book is scientifically sound and evidence-based, but it also is filled with practical nutrition information to demonstrate the application of the material.

## NEW TO THIS EDITION

- Learning Objectives mapped to #1 heads.
- End-of-chapter quizzes are mapped to the chapter's Learning Objectives.
- Features updated to work more efficiently in electronic format so that students with an eBook have a learning experience on par with those with a traditional text.
- All chapters updated to reflect current research so students get the most accurate and timely information available.
- This edition will have a MindTap Reader.

## FEATURES

- The new edition includes the most current, cutting-edge scientific information, up-to-date guidelines, and evidence-based recommendations to ensure that your students have the most accurate, timely and relevant information available.
- Focus on Research helps students understand research methods and results as well as highlighting the significance and application of those results.
- Application exercises give students a brief scenario, along with questions, and encourage them to apply the information that they have read.
- Key points and review questions at the end of each major section assist students in identifying the important information from that last section and test their mastery of that information.
- Emphasizes the scientific basis for sports nutrition recommendations and uses current research studies of trained athletes to help students interpret and apply scientific data.

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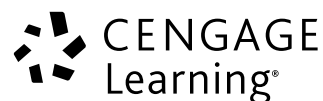
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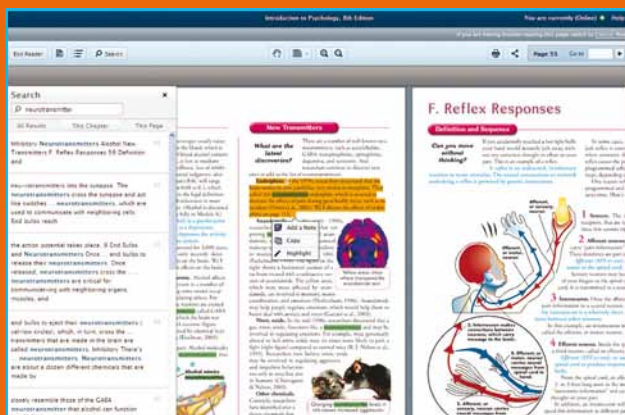
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