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Physical Education

Higher Education Catalog 2021–22

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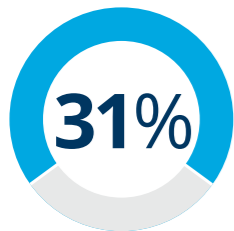


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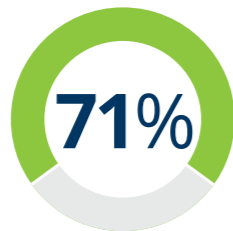


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GENERAL HEALTH

HEALTH EDUCATION

NEW EDITION

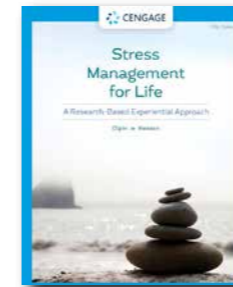
STRESS MANAGEMENT FOR LIFE, 5E

A Research-Based Experiential Approach

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

© 2021, 432pp, Paperback, 9780357363966

CENGAGE | MINDTAP ebook



Finally, a textbook that you don't mind reading. In fact, you'll probably share it with your stressed-out family and friends. And when the class has finished, you probably won't sell it back. **STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL**

APPROACH, 5th Edition, and the accompanying stress-reducing audio files, contain all the leading-edge tools, principles, and experiences you need to help you profoundly reduce and even prevent stress. More than just a book about how to manage stress, this book offers you a life-changing experience. If you're tired of headaches, difficulties sleeping, feeling burned out or depressed, or experiencing a host of other chronic stress symptoms; if you'd like to master mindfulness, meditation, yoga, positive self-talk, find meaning, manage your time, and dozens of other stress-managing tools, this is the only stress management book you'll ever need.

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. The Power of Perception. 6. Thinking and Choosing. 7. Mindfulness. 8. Managing Emotions. 9. The

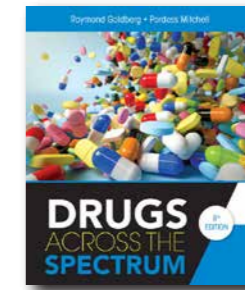
Importance of Values. 10. Spirituality. 11. Time and Life Management. 12. Money Matters. 13. Social Support, Relationships, and Communication. 14. Creating a Healing Environment. 15. Healthy Lifestyles. **PART IV: STRESS-REDUCTION TECHNIQUES.** 16. Introduction to Relaxation. 17. Take a Breath. 18. Autogenics. 19. Progressive Relaxation. 20. Guided Imagery: Using Your Imagination. 21. Meditation. 22. Yoga. 23. Complementary and Alternative Health. 24. More Stress-Reduction Strategies.

DRUGS ACROSS THE SPECTRUM, 8E

Raymond Goldberg, Vance-Granville Community College; Pardess Mitchell, Harper College

© 2019, 384pp, Paperback, 9781337557368

CENGAGE | MINDTAP ebook



DRUGS ACROSS THE SPECTRUM invites you to examine the motivation for drug use, the social implications of drug use, legal ramifications and factors affecting how drugs interact with the human body. The eighth edition looks at the history and

culture surrounding drug use and abuse, provides key information regarding specific types of drugs and reviews drug treatment, education and prevention approaches and programs. Using active learning features like "Fact or Fiction" and "Thinking Critically" questions, authors Goldberg and Mitchell help readers personally understand the issues of drugs in society today. Available with MindTap Health, the digital learning solution that enables you to study when and where you want—even on your mobile.

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.

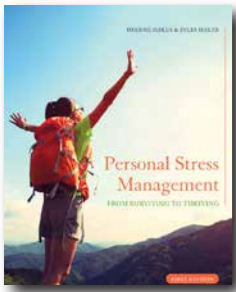
PERSONAL STRESS MANAGEMENT

Surviving to Thriving

Dianne Hales, ., Julia Hales

© 2018, 322pp, Paperback, 9781133364313

CENGAGE | MINDTAP **ebook**



Don't be a Stress Head! Manage the pressures of college life with **PERSONAL STRESS MANAGEMENT: FROM SURVIVING TO THRIVING**. This book equips you with the insights and skills you need to conquer the demands ahead, and give you relief

when stress levels rise. Written by health and psychology experts, this book delivers specific strategies for tackling common campus stressors, including academics, time management, and relationship issues. You'll learn helpful, easy strategies for changing your perspective and responding to stress with confidence and resilience, empowering you to manage even the most difficult situations and come out on top--in the classroom, in the workplace, and in life. **PERSONAL STRESS MANAGEMENT: FROM SURVIVING TO THRIVING** engages you with practical tools you can use immediately, incorporating the latest insights from neuroscience, exercise physiology, nutrition, and medicine, while highlighting healthy habits like regular exercise and good nutrition to prevent burnout.

CONTENTS

Part I: STRESS AND ITS IMPACT. 1. Understanding Stress. 2. Stress and Your Body. 3. Stress and Your Mind. Part II: Stress on Campus. 4. Stress on Campus. 5. Your Personal Environment, Time, and Money. 6. Relationships, Social Health, and Stress. Part III: Managing Stress. 7. Personal Change. 8. Psychological Approaches. 9. Stress-Resistant Health Habits. 10. Spirituality, Life Balance, and Resilience. 11. Occupational and Environmental Stress. Part IV: Stress Reduction and Relaxation Techniques. 12. Breathing, Relaxation, and Guided Imagery. 13. Mindfulness, Meditation, and Self-Hypnosis. 14. Physical Techniques. 15. Complimentary, Alternative, and Creative Therapies.

PERSONAL HEALTH & WELLNESS

NEW EDITION

AN INVITATION TO HEALTH, 11E

Taking Charge of Your Health, Brief Edition

Dianne Hales, .

© 2021, 544pp, Paperback, 9781337919401

CENGAGE | MINDTAP **ebook**



Start making healthier choices now for a lifestyle of healthy living. **AN INVITATION TO HEALTH: TAKING CHARGE OF YOUR HEALTH, BRIEF EDITION**, 11th Edition, helps you assess your health behaviors, encourages positive behavior change,

and gives you effective ways to achieve it. Covering body, mind, and spirit, the book addresses current issues related to health and wellness that can affect you now and throughout your life. The book empowers you with practical ideas and tools that you can immediately apply to your own life. "Health on a Budget" features demonstrate practical ways you can achieve your health goals in low- and no-cost ways, while "Consumer Alert" features help you evaluate health care. **AN INVITATION TO HEALTH** helps you build your foundation for a healthier future.

CONTENTS

1. Taking Charge of Your Health. 2. Psychological and Spiritual Well-Being. 3. Stress Management. 4. Personal Nutrition. 5. Weight Management and the Obesity Epidemic. 6. Physical Activity and Fitness. 7. Communicating and Connecting. 8. Sexual Health. 9. Reproductive Choices. 10. Diseases and Disorders. 11. Consumer Health. 12. Addictive Behaviors and Drugs. 13. Alcohol and Tobacco. 14. Protecting Yourself and Your Environment. 15. A Lifetime of Health.

NEW EDITION

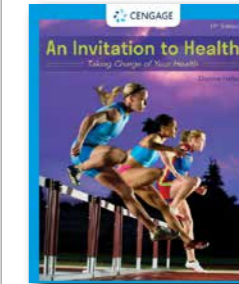
AN INVITATION TO HEALTH, 19E

Taking Charge of Your Health

Dianne Hales, .

© 2021, 624pp, Paperback, 9780357136799

CENGAGE | MINDTAP **ebook**



From physical and mental to social and sexual, Dianne Hales' **AN INVITATION TO HEALTH: TAKING CHARGE OF YOUR HEALTH** helps students achieve a healthier lifestyle now and in the future. The 19th Edition covers new research on such topics as

happiness and health, current statistics on life expectancy and death rates, mental health and anxiety, screen time and online presence, Dietary Guidelines, immunization, sleep habits, stress levels, safe sex practices, substance abuse including new information on the opioid epidemic, dubious diets and trendy foods, fitness monitors, vaping and cannabinoids. It also addresses healthy living on a budget, preventive measures and practical strategies that turn small changes into big benefits.

CONTENTS

1. Taking Charge of Your Health. 2. Psychological and Spiritual Well-Being. 3. Caring for Your Mind. 4. Stress Management. 5. Personal Nutrition. 6. Weight Management and the Obesity Epidemic. 7. Physical Activity and Fitness. 8. Communicating and Connecting. 9. Sexual Health. 10. Reproductive Options. 11. Sexually Transmitted Infections. 12. Major Diseases. 13. Infectious Diseases. 14. Consumer Health. 15. Addictive Behaviors and Drugs. 16. Alcohol. 17. Tobacco. 18. Personal Safety. 19. A Healthier Environment. 20. A Lifetime of Health.

NEW EDITION

FITNESS AND WELLNESS, 14E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Hoeger, .; Amber L. Fawson, Fitness and Wellness, Inc., SaaltCo

© 2021, 320pp, Paperback, 9780357367810

CENGAGE | MINDTAP ebook



Take control of your health—and life—with FITNESS & WELLNESS. Reflecting the latest research and practical guidelines on nutrition, fitness, and disease prevention, the 14th Edition equips you with the tools you need to make positive

choices for your health. After assessing your current habits, you can immediately use the book's step-by-step instruction and hands-on activities to start making positive behavior changes in your own life. In addition, engaging photos, illustrations, and descriptive examples in each chapter help you visualize key concepts, while online resources, including behavior modification planning activities, practice tests, online labs, and a behavior change planner, extend your learning beyond the classroom. Empower yourself to make positive changes and improve your health and quality of life with FITNESS & WELLNESS.

CONTENTS

1. Introduction to Physical Fitness and Wellness. 2. Behavior Modification. 3. Assessment of Physical Fitness. 4. Exercise Prescription. 5. Personal Fitness Programming. 6. Nutrition for Wellness. 7. Weight Management. 8. Stress Management. 9. A Healthy Lifestyle Approach. 10. 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. Answer Key. Glossary.

PHYSICAL EDUCATION

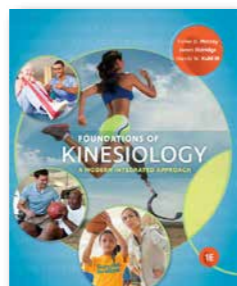
FOUNDATIONS OF KINESIOLOGY

A Modern Integrated Approach

Tinker D. Murray, PhD, Texas State University; James Eldridge; Harold W. Kohl, III

© 2019, 512pp, Paperback, 9781337392709

CENGAGE | MINDTAP ebook



Explore your career options and sharpen your professional skills with Murray/Eldridge/Kohl's FOUNDATIONS OF KINESIOLOGY: A MODERN INTEGRATED APPROACH. Combining digital and traditional delivery methods so you

can learn the way that works best for you, the text focuses on physical activity as the center of the Kinesiology universe. It emphasizes the evolving and ever-changing career opportunities available working with individuals and populations across the lifespan--children, adolescents, adults and older adults--and in a variety of settings, including work, leisure, transportation, home, schools, sport, fitness facilities and rehabilitation centers. It equips you with a solid foundation in basic Kinesiology and helps you develop the skills you need for a career in personal training, occupational and physical therapy, athletic training, sports psychology or sports management.

CONTENTS

Module 1: INTRODUCTION, DEFINITIONS, CAREERS AND EVIDENCE-BASED PRACTICES. 1. Physical Activity and Society -- Why Do You Need This Course? Lesson 1. Physical Activity and Society. Lesson 2. What is Kinesiology? 2. Current Trends and Kinesiology Careers. Lesson 1. Integration of Professional Skills for Various Kinesiology Careers. Lesson 2. Career Planning for Kinesiology. 3. Evidenced-Based Practice in Kinesiology. Lesson 1. Definitions, Evidence-Based Practice and the Scientific Method, and the

Mechanics of Evidence-Based Practice (EBP). Lesson 2. Examples of Evidence-Based Practices in Kinesiology. Module 2: COMMON DELIVERABLES FOR KINESIOLOGY MAJORS. 4. The Physical Activity Continuum: Applications to Kinesiology. Lesson 1. Physical Activity and Exercise Over the Lifespan. Lesson 2. Examples of Applying Training Fundamentals in Kinesiology Sub-disciplines. 5. The Physical Activity Continuum: Integration of Aerobic Training Principles. Lesson 1. Integration of Aerobic Principles into Kinesiology. Lesson 2. Examples of Applying Aerobic Principles in Kinesiology Sub-disciplines. 6. The Physical Activity Continuum: Integration of Strength and Conditioning Principles for the Musculoskeletal System. Lesson 1. Integration of Strength and Conditioning Principles into Kinesiology. Lesson 2. Examples of Applying Strength and Conditioning Principles in Kinesiology Sub-disciplines. 7. The Physical Activity Continuum: Integration of Energy Balance and Body Composition Principles. Lesson 1. Integration of Energy Balance and Body Composition Basics into Kinesiology. Lesson 2. Examples of Applying Energy Balance and Body Composition Basics in Kinesiology Sub-disciplines. 8. Integration of Mental Health, Psychology and the Physical Activity Continuum. Lesson 1. Integration of Mental Health and the Physical Activity Continuum. Lesson 2. Examples of Applying Mental Health and Physical Activity Basics in Relationship to the Kinesiology Sub-disciplines. Module 3: COMMON PROFESSIONAL SETTINGS AND OCCUPATIONAL CHALLENGES. 9. Integration of Kinesiology and Physical Activity into the Workplace. Lesson 1. Integration of Business and Industry with the Principles of Physical Activity and Kinesiology. Lesson 2. Examples of Applying Business and Industry Principles of Physical Activity in Relationship to the Kinesiology Sub-disciplines. 10. Integration of Kinesiology with Leisure Time, Recreation and Personal Training. Lesson 1. Integration of Leisure Time, Recreation and Personal Training with the Principles of Physical Activity and Kinesiology. Lesson 2. Examples of Applying Leisure Time, Recreation and Personal Training Principles of Physical Activity Basics in Relationship to the Kinesiology Sub-disciplines. 11. Integration of Kinesiology and Physical Activity

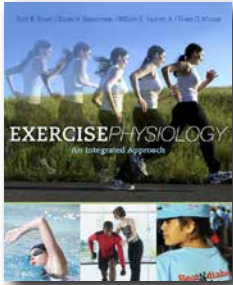
in Schools. Lesson 1. Physical Activity in Schools. Lesson 2. Examples of Applying Kinesiology Sub-disciplines in School Settings. 12. Sport. Lesson 1. Integration of Sports with the Principles of Physical Activity and Kinesiology. Lesson 2. Examples of Applying Sport Principles of Physical Activity Basics in Relationship to Kinesiology Sub-disciplines. 13. Integration of Kinesiology in Transportation and Home Environments. Lesson 1. Integration of Transportation and Home Environment with the Principles of Physical Activity and Kinesiology. Lesson 2. Examples of Applying Transportation and Home Environment Principles of Physical Activity Basics in Relationship to the Kinesiology Sub-disciplines. Module 4: PROFESSIONAL ETHICS, LEADERSHIP AND CONTINUING EDUCATION. 14. Ethics and Evidence-Based Decisions: Using Best Practices to Lead the Profession into the Future. Lesson 1. The Kinesiology Profession. Lesson 2. Evidence-Based Practices and Challenges for Kinesiology Professionals. 15. Best Practices for Leadership in the Kinesiology Profession. Lesson 1. Leadership in Kinesiology. Lesson 2. Applying Leadership Skills to the Kinesiology Sub-disciplines. 16. Summary of Key Concepts and Your Future in the Kinesiology Profession. Lesson 1. Unifying Themes in Kinesiology. Lesson 2. Final Thoughts.

EXERCISE PHYSIOLOGY

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

© 2013, 592pp, Hardback, 9780495110248

CENGAGE | CNOW^{v2} ebook



EXERCISE PHYSIOLOGY: AN INTEGRATED APPROACH presents the fundamental concepts of exercise physiology. You will 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 you can use to apply the science in real-life client situations.

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.

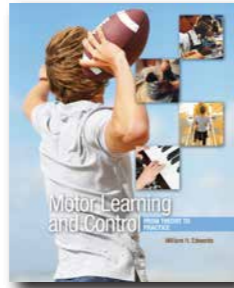
MOTOR LEARNING AND CONTROL

From Theory to Practice

William H. Edwards, Sacramento State University

© 2011, 544pp, Hardback, 9780495010807

ebook



Motor Learning and Control: From Theory to Practice introduces you to the exciting field of motor learning and control in ways that are meaningful, accessible, and thought-provoking. This text offers a comprehensive, authoritative, and engaging

overview of the major areas of study in motor learning and control from a broad theoretical and scholarly perspective. 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 you prepare for your career in a movement-related field.

CONTENTS

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

PHYSICAL EDUCATION ACTIVITY BOOKS

FITNESS!, 5E

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

© 2013, 272pp, Paperback, 9780840048097

ebook



Cengage Learning Activity Series Get the most out of your favorite physical activities. From aerobics and yoga — to bowling, tennis, weight training, and more — the Cengage Learning Activities Series goes beyond the basics, showing you how to

improve, excel, and get more enjoyment from your activities, whatever your skill level and background. Reach your fitness goals with **FITNESS THROUGH AEROBICS, STEP TRAINING, AND WALKING**. It covers the principles and techniques of aerobic dance exercise, step training, and fitness walking. With this innovative text, you will be able to structure a complete physical and mental training program that can work for a lifetime!

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.

WEIGHT TRAINING FOR LIFE, 10E

James L. Hesson, Black Hills State University

© 2012, 208pp, Spiral, 9781111581893

ebook



Cengage Learning Activity Series Get the most out of your favorite physical activities. From aerobics and yoga — to bowling, tennis, weight training, and more — the Cengage Learning Activities Series goes beyond the basics, showing you how to

improve, excel, and get more enjoyment from your activities, whatever your skill level and background. Learn how to design and maintain a safe, personalized, effective, and enjoyable weight-training program with **WEIGHT TRAINING FOR LIFE!** Practical, visual, and clear, this best-selling book is ideal for anyone interested in learning about weight training. This book builds a solid foundation of current knowledge and practice in weight training for men and women of all ages and skill levels.

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.

PHYSICAL FITNESS & WELLNESS

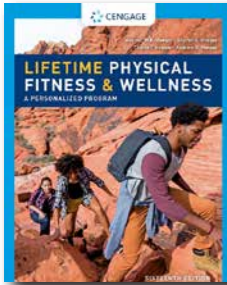
NEW EDITION

LIFETIME PHYSICAL FITNESS & WELLNESS, 16E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Amber L. Fawson, Fitness and Wellness, Inc., SaaltCo; Hoeger, .

© 2022, 608pp, Hardback, 9780357447123

CENGAGE | MINDTAP **ebook**



Take control of your personal well-being with LIFETIME PHYSICAL FITNESS & WELLNESS, 16th Edition. The book shows you how to assess your current behaviors, identify potential problem areas and apply practical steps to start positive changes.

Real life stories from other students bring chapter concepts to life. Additionally, hands-on activities help you assess your fitness and wellness level and put chapter concepts into personal practice. Online resources reinforce key concepts through behavior modification planning activities, practice tests, online activities and labs, and a behavior change planner. Empower yourself to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS & WELLNESS.

CONTENTS

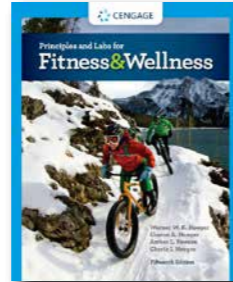
1. Physical Fitness and Wellness.
 2. Behavior Modification.
 3. Nutrition for Wellness.
 4. Body Composition.
 5. Weight Management.
 6. Cardiorespiratory Endurance.
 7. Muscular Fitness.
 8. Muscular Flexibility.
 9. Personal Fitness Programming.
 10. Preventing Cardiovascular Disease.
 11. Cancer 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. Answer Key. Glossary. Index.

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Hoeger, .; Amber L. Fawson, Fitness and Wellness, Inc., SaaltCo

© 2020, 656pp, Paperback, 9780357020258

CENGAGE | MINDTAP **ebook**



Accept the wellness challenge with PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15th Edition! Designed to get you off the couch and into an active lifestyle, this book challenges you to be your best self and inspire others while you're at it. By

adopting key behavior modification techniques and making small changes in your life, obstacles disappear--along with bad habits. This book also gives you the tools to create the right exercise program for your values, make solid nutrition choices, lead an active lifestyle and overcome any barriers to personal change you may face. To support you all the way, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15th Edition, offers interactive tools such as exercise videos, online labs and self-assessments for maintaining your healthy lifestyle.

CONTENTS

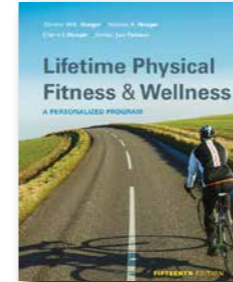
1. Physical Fitness and Wellness.
2. Behavior Modification.
3. Nutrition for Wellness.
4. Body Composition.
5. Weight Management.
6. Cardiorespiratory Endurance.
7. Muscular Fitness: Strength and Endurance.
8. Muscular Flexibility.
9. Fitness Programming and Skill Fitness.
10. Stress Assessment and Management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

LIFETIME PHYSICAL FITNESS AND WELLNESS, 15E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Hoeger, .; Amber L. Fawson, Fitness and Wellness, Inc., SaaltCo

© 2019, 576pp, Hardback, 9781337392686

CENGAGE | MINDTAP **ebook**



Helping you take control of your health, LIFETIME PHYSICAL FITNESS AND WELLNESS, 15th Edition, provides the information and tools you need to make positive choices and lasting change. Assess your current behaviors, identify potential problem areas and apply

practical steps to start positive changes. Vivid illustrations, descriptive examples and personal testimonies from other students bring chapter concepts to life. Hands-on activities help you assess your fitness and wellness level and put chapter concepts into personal practice, while Chapter 9 gives you the confidence to write your own exercise programs for every stage of life. Online resources reinforce key concepts through behavior modification planning activities, practice tests, online labs and a behavior change planner. Empower yourself to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS AND WELLNESS.

CONTENTS

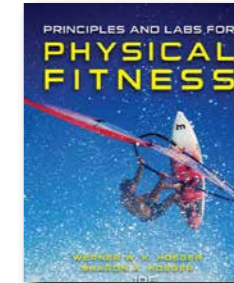
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 8. Muscular Flexibility.
 9. Personal Fitness Programming.
 10. Preventing Cardiovascular Disease.
 11. Cancer Prevention.
 12. Stress Assessment and Management Techniques.
 13. Addictive Behavior.
 14. Preventing Sexually Transmitted Infections.
 15. Lifetime Fitness and Wellness.
- Appendix A: Physical Fitness and Wellness Profile. Answer Key. Glossary. Index.

PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.

© 2016, 528pp, Paperback, 9781305251403

CENGAGE | MINDTAP **ebook**



Discover the benefits of an active, healthy lifestyle with PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve

your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness. Thoughtfully written with a variety of learning features, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition guides you toward adopting healthy behaviors with "My Profile" and "Behavior Modification Planning" boxes, test-test questions, exercise videos, online labs, and other helpful tools. Whether you choose a traditional text or interactive eBook, the road to achieving and maintaining personal health and wellness goals has never been so easy to follow.

CONTENTS

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

GENERAL NUTRITION

ADVANCED NUTRITION

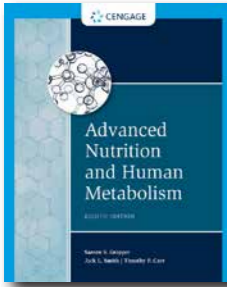
NEW EDITION

ADVANCED NUTRITION AND HUMAN METABOLISM, 8E

Sareen S. Gropper, Florida Atlantic University; Jack L. Smith, University of Delaware; Timothy P. Carr, University of Nebraska-Lincoln

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CENGAGE | MINDTAP **ebook**



Prepare for your career in Nutrition with **ADVANCED NUTRITION AND HUMAN METABOLISM**. You'll find even the most complex metabolic processes and concepts easy to understand as the authors equip you with a solid understanding of: digestion absorption,

and metabolism of fat, protein, and carbohydrates; The structures and functions of water-soluble and fat-soluble vitamins; the functions of water and minerals in the body; and nutrient food sources, recommended intakes, deficiency and toxicity.

CONTENTS

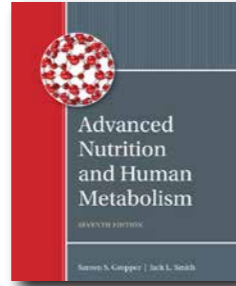
SECTION I: CELLS AND THEIR NOURISHMENT. 1. The Cell: A Microcosm of Life. 2. The Digestive System: Mechanism for Nourishing the Body. SECTION II: MACRONUTRIENTS AND THEIR METABOLISM. 3. Carbohydrates. 4. Fiber. 5. Lipids. 6. Protein. 7. Integration and Regulation of Metabolism and the Impact of Exercise. 8. Energy Expenditure, Body Composition and Healthy Weight. 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 and Ultratrace Minerals. 14. Nonessential Trace and Ultratrace Minerals.

ADVANCED NUTRITION AND HUMAN METABOLISM, 7E

Sareen S. Gropper, Florida Atlantic University; Jack L. Smith, University of Delaware; Timothy P. Carr, University of Nebraska-Lincoln

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ADVANCED NUTRITION AND HUMAN METABOLISM clearly and accurately explains even the most complex metabolic processes and concepts in a student-friendly manner. The 7th Edition equips you with a solid understanding of digestion, absorption,

and metabolism of fat, protein, and carbohydrates; examines the structures and functions of water-soluble and fat-soluble vitamins -- including their regulatory roles in metabolism; and provides information on vitamin and mineral food sources, recommended intakes, deficiency, and toxicity. With **ADVANCED NUTRITION AND HUMAN METABOLISM**, 7th Edition, you will be well prepared to continue your studies in the field of nutrition.

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. 8. Energy Expenditure, Body Composition and Healthy Weight. 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 and Ultratrace Minerals. 14. Nonessential Trace and Ultratrace Minerals.

COMMUNITY NUTRITION

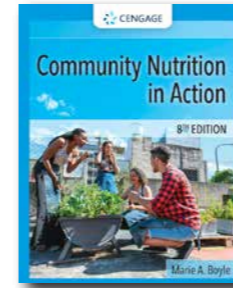
NEW EDITION

COMMUNITY NUTRITION IN ACTION, 8E

Marie A. Boyle, St. Elizabeth University

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Discover the diverse range of practice settings and opportunities available to you as a community and public health nutritionist with **COMMUNITY NUTRITION IN ACTION**, 8th Edition! The book provides easy-to-understand coverage of

program planning, policymaking, and nutrition issues specific to community and public health. Using this innovative book, you'll develop the skills you need to achieve cultural competency, address health disparities, try new technologies, and use fresh approaches to improving the public's nutrition and health status. You'll also master the knowledge and skills you'll need in practice as you seek to solve population health problems, relating to media advocacy, telehealth, nutrition education, and more.

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Preface. SECTION ONE: COMMUNITY NUTRITIONISTS IN ACTION: WORKING IN THE COMMUNITY. 1. Opportunities in Community Nutrition. 2. Principles of Epidemiology. 3. A National Nutrition Agenda for the Public's Health. 4. Understanding and Achieving Behavior Change. 5. Community Needs Assessment. 6. Program Planning for Success. 7. The Art and Science of Policymaking. 8. Addressing the Obesity Epidemic: An Issue for Public Health Policy. 9. Health Care Systems and Policy. SECTION TWO: COMMUNITY NUTRITIONISTS IN ACTION: NUTRITION PROGRAMS AND SERVICES. 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. Global Food and Nutrition Security: Challenges and Opportunities. SECTION THREE: COMMUNITY NUTRITIONISTS IN ACTION: DELIVERING NUTRITION INTERVENTIONS. 15. Gaining Cultural Competence in Community Nutrition. 16. Principles of Nutrition Education. 17. Marketing Nutrition and Health Promotion. 18. Managing Community Nutrition Programs. 19. Building Grantsmanship Skills. Appendixes. Index.

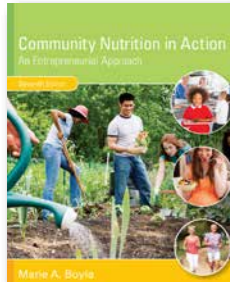
COMMUNITY NUTRITION IN ACTION, 7E

An Entrepreneurial Approach

Marie A. Boyle, St. Elizabeth University

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 CENGAGE | MINDTAP **ebook**



COMMUNITY NUTRITION IN ACTION 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.

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Preface. SECTION ONE: Community Nutritionists in Action: Working in the Community. 1. Opportunities in Community Nutrition. 2. Principles of Epidemiology. 3. Understanding and Achieving Behavior Change. 4. Community Needs Assessment. 5. Program Planning for Success. 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

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CULTURAL FOODS

FOOD AND CULTURE, 7E

Pamela Goyan Kittler; Kathryn P. Sucher, San Jose State University, Professor Emerita; Marcia Nahikian Nelms, The Ohio State University

© 2017, 560pp, Paperback, 9781305628052

 CENGAGE | MINDTAP **ebook**



FOOD AND CULTURE 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.

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.

FOOD PREPARATION/INTRODUCTION TO FOODS

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 6E

Amy Christine Brown, University of Hawaii, Manoa

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UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION thoroughly explores the science of food through core material on food selection and evaluation, food safety and food chemistry. It is ideal for an undergraduate course that covers the basic

elements of food preparation, food service and food science. Contemporary and comprehensive, the sixth edition of this best-selling text discusses classification, composition, selection, purchasing and storage for a range of traditional food items, and it explores various aspects of food service, including food preparation, meal planning, equipment, food preservation and government regulations. Updated to reflect the 2015-2020 Dietary Guidelines, **UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION**, 6th Edition, is now available with MindTap Nutrition, a digital teaching and learning platform that powers students from memorization to mastery.

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.

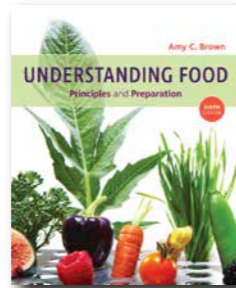
UNDERSTANDING FOOD, 6E

Principles and Preparation

Amy Christine Brown, University of Hawaii, Manoa

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 CENGAGE | MINDTAP ebook



UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is your introductory guide to food, food preparation, food service and food science. Integrating these key topics with relevant information about nutrition and the food industry, this best-selling

text gives you a thorough overview of the different dimensions of food principles and insight into the variety of career options available in the food industry. Numerous photographs and illustrations help you understand and apply what you read, and the sixth edition is now available with MindTap Nutrition--a digital learning platform that lets you learn how, when and where you want--even on your mobile! With features like self-assessments, pop-up tutors, videos and an interactive ebook, MindTap Nutrition makes studying a breeze.

CONTENTS

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FOOD SCIENCE AND TECHNOLOGY

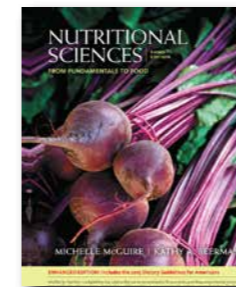
NUTRITIONAL SCIENCES:, 3E

From Fundamentals to Food, Enhanced Edition

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

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Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning Now updated with the 2015 Dietary Guidelines for Americans, **NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD**, 3rd Enhanced

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 your daily life and career. Supported by an impressive visual design, engaging case studies and interactive digital resources, **NUTRITIONAL SCIENCES** offers a unique, balanced program for learning.

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.

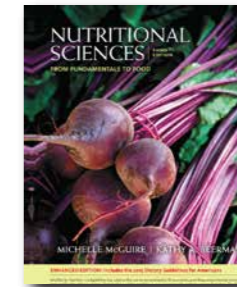
NUTRITIONAL SCIENCES:, 3E

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

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

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Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning Now updated with the 2015 Dietary Guidelines for Americans, **NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD**, 3rd Enhanced

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INTRODUCTORY NUTRITION

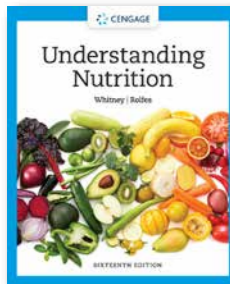
NEW EDITION

UNDERSTANDING NUTRITION, 16E

Eleanor Noss Whitney, *Nutrition and Health Associates*;
Sharon Rady Rolfes, *Nutrition and Health Associates*

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Prepare for your future career in nutrition with this bestselling text--which makes the science of nutrition relatable and meaningful. UNDERSTANDING NUTRITION makes the sometimes confusing topic of nutrition easy to understand by offering step-by-step

coverage of nutrition concepts and related processes. Vivid illustrations and quick-reference nutrition tables make even the most difficult concepts easy to master. With an understanding of nutrition, you can make healthy choices in your daily life and provide others with accurate information in your professional career.

CONTENTS

1. An Overview of Nutrition. Highlight 1: Nutrition Information and Misinformation. 2. Planning a Healthy Diet. Highlight 2: Plant-Based 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. Energy Metabolism. Highlight 7: Alcohol in the Body. 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. Fitness: Physical Activity, Nutrients and Body Adaptations. Highlight 14: Supplements as Ergogenic Aids. 15. Life Cycle Nutrition: Pregnancy and Lactation. Highlight 15: Fetal Alcohol Syndrome. 16. Life Cycle Nutrition: Infancy, Childhood and Adolescence. Highlight 16: Childhood Obesity and the Early Development of Chronic Diseases. 17. Life Cycle Nutrition: Adulthood and the Later Years. Highlight 17: Nutrient-Drug Interactions. 18. Diet and Health. Highlight 18: Complementary and Alternative Medicine. 19. Consumer Concerns About Foods and Water. Highlight 19: Food Biotechnology. 20. Hunger and the Global Environment. Highlight 20: 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: Estimated Energy Needs. Appendix G: Choose Your Foods: Food Lists for Diabetes and Weight Management. Appendix H: Aids to Calculation. Appendix I: WHO Nutrition Recommendations. Appendix J: Healthy People 2030. Glossary. Index.

AE NUTRITION: CONCEPTS & CONTROVERSIES, 15E

Frances Sizer, *Nutrition and Health Associates*; Ellie Whitney, *Nutrition and Health Associates*

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Help students eat better and live healthier lives with NUTRITION: CONCEPTS AND CONTROVERSIES, 15th Edition. A market leader for nearly four decades, this text balances important scientific research and nutrition fundamentals with applications to real life

and general well-being. Author Sizer and Whitney's conversational tone and their coverage of controversial topics engage students and help them sort through various fads, facts and misconceptions, empowering them to make good food choices. The MindTap interactive platform enables instructors to personalize their course with coordinating slides, multimedia and a full suite of learning activities.

CONTENTS

1. Food Choices and Human Health. 2. Nutrition Tools: Standards and Guidelines. 3. The Remarkable Body. 4. The Carbohydrates: Sugar, Starch, Glycogen, and Fiber. 5. The Lipids: Fats, Oils, Phospholipids, and Sterols. 6. The Proteins and Amino Acids. 7. The Vitamins. 8. Water and Minerals. 9. Energy Balance and Healthy Body Weight. 10. Performance Nutrition. 11. Nutrition and Chronic Diseases. 12. Food Safety and Food Technology. 13. Life Cycle Nutrition: Mother and Infant. 14. Child, Teen, and Older Adult. 15. Hunger and the Future of Food. Appendix A: Chemical Structures of Carbohydrates, Lipids, Amino Acids, and Peptides. Appendix B: World Health Organization Nutrition Intake Guidelines. Appendix C: Aids to Calculations. Appendix D: Food Lists for Diabetes and Weight Management. Appendix E: Eating Patterns to Meet

the Dietary Guidelines for Americans. Appendix F: Reference Notes. Appendix G: Answers to Chapter Questions. Appendix H: Physical Activity Levels and Energy Requirements.

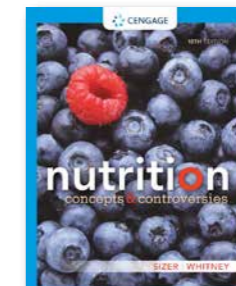
NUTRITION, 15E

Concepts and Controversies

Frances Sizer, *Nutrition and Health Associates*; Ellie Whitney, *Nutrition and Health Associates*

© 2020, 880pp, Paperback, 9781337906371

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Nourish your mind and body with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition--including how the body breaks down and uses food, food safety, sports

nutrition and special nutritional needs throughout the human life cycle--and asks you to weigh in on relevant debates, such as world hunger, chronic diseases, dietary guidelines and eating patterns. Available with the MindTap learning platform, the 15th edition also offers self-quizzing and activities to propel your learning from memorization to mastery.

CONTENTS

1. Food Choices and Human Health. 2. Nutrition Tools: Standards and Guidelines. 3. The Remarkable Body. 4. The Carbohydrates: Sugar, Starch, Glycogen, and Fiber. 5. The Lipids: Fats, Oils, Phospholipids, and Sterols. 6. The Proteins and Amino Acids. 7. The Vitamins. 8. Water and Minerals. 9. Energy Balance and Healthy Body Weight. 10. Performance Nutrition. 11. Nutrition and Chronic Diseases. 12. Food Safety and Food Technology. 13. Life Cycle Nutrition: Mother and Infant. 14. Child, Teen, and Older Adult. 15. Hunger and the Future of Food. Appendix A: Chemical Structures of

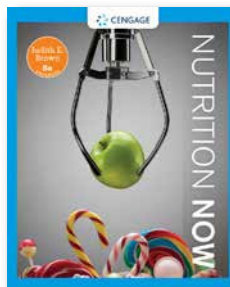
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NUTRITION NOW, ENHANCED EDITION, 8E

Judith E. Brown, University of Minnesota

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CENGAGE | MINDTAP ebook



Reach your diet and nutritional goals with **NUTRITION NOW, ENHANCED** 8th Edition! Understanding the basic principles of nutrition and its impacts on your health can lead to better choices and more successful diet planning now and

throughout your lifetime. Chapters cover nutrition basics such as diet planning, the macronutrients, vitamins and minerals, exercise, pregnancy and lactation, global issues and much more. **NUTRITION NOW, ENHANCED**, organizes content into easy-to-read, manageable units that help you focus on the concepts while applying what you have learned to your own life.

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Part I: NUTRITION BASICS AND TOOLS FOR PLANNING. 1. Key Nutrition Concepts and Terms. 2. The Inside Story about Nutrition and Health. 3. Ways of Knowing about Nutrition. 4. Understanding Food and Nutrition Labels. 5. Nutrition, Attitudes, and Behavior. 6. Healthy Diets, the Dietary Guidelines, MyPlate, and More.

Part II: FOOD IN THE BODY. 7. How the Body Uses Food: Digestion and Absorption. 8. Calories! Food, Energy, and Energy Balance. 9. Obesity to Underweight: The Highs and Lows of Weight Status. 10. Weight Control: The Myths and Realities. 11. Disordered Eating: Anorexia Nervosa, Bulimia, and Pica. Part III: THE MACRONUTRIENTS: CARBOHYDRATES. 12. Useful Facts about Sugars, Starches, and Fiber. 13. Diabetes Now. 14. Alcohol: The Positives and Negatives. Part IV: THE MACRONUTRIENTS: PROTEIN. 15. Proteins and Amino Acids. 16. Vegetarian Diets. 17. Food Allergies and Intolerances. Part V: THE MACRONUTRIENTS: FAT. 18. Fats and Cholesterol in Health. 19. Nutrition and Heart Disease. Part VI: VITAMINS, MINERALS, AND SUPERFOODS. 20. Vitamins and Your Health. 21. Phytochemicals. 22. Diet and Cancer. 23. Good Things to Know About Minerals. 24. Dietary Supplements and Functional Foods. 25. Water Is an Essential Nutrient. 26. Nutrition-Gene Interactions in Health and Disease. Part VII: NUTRITION AND FITNESS. 27. Nutrition and Physical Fitness for Everyone. 28. Nutrition and Physical Performance. Part VIII: NUTRITION IN THE LIFE CYCLE. 29. Good Nutrition for Life: Pregnancy, Breastfeeding, and Infancy. 30. Nutrition for the Growing Years: Childhood through Adolescence. 31. Nutrition and Health Maintenance for Adults of All Ages. Part IX: GLOBAL CONSIDERATIONS. 32. The Multiple Dimensions of Food Safety. 33. Aspects of Global Nutrition.

UNDERSTANDING NUTRITION, 4E

Eleanor Whitney; Sharon Rady Rolfes, Nutrition and Health Associates; Tim Crowe, Deakin University; Adam Walsh, Deakin University

© 2020, 856pp, Paperback, 9780170424431

CENGAGE | MINDTAP ebook



Understanding Nutrition introduces you to the core principles of nutrition with a focus on Australia and New Zealand. It will give you the knowledge and skills you need to improve the health and wellbeing of others. The text includes current nutrition guidelines,

recommendations and public health nutrition issues that are relevant to you now, and when you're working in the field of nutrition. Understanding Nutrition begins with topics such as diet planning, macronutrients, vitamins and minerals, and follows with chapters on diet and health, fitness, life span nutrition and food safety.

CONTENTS

1 An overview of nutrition 2 Planning a healthy diet 3 Digestion, absorption and transport 4 The carbohydrates: sugar, starches and dietary fibres 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 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-related disease 19 Consumer concerns about foods and water 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

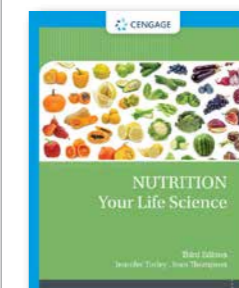
activity and energy requirements App G Aids to calculations Answers Glossary Index IBC + 2 pp Nutrient reference values

NUTRITION YOUR LIFE SCIENCE, 3E

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

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CENGAGE | MINDTAP ebook



NUTRITION: YOUR LIFE SCIENCE, 3rd Edition, helps you understand the fundamental principles of nutritional science through an interactive, flexible, and fun learning experience. Turley/Thompson gives you a variety of options to learn, review, and demonstrate

your knowledge. Use the unique learning aids, including Take-Ten Reflective Questions, Practices, and Bio Beats, to engage with the material and develop a better understanding of how nutrition concepts apply to your own life.

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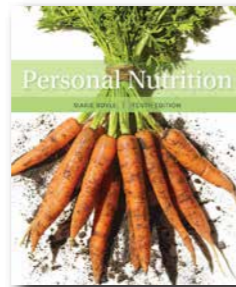
Balance. Body Composition and Weight Control. Principles of Fitness for Health. Fundamentals of Exercise for Nutrition. Summary. 5. THE VITAMINS AND MINERALS. Nutrient Issues and Fat-Soluble Vitamins. Water-Soluble Vitamins. Water and the Electrolytes. Major Minerals in Bond and Protein. Trace Minerals. Summary. 6. NUTRITION INFORMATION AND THE FOOD INDUSTRY. Credibility of Nutrition Information. Food, Drugs, and Supplements. Food Additives. Food Safety: Microbial Growth. Food Issues: Consumer Awareness. Summary. 7. NUTRITION THROUGH THE LIFE SPAN. Reproductive Fitness and Prenatal Nutrition. Nutrition During Infancy and for Lactation. Childhood Nutrition. Adolescent Nutrition. Nutrition for the Older Adult. Summary. Appendixes. Glossary. Index.

PERSONAL NUTRITION, 10E

Marie A. Boyle, St. Elizabeth University

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Become a smarter consumer with Boyle's PERSONAL NUTRITION, 10th Edition. Packed with the latest research, recommendations and emerging trends, this text equips you with a solid foundation in fundamental nutritional principles and the

expertise to make informed, healthy choices. Lively illustrations, photographs and examples bring chapter concepts to life, while features like "The Savvy Diner" and "Eat Well, Be Well" offer practical tips you can put into immediate practice. The text is also supported by MindTap Nutrition, which helps you learn on your terms. The most engaging and customizable online solution in nutrition, MindTap combines readings, multimedia, assessments, activities and access to Diet & Wellness Plus--giving you everything you need to maximize your course success. Take charge of your own nutrition and health with Boyle's PERSONAL NUTRITION!

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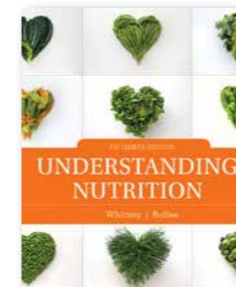
Management. Spotlight: The Eating Disorders. 11. Nutrition for Fueling Fitness and Sport. Spotlight: Nutrition Supplements and Sport Performance--Help or Hype? 12. The Life Cycle: Conception through the Later Years. Spotlight: Addressing Weight Problems in Children and Adolescents. 13. Food Safety and the Global Food Supply. Spotlight: Global Food Insecurity. Appendix A: Aids to Calculations and Food Exchange Lists for Diabetes and Weight Management and the USDA Healthy Food Patterns. Appendix B: Canadian Nutrition and Physical Activity Guidelines. Glossary. Index.

UNDERSTANDING NUTRITION, 15E

Eleanor Noss Whitney, Nutrition and Health Associates;
Sharon Rady Rolfes, Nutrition and Health Associates

© 2019, 848pp, Hardback, 9781337392693

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The bestselling UNDERSTANDING NUTRITION makes the science of nutrition meaningful and memorable. Updated with the latest available research and the new 2015-2020 Dietary Guidelines, the 15th Edition emphasizes active learning

and prepares students for their future careers. Authors Whitney and Rolfes draw readers into the study of nutrition with a lively and approachable writing style--dispelling students' existing misconceptions and empowering them to make better nutrition choices and enact lasting behavior change.

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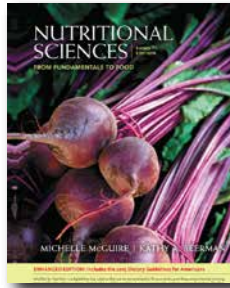
NUTRITIONAL SCIENCES:, 3E

From Fundamentals to Food, Enhanced Edition

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

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Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning Now updated with the 2015 Dietary Guidelines for Americans, NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD, 3rd Enhanced

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 your daily life and career. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES offers a unique, balanced program for learning.

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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.

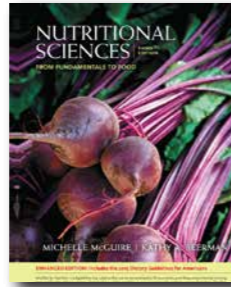
NUTRITIONAL SCIENCES:, 3E

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

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

© 2018, 736pp, Hardback, 9781337628877

CENGAGE | MINDTAP **ebook**



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NUTRITION, 2E

Your Life Science

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

© 2016, 560pp, Paperback, 9781305112575

CENGAGE | MINDTAP **ebook**



NUTRITION: YOUR LIFE SCIENCE, Second Edition, helps you understand the fundamental principles of nutritional science through an interactive, flexible, and fun learning experience. Turley/Thompson gives you a variety of options to learn, review, and demonstrate

your knowledge. Use the unique learning aids, including Take-Ten Reflective Questions, Practices, and Bio Beats, to engage with the material and develop a better understanding of how nutrition concepts apply to your own life.

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LIFE SPAN NUTRITION

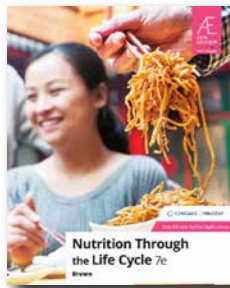
AE NUTRITION THROUGH THE LIFE CYCLE, 7E

Judith E. Brown, University of Minnesota

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ASIA TITLE



Written by one of the most influential authors in the field, Brown's Nutrition Through the Life Cycle, Seventh Edition, illustrates how nutrition impacts healthy people as they grow, develop and function through life stages. More student friendly than ever,

its signature layered approach progresses from preconception to the end stages of the life cycle—alternating chapters between normal and clinical nutrition to give the complete picture of each topic. Including insight from leading experts, it reflects the latest research in its comprehensive coverage of nutritional needs, nutrition and disease outcomes, model programs, healthful diets, gene variants, nutrient-gene interactions and more. Case studies give students experience with real-world clinical applications and care standards. Also available: MindTap digital learning solution.

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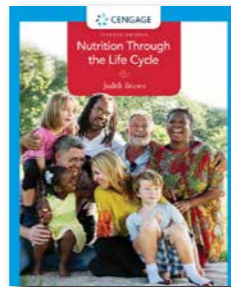
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NUTRITION THROUGH THE LIFE CYCLE, 7E

Judith E. Brown, University of Minnesota

© 2020, 608pp, Paperback, 9781337919333

CENGAGE | MINDTAP ebook



Packed with insight from leading experts, Brown's Nutrition Through the Life Cycle, Seventh Edition, shows how nutrition impacts healthy people as they grow, develop and function through life stages. Extremely reader friendly, the text features a vibrant

full-color design and is packed with illustrations that make abstract ideas easy to visualize. Using a unique "layered approach," it progresses from preconception to the end stages of the life cycle, alternating chapters between normal and clinical nutrition to give you the complete picture. It reflects the latest research and dietary guidelines in its comprehensive coverage of nutritional needs, nutrition and health disease outcomes, model programs, healthful diets, nutrients, gene variants, nutrient-gene interactions and more. Case studies give you further insight into clinical applications and care standards in real-world practice.

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NORMAL & CLINICAL NUTRITION/MEDICAL NUTRITION THERAPY

NEW EDITION

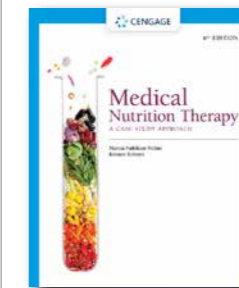
MEDICAL NUTRITION THERAPY, 6E

A Case Study Approach

Marcia Nelms, The Ohio State University; Morris Hein Hein et al., The Ohio State University

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Prepare for clinical practice by "solving" 29 realistic case studies in nutrition and medical nutrition therapy. Using the medical record as its structure, you draw on the information provided (hospital admission data, laboratory test results, intake/output records, and

physician and other health care provider progress notes) to solve the case. A series of questions follow the case, focusing on pathophysiology; assessment; clinical, nutritional, and behavioral outcomes; interventions; and appropriate follow-up for the patient.

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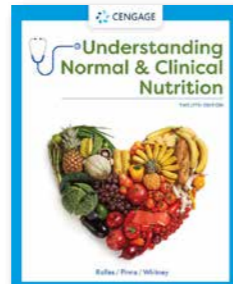
NEW EDITION

UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 12E

Sharon Rady Rolfes, *Nutrition and Health Associates*; Kathryn Pinna; Ellie Whitney, *Nutrition and Health Associates*

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CENGAGE | MINDTAP **ebook**



Nourish your mind with UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 12th Edition! Start by learning about normal nutrition, including the effects of food and nutrients on your mental and physical health, and then turn your focus to the

clinical side of nutrition and the therapeutic care of people with health problems. Packed with practical information and resources, this text is designed to help you understand and apply nutrition concepts to your daily life as well as to clinical settings. Features in the text include real-life case studies and questions, step-by-step "How To" instruction, detailed illustrations, intriguing vignettes, a full glossary, and much more. Regardless of your background, the authors' enthusiasm, student-friendly writing, careful explanations, and concise coverage of current topics will inspire you to take a healthy look at the field of nutrition!

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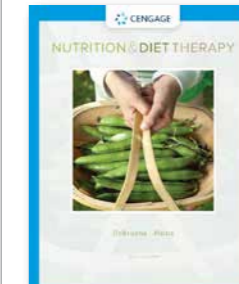
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NUTRITION AND DIET THERAPY, 10E

Linda Kelly DeBruyne, *Nutrition and Health Associates*; Kathryn Pinna; Eleanor Noss Whitney

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Set audacious nutritional goals with NUTRITION AND DIET THERAPY, 10th Edition! The core nutrition concepts and the latest clinical approaches in this book set you up for success, no matter your role in a client's nutritional care. Organized around diet

types instead of organ systems and diseases, this practical guide accelerates understanding by requiring you to apply concepts and skills as you learn them. From public policy and nutritional guidelines to weight management and diet planning, this go-to resource builds your confidence, so you're ready to help others make the best choices for their nutritional needs.

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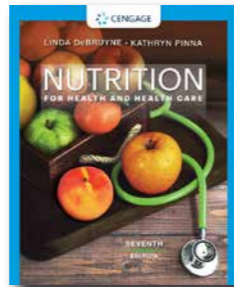
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NUTRITION FOR HEALTH AND HEALTH CARE, 7E

Linda Kelly DeBruyne, *Nutrition and Health Associates*; Kathryn Pinna

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How does nutrition factor into nursing and health care careers? Find out with **NUTRITION FOR HEALTH AND HEALTH CARE, 7th Edition!** Packed with the latest clinical know-how, this resource enables you to leverage the power of diet therapy to make a real impact on patient lives. You'll uncover the science behind macro-nutrients, vitamins, minerals and metabolism, along with the many ways nutrition affects drugs, diseases and the human life cycle. And to support your success, the interactive MindTap platform features nutrition and diet therapy case studies, N.C.L.E.X.-style practice problems, the Diet & Wellness Plus app for setting and tracking nutritional goals—even an ebook that can read aloud to you!

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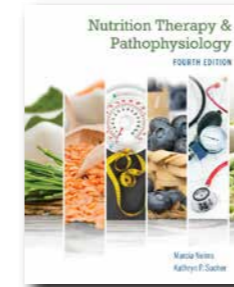
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NUTRITION THERAPY AND PATHOPHYSIOLOGY BOOK ONLY, 4E

Marcia Nahikian Nelms, *The Ohio State University*; Kathryn P. Sucher, *San Jose State University, Professor Emerita*

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ebook



Reflecting the latest research and evidence-based practices, **NUTRITION THERAPY AND PATHOPHYSIOLOGY, 4th Edition**, provides comprehensive coverage of disease pathophysiology and treatment that

emphasizes the best application of the nutrition care process. It clearly connects nutrition therapy practices and expected outcomes to underlying disease processes at every level—from cells to organ systems. Detailed illustrations enhance your understanding of disease progression, surgical procedures and treatment protocols, while Practitioner Interviews equip you with real-world insight on how to work with patients. The 4th Edition includes expanded coverage of nutrition therapy for pediatric and geriatric populations, medical treatment and the role of nutrition, malnutrition assessment, nutrition interventions, the monitoring and evaluation step of the nutrition care process and more.

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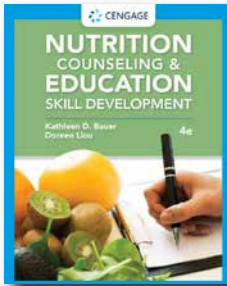
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Kathleen D. Bauer, Montclair State University; Doreen Liou, Montclair State University; Carol A. Sokolik

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NUTRITION FOR SPORT AND EXERCISE, 4E

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

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