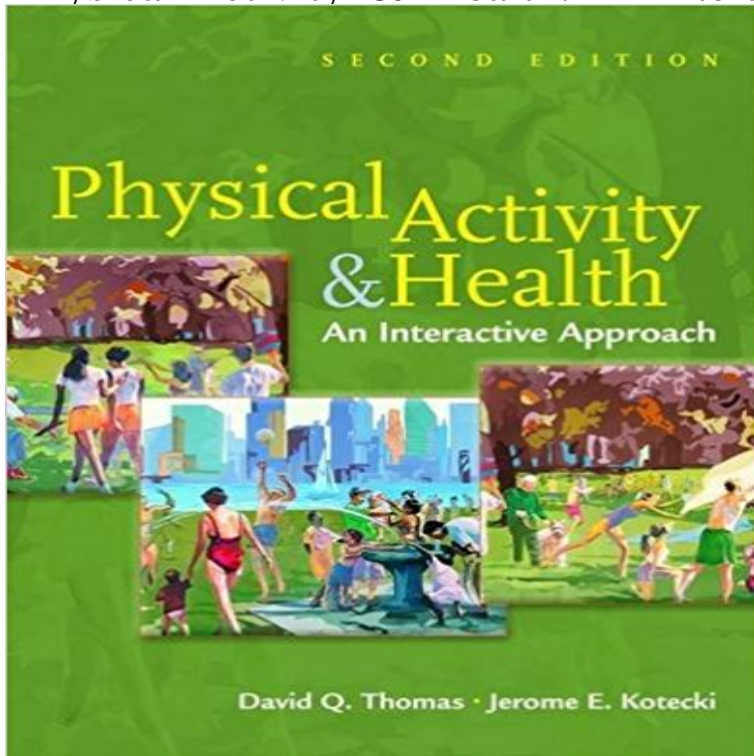


# Physical Activity & Health: An Interactive Approach



You Already Know That A Physical Activity Course Is One Of The Most Important And Exciting Classes A College Student Will Take. The Value Of The Physical Activity Course Is Its Potential To Affect The Students Health In The Here And Now And For The Rest Of Their Lives. The Goal Of Physical Activity And Health, Second Edition, Is To Continue To Present Scientific Evidence On The Integration Of Physical Activity And Health To Todays Students In An Interesting, Challenging, And Functional Manner. Simply Stated, This Text Helps Students Make Physical Activity A Priority Today And Continue To Do So Throughout Their Lives. As Students Progress Through This Text They Will Able To Examine Their Attitudes Toward Physical Activity And Modify Their Behavior To Improve Their Health As Well As Develop Skills That Will Allow Physical Activity To Become A Lifelong Habit.

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