



Total Fitness and Wellness

By Scott K. Powers, Stephen L. Dodd

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Using an interactive approach for the evaluation of fitness levels and nutritional status, *Total Fitness and Wellness, Third Edition* teaches readers how to bring about lifestyle/behavior changes to achieve optimal fitness and wellness. Authors Scott Powers and Stephen Dodd, who have each taught for more than 20 years and won various teaching awards, bring their expertise in exercise physiology to this book. In addition to covering the primary concepts of physical fitness and wellness, the book provides a strong foundation in both exercise physiology and nutrition while addressing important issues such as exercise-related injuries, exercise and the environment, and exercise for special populations. For college instructors and students, or anyone interested in fitness and wellness, fitness concepts, or personal fitness.

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Editorial Review

From the Back Cover

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About the Author

Scott Powers received his B.S. in physical education from the University of Georgia before going on to get his Ed.D. from the University of Tennessee and his Ph.D. from Louisiana State University. Scott has been teaching for over 20 years, and was named Teacher of the Year at the University of Florida in 1992. Scott served as president of the Southeastern Chapter of the American College of Sports Medicine in 1986. Scott's primary area of research interest is the respiratory-metabolic adaptations to exercise. In his free time, Scott enjoys water sports: SCUBA-diving, water-skiing, and swimming in the Florida Keys.

Steve Dodd earned his B.S. in economics from the University of Alabama before going to the same university for his M.S. in exercise physiology and to Louisiana State University for his Ph.D., also in exercise physiology. He has been teaching for more than 20 years, in a variety of capacities, and has won numerous awards, including the Teacher of the Year award in 1997. He has won the annual "Instructional Resources Grant" from the University of Florida every year since 1991, allowing him to make innovations in use of multimedia in his classroom. Steve has held numerous chairs in committees at the University of Florida. His lab conducts research in various areas of muscle physiology. When he's not hard at work, Steve enjoys family outings, coaching little league baseball and basketball, sailing, and racquet sports.

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Eileen Matherly:

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