



# Essentials of Total Fitness, The: Exercise, Nutrition, and Wellness

*By Scott K. Powers, Stephen L. Dodd*

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This text is a brief version of "Total Fitness: Exercise, Nutrition and Wellness". Providing a foundation in exercise physiology, the book explains the basic physiological adaptations that occur in response to both acute and regular exercise training. Chapters focus on the essential fitness information needed to help achieve an optimal level of fitness and wellness through physical activity and proper nutrition. The authors present research-based information that should dispel any myths associated with exercise, nutrition, weight loss and wellness. Other topics covered include, exercise-related injuries, exercise and the environment, and exercise for special populations.

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### **Editorial Review**

From the Back Cover

This book is a brief version of Total Fitness: Exercise, Nutrition, and Wellness by Scott K. Powers and Stephen L. Dodd. A strong foundation in exercise physiology provides readers with an understanding of the basic physiological adaptations which occur in response to both acute exercise and regular exercise training. Chapters focus on the essential fitness information needed to help achieve an optimal level of fitness and wellness through physical activity and proper nutrition. The authors present clear and objective research-based information that will dispel any myths associated with exercise, nutrition, weight loss, and wellness. In addition to the primary concepts of physical fitness, important issues such as exercise-related injuries, exercise and the environment, and exercise for special populations are covered. For professionals in the field of fitness.

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.

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**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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