



## **Concepts of Fitness & Wellness: A Comprehensive Lifestyle Approach, 12<sup>th</sup> ed.**

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### **Detailed List of Changes**

#### **Chapter 1: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction**

- Updates on the Healthy People Initiative (2020 and beyond)
- Updated statistics about health, longevity, and wellness
- Recent data regarding quality of life satisfaction and CDC population questionnaires
- Expanded emphasis on assessments and consumer skills in self-management section

#### **Chapter 2: Determinants of Lifelong Health, Wellness, and Fitness**

- Refined model of factors influencing health, wellness, and fitness
- Mention of the CDC's Healthy Community Design Initiative to promote healthy environments
- Updated discussion of Americans' health status, including a recent report comparing developing countries
- Emphasis on the importance of personal actions and interactions in the self-management section

### **Chapter 3: Self-Management Skills for Health Behavior Change**

- Reformatted and expanded descriptions of self-management skills
- New perspectives on SMART goals
- Emphasis on self-planning skills in the self-management section

### **Chapter 4: Preparing for Physical Activity**

- Updated section on exercise screening guidelines, including the new PAR-Q+
- Updated material on the treatment of injuries (RICE model)
- New discussion on water versus fluid replacement drinks and their benefits
- New information on smartphone apps that help monitor environmental conditions
- Emphasis on building knowledge and balancing attitudes in the self-management section

### **Chapter 5: The Health Benefits of Physical Activity**

- New sections on descriptions/implications of sedentary behavior
- Overview of the American Heart Association's *Life's Simple 7* lifestyles
- Updates from the 2018 *Physical Activity Guidelines for Americans*
- Revised guidelines for hypertension
- Updated information on the benefits of muscular fitness
- Discussion of new technologies researchers are using to track health data
- Emphasis on building knowledge and changing beliefs in the self-management section

### **Chapter 6: How Much Physical Activity Is Enough?**

- New information from the 2018 *Physical Activity Guidelines for Americans*
- Clarifications about the "weekend warrior" approach to physical activity
- Updated statistics on adults meeting the latest physical activity guidelines
- Emphasis on building confidence and motivation in the self-management section

### **Chapter 7: Adopting an Active Lifestyle**

- New sections on terminology and guidelines related to sedentary behavior
- New content on the health risks of sedentary behavior, including mention of "is sitting the new smoking?"
- Emphasis on planning and monitoring in the self-management section

### **Chapter 8: Cardiorespiratory Endurance**

- New information based on the 2018 *Physical Activity Guidelines for Americans*

- Updates on studies that indicate the powerful benefits of vigorous exercise
- New explanation of online target heart rate calculators
- More detailed discussion on high-intensity interval training (HIIT)
- Discussion of research on developing medication to replace exercise
- Emphasis on monitoring and assessment in the self-management section

### **Chapter 9: Vigorous Aerobics, Sports, and Recreational Activities**

- New section clarifying the nature of vigorous exercises
- Updated information on patterns and trends in sports and recreation
- Highlights of the ACSM fitness trend report
- New discussion of “Fitness in the Parks” and group fitness trends
- New data on wearable fitness technology
- Emphasis on building confidence, motivation, and monitoring in the self-management section

### **Chapter 10: Muscle Fitness and Resistance Exercise**

- New information about health benefits from resistance exercise
- New descriptions of the multidimensionality of muscle fitness
- New discussion of “smart clothes”
- Emphasis on planning and assessment in the self-management section

### **Chapter 11: Flexibility**

- Completely updated section on the factors that influence flexibility
- Completely updated section on flexibility, injuries, and rehabilitation
- Revised section on stretching methods
- New section on functional fitness, posture, and flexibility-based activities
- Emphasis on consumer performance skills in the self-management section

### **Chapter 12: Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck**

- Revised section on descriptions and roles of the core musculature
- Revised content on causes and consequences of back and neck pain
- New content on the prevention of (and rehabilitation from) back and neck problems
- Updated explanations for why posture is important for back and neck health
- Emphasis on planning, assessment, and changing beliefs in the self-management section

### **Chapter 13: Performance Benefits of Physical Activity**

- New content on the importance of more focused and structured training for high-level performance
- New information on concussion awareness and education

- New discussion of WHOOP technology monitoring rest and recovery
- Emphasis on planning and consumer skills in the self-management section

#### **Chapter 14: Body Composition**

- Updated information on the prevalence of obesity and extreme obesity
- New content on how to understand and interpret information about the obesity epidemic
- Consequences of the designation of obesity as a disease
- Updated content on obesity treatment guidelines
- Emphasis on assessment considerations in the self-management section

#### **Chapter 15: Nutrition**

- Clarifications and descriptions of the latest Dietary Guidelines for Americans
- New section “Understanding Contemporary Nutrition Terms, Issues, and Food Preferences” that includes content on glucose intolerance and genetically modified foods
- Updated information on the FDA’s prohibition on trans fats
- Emphasis on building knowledge, confidence, and motivation in the self-management section

#### **Chapter 16: Managing Diet and Activity for Healthy Body Fatness**

- New information on consumer weight loss programs
- Updated content on losing body fat
- Strategies for confronting an obesogenic environment
- Emphasis on overcoming barriers, social support, and relapse prevention in the self-management section

#### **Chapter 17: Stress and Health**

- New content on stress in contemporary society
- Updated information on the sources of stress
- Clarification on how stress affects health and wellness
- Emphasis on assessment and balancing attitudes in the self-management section

#### **Chapter 18: Stress Management, Relaxation and Time Management**

- Completely reorganized content to improve flow of information
- Updated descriptions and information on the principles of stress management
- New research on the impact of online social networks
- Emphasis on coping and consumer skills in the self-management section

#### **Chapter 19: The Use and Abuse of Tobacco**

- Updated statistics on smoking patterns and trends

- New information on the impact of the media and marketing of tobacco
- Updated information on issues with e-cigarettes
- Emphasis on building self-confidence and motivation in the Self-management section

### **Chapter 20: The Use and Abuse of Alcohol**

- Updated statistics and risks related to drinking and driving
- Updated information on campus strategies related to alcohol abuse
- Recent debates about college drinking and Greek life
- New apps designed to assist addiction treatment
- Emphasis on self-assessment and self-monitoring skills

### **Chapter 21: The Use and Abuse of Other Drugs**

- Completely reorganized structure to improve flow of information
- Updated statistics and graphics on the costs of drug abuse in society
- Patterns, trends, and consequences associated with legalized marijuana
- Emphasis on consumer skills in the self-management section

### **Chapter 22: Preventing Sexually Transmitted Infections**

- Updated statistics on the prevalence of different sexually transmitted infections
- Updates on progress with HIV treatment and vaccine development
- New discussion of the “Me Too” movement and sexual misconduct
- New Information on the CDC’s “Talk, Test, and Treat” STI-prevention campaign
- Emphasis on communication skills in the self-management section

### **Chapter 23: Cancer, Diabetes, and Other Health Threats**

- Updated statistics on prevalence and death rates from various cancers
- New screening guidelines for breast and prostate cancers
- New content on skin cancer and labeling of sunscreen products
- Revised content and descriptions of diabetes
- Emphasis on consumer skills and assessment in the self-management section

### **Chapter 24: Evaluating Fitness and Wellness Products: Becoming an Informed Consumer**

- Updates on quackery in the health and fitness industry
- Updated guidelines on use of vitamin and mineral supplements
- New examples of fraud in the dietary supplement industry
- Features and drawbacks on online personal training resources
- New information on the FDA’s MedWatch alert system to report consumer fraud
- Emphasis on communication skills in the self-management section

## **Chapter 25: Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change**

- Updates on access to medical care and the physician's role in health
- Summary of self-management skills and links to enabling, predisposing, and reinforcing factors influencing behavior
- New research on the effects of optimism
- New data on Americans accessing health care
- New research on positive patient results from female doctors
- Emphasis on planning skills and practice in the self-management section