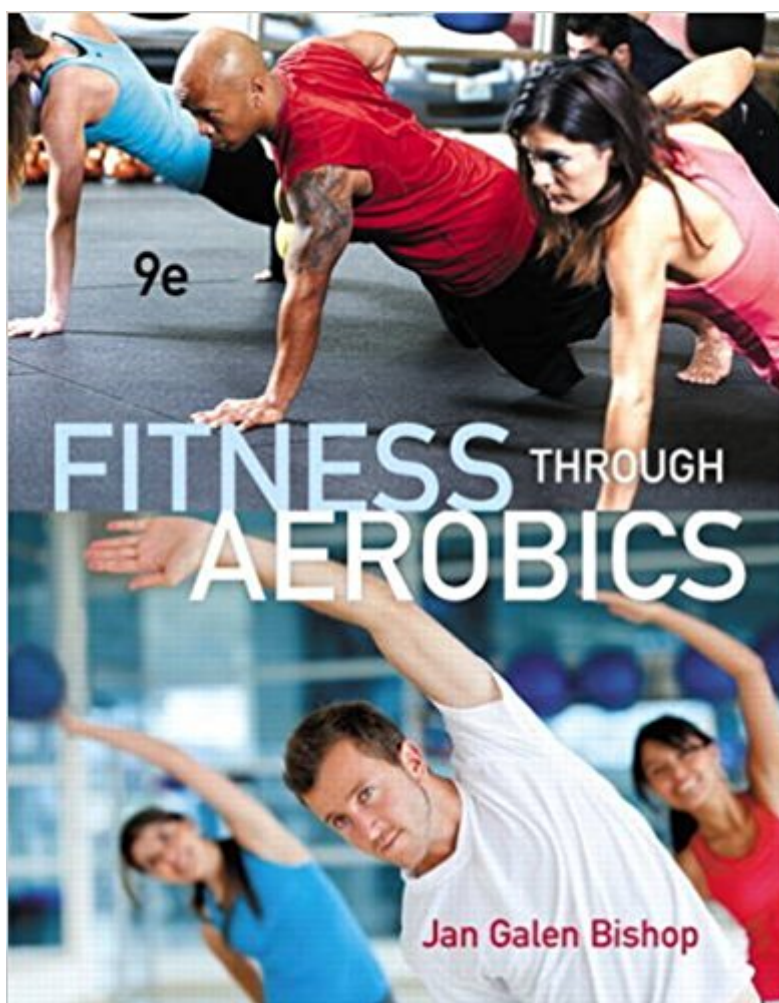


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Fitness Through Aerobics (9th Edition)



Synopsis

Reflecting current popular topics in group fitness, *Fitness Through Aerobics*, Ninth Edition covers a broad array of issues that speak to a wide range of aerobics instructors, and will engage students of every background and discipline. Bishop teaches steps and methodologies for performing all types of aerobic group exercises as well as strength and flexibility exercises that contribute to proper technique in a straightforward, accessible writing style. The Ninth Edition is completely updated with videos that demonstrate proper exercise technique, new coverage of the latest group exercise activities, and new photos.

Book Information

Paperback: 288 pages

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Customer Reviews

Jan G. Bishop is an Assistant Professor in the Department of Physical Education & Human Performance at Central Connecticut State University. She teaches courses in aerobics and fitness, motor development, and motor learning as well as supervising student teachers and certifying students in Physical Best. She is currently student advisor to the CT Association of Health, Physical Education, Recreation and Dance (CTAHPERD) and editor of the newsletter for the Eastern District Association of AAHPERD. She was recognized in the fall of 2006 by CTAHPERD with the Outstanding Service Award and received the EDA-AAHPERD Outstanding Professional Award in 2007. She has co-authored a college wellness text titled *Step Up to Wellness* and presented at the state, district, and national level on fitness topics. Her background includes co-running an aerobic dance certification program and being Gold Certified by IDEA. She received her M.S. in Physical Education and Dance at Indiana University and her Ed.D. in Physical Education at Arizona State University.

Book was in proper condition, shipped very fast, and the whole purchase went really smooth. Great book for beginners in aerobics.

Works for what is needed. A bit rough for wear but readable.

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