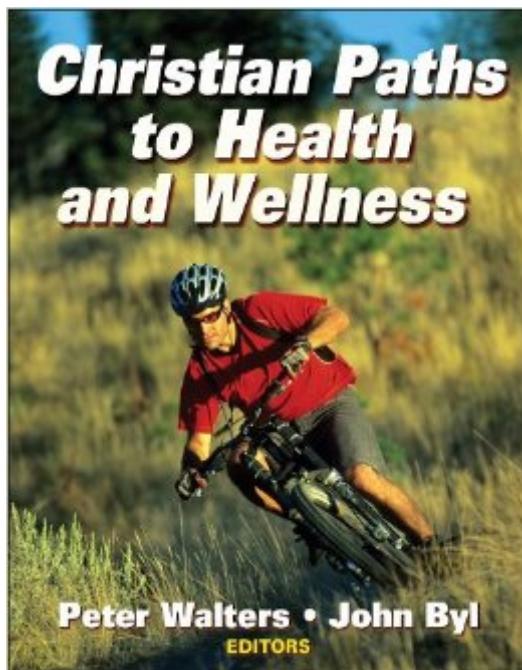


The book was found

Christian Paths To Health And Wellness



Synopsis

Most Christian college instructors have taught health and wellness from books that are not God-centered, simply because they have had no choice. Thanks to the development of Christian Paths to Health and Wellness, instructors can empower students to take responsibility and initiative for their own health, fitness, and wellness as part of their daily livesâ "while offering that instruction in a Christian context. Driven by 1 Corinthians 3:16 (â œDon't you know that you yourselves are God's temple and that God's Spirit lives in you?â •), this practical text is based on sound, cutting-edge scientific research and Christian principles. As such, it provides an exciting new approach to teaching health and wellness to help meet part of the Christian college mission. Students will glean these benefits from the text: -A solid foundation in health and wellness theory and research -Multiple Christian perspectives that create a balanced approach to health and wellness across a broad spectrum of Christian beliefs-Study aids, including vocabulary lists, glossary definitions, chapter-opening objectives, and chapter-ending questions, which foster learning and application of the material In addition, Christian Paths to Health and Wellness comes with many instructional aids that are free to course adopters, including Web support with sample course syllabi, a presentation package, and a test package. These aids will help instructors streamline their preparation time while teaching and managing their courses.Written by six contributing experts and edited by two highly respected Christian college instructors, this book stems from the contributors' own experiences in meeting the challenges of teaching in today's Christian colleges. It includes point/counterpoint discussions examining issues students face today, and it provides hope, practical tools and methods for change, and a comprehensiveness that enables students to make gradual and significant permanent change through the wisdom of education and the power of the Holy Spirit.The book focuses on four major themes: how we are made, how we are made to move, how we are to be nourished, and how we are to behave in restful ways. In part I, students are introduced to biblical reasons to value their wellness and examine God's purpose and their own life's mission. They explore body image, eating disorders, and weight management in part II. In part III, students learn about the basics of fitness, including cardiorespiratory, muscular, and flexibility assessment and training. Part IV focuses on nutritional and emotional health and wellness and also looks at wellness as it relates to sleep habits and personal relationships. Part V encourages students to develop a comprehensive strategy to maintain personal wellness in a relationship with God.Through Christian Paths to Health and Wellness, students will learn about and practice making choices that have positive effects on their lifelong fitness and wellness. Students will become aware of physical wellness issues and

develop a passion for proactive and permanent lifestyle changes. And they will do it all with a God-centered approach. v

Book Information

Paperback: 336 pages

Publisher: Human Kinetics; 1 edition (November 5, 2007)

Language: English

ISBN-10: 0736062270

ISBN-13: 978-0736062275

Product Dimensions: 10.9 x 8.4 x 0.7 inches

Shipping Weight: 2.3 pounds

Average Customer Review: 4.5 out of 5 starsÂ [See all reviewsÂ](#) (11 customer reviews)

Best Sellers Rank: #868,925 in Books (See Top 100 in Books) #103 inÂ Books > Education & Teaching > Schools & Teaching > Instruction Methods > Health #881 inÂ Books > Medical Books > Basic Sciences > Microbiology #6676 inÂ Books > Science & Math > Biological Sciences > Biology

Customer Reviews

Used this book for teaching High School level Health and Wellness Class for a group of Homeschool kids. We did not cover every single chapter, but the content was excellent. It was presented in a very organized way. Chapter review questions were very helpful not only for covering key concepts, but also for writing questions for both chapter tests as well as mid-term and final exams. The Christian perspective was excellent and did not in anyway diminish the scientific data. Would highly recommend this resource.

My husband used this book for school. He found it very relevant and informative when it came to maintaining a good health. It was also easy to read and follow along for an on-line course.

As the student who read this book, I give it 5 stars. It was informative and pointed me in the right direction, but it was also consumable, as my dad says. Basically, it was in an easy to read format, and it wasn't as tedious as I had feared. I would highly recommend it!

Great health book that has A LOT of great information but when I got it the book was extremely damaged. Glad my professor required this book for class!

We got this to replace one we had already had. It was great to receive it so fast and I will look forward to buying more.

This book offers information regarding issues in today's society. Includes views from different perspectives as well as a Christian view and quotes from bible scriptures. Very informative!

[Download to continue reading...](#)

Christian Paths to Health and Wellness-2nd Edition Christian Paths to Health and Wellness Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Health and Wellness for Life (Health on Demand) Health and Wellness for Life With Online Study Guide (Health on Demand) The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) The Chymical Wedding of Christian Rosenkreutz: A Commentary on a Christian Path of Initiation Christian Beliefs: Twenty Basics Every Christian Should Know Modern Psychotherapies: A Comprehensive Christian Appraisal (Christian Association for Psychological Studies Partnership) Revenge Romance: The Journey's Crossroad (Book Two) + Bonus Book (Historical Christian Suspense) (Historical Christian Suspense Revenge Romance: The Journey's Crossroad (Book 2) + Bonus Book!) Walking Denver: 30 Tours of the Mile-High City's Best Urban Trails, Historic Architecture, River and Creekside Paths, and Cultural Highlights Women and Politics: Paths to Power and Political Influence (2nd Edition) Shining and Other Paths: War and Society in Peru, 1980-1995 (Latin America Otherwise) The Essence of Jung's Psychology and Tibetan Buddhism: Western and Eastern Paths to the Heart Women and Politics: Paths to Power and Political Influence Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness Chiropractic and Naturopathic Mastery of Common Clinical Disorders: The art of co-creating wellness while effectively managing acute and chronic health disorders

[Dmca](#)