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Sharon A. Hoeger is Vice President of Fitness and Wellness, Inc. in Boise, Idaho, and holds a bachelor's degree in computer science from Brigham Young University. Co-author of five Cengage texts, Mrs. Hoeger researches current scientific information for revisions and develops accompanying interactive software applications — innovations that ...

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Dr. Charles B. "Chuck" Corbin is Professor Emeritus in the Department of Exercise and Wellness at Arizona State University. He has published more than 200 journal articles and is the senior author, sole author, contributor to, or editor of more than 70 books including Concepts of Physical Fitness (14th ed.), winner of the McGuffey Award (TAA); Concepts of Fitness and Wellness (7th ed ...

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