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In addition to PRINCIPLES AND LABS FOR PHYSICAL FITNESS, Dr. Hoeger has published several Cengage Learning texts, including Fitness and Wellness, Principles and Labs for Fitness and Wellness, Lifetime Physical Fitness and Wellness, Wellness: Guidelines for a Healthy Lifestyle, and Water Aerobics for Fitness and Wellness (with Terry-Ann Spitzer Gibson).

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As co-author of PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition and four other Cengage texts, Ms. Hoeger is responsible for researching the most current scientific information for each revision, as well as developing the interactive software that accompanies all of the Hoeger fitness and wellness textbooks--innovations that have set the standard for fitness and wellness software today.

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## **Reasons for ordering laboratory tests and relationship ...**

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Other options for measuring aerobic fitness include the 12-minute run test ( $r = 0.90$ ), 28 interval shuttle runs (ICCs = 0.86 to 0.96 for men, 0.95 to 0.99 for women), 29 and 1-mile track walk test (also known as the Rockport Fitness Test,  $r = 0.93$ ). 28 Although these protocols have higher reliability, important disadvantages include the ...

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