



LearnSmart for Questions and Answers: A Guide to Fitness and Wellness

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Questions from students complete with answers for students is what makes this fitness and wellness adaptive learning system a fresh and unique study guide. For Questions and Answers: A Guide to Fitness and Wellness, 1,000 questions were collected. They ranged from the mind-body queries like, “How can I improve my self-esteem?” to the practical variety, such as “Do I really need 8 glasses of water a day?” Common myths (such as whether sit ups help make the stomach area flatter) are clarified too with hard evidence and engaging videos. With its online fitness assessments, assignable interactive animations, and online labs, students click, watch, and learn as they follow real college students attempting to change their behavior for an entire semester, and hopefully for life.

What is LearnSmart?

LearnSmart is a digital adaptive learning platform that guides you through your course efficiently by prioritizing the important material. As you read your book, it helps you understand the topics you know, and then shows you what you still need to learn. It'll ask you some questions to help you identify gaps, and prompt you to re-learn them.

Why LearnSmart?

Students who use LearnSmart are 35% more likely to complete their class. 13% more likely to pass their class. and have been proven to improve their performance by a full letter grade.

How does Learnsmart work?

LearnSmart uses revolutionary adaptive technology to build a learning experience unique to each student's individual needs. It starts by identifying the topics a student knows and does not know. As the student progresses, LearnSmart adapts and adjusts the content based on his or her individual strengths, weaknesses and confidence, ensuring that every minute spent studying with LearnSmart is the most efficient and productive study time possible.

LearnSmart also takes into account that everyone will forget a certain amount of material. LearnSmart pinpoints areas that a student is most likely to forget and encourages periodic review to ensure that the knowledge is truly learned and retained. In this way, LearnSmart goes beyond simply getting students to memorize material – it helps them truly retain the material in their long term memory.

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Vanessa Palacios:

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Cecilia Moore:

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