



Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide

By Shape America - Society of Health and Physical Educators, Suzan Ayers, Mary Jo Sariscsany

Human Kinetics Publishers, United States, 2010. Paperback. Book Condition: New. 3rd. 277 x 216 mm. Language: English . Brand New Book. Research shows direct links between regular physical activity, good health, and improved cognitive performance. Your students will receive those benefits when you incorporate the latest edition of this best-selling text into your physical education curriculum. Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide is a practical, field-tested tool that provides teachers with strategies to emphasize health-related fitness while maintaining all the components of their existing programs. It also guides teachers in developing effective new fitness education programs. This new edition is based on up-to-date research, current NASPE standards, and the new 2010 National Physical Activity Guidelines. It includes -updated health-related fitness concepts and expanded discussions on teaching principles and training concepts; -enhanced information on assessment, nutrition, inclusion, and goal setting; -examples for applying the material in real-world physical education settings; and -ready-to-use instructor resources, including a presentation package and a test package. Physical Education for Lifelong Fitness guides you in teaching fitness concepts through enjoyable activities and shows you how to use fitness testing as an educational and motivational tool. It provides an in-depth look at...



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