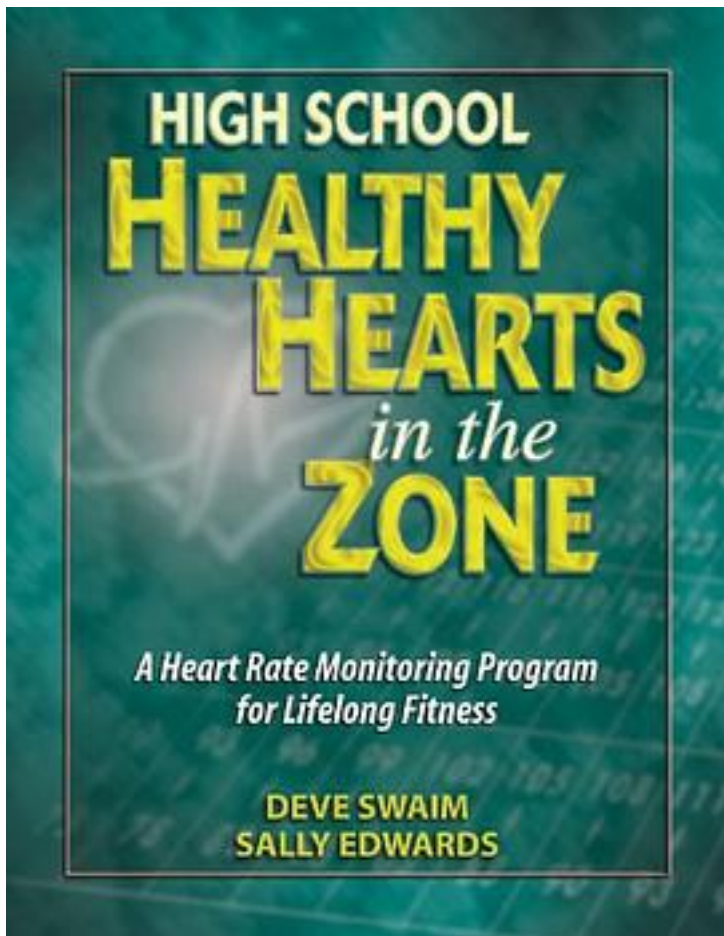


High School Healthy Hearts in the Zone



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著者:Swaim, Deve/ Edwards, Sally

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This practical resource provides lesson plans, worksheets, log and journal pages and much more to help teachers to teach their high-school students about lifelong fitness using heart-rate monitors. Self-directed learning, goal setting and self motivation are

all emphasized in the lessons. Key features include: rationales for using heart-rate monitors and heart-zone training in health and physical-education curricula; 47 lesson plans; 72 pull-out student worksheets that can be photocopied for distribution to students; pull-out log pages and journal pages for students.

作者介绍:

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