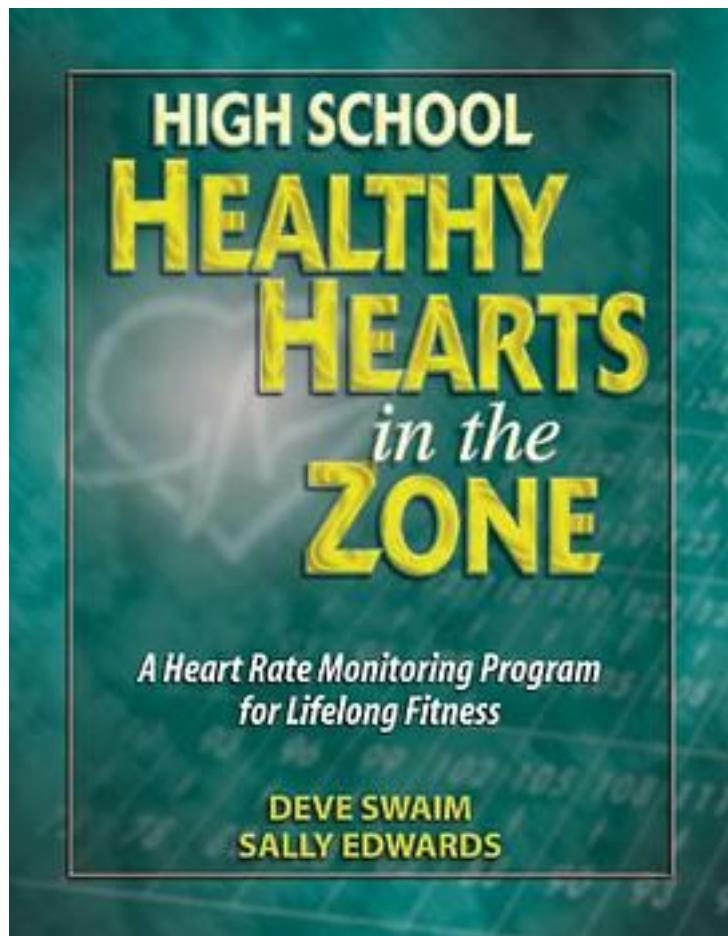


High School Healthy Hearts in the Zone



[High School Healthy Hearts in the Zone 下载链接1](#)

著者:Swaim, Deve/ Edwards, Sally

出版者:

出版时间:2002-9

装帧:

isbn:9780736041775

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:

目录:

[High School Healthy Hearts in the Zone](#) [下载链接1](#)

标签

评论

[High School Healthy Hearts in the Zone](#) [下载链接1](#)

书评

[High School Healthy Hearts in the Zone](#) [下载链接1](#)