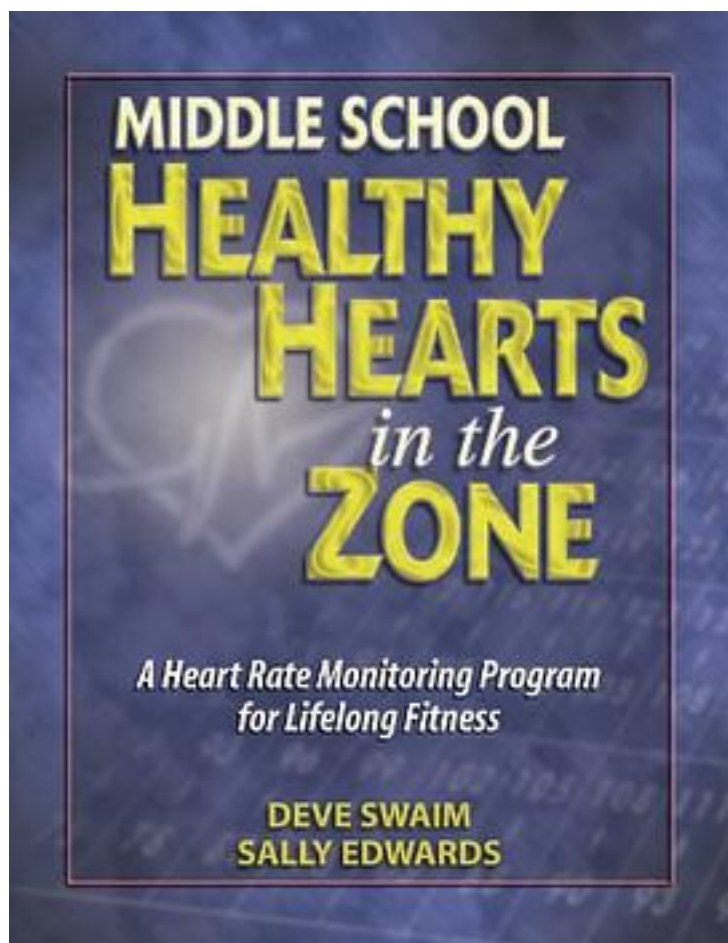


Healthy Hearts for Life



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

emphasized in the lessons. Rationales for using heart rate monitors and heart zone training in health and physical education curricula make this title the first comprehensive heart monitoring text available for young people. Key features include: 17 lesson plans; 30 pull-out student worksheets that can be photocopied for distribution to students; and pull-out log page and journal page for students.

作者介绍:

目录:

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