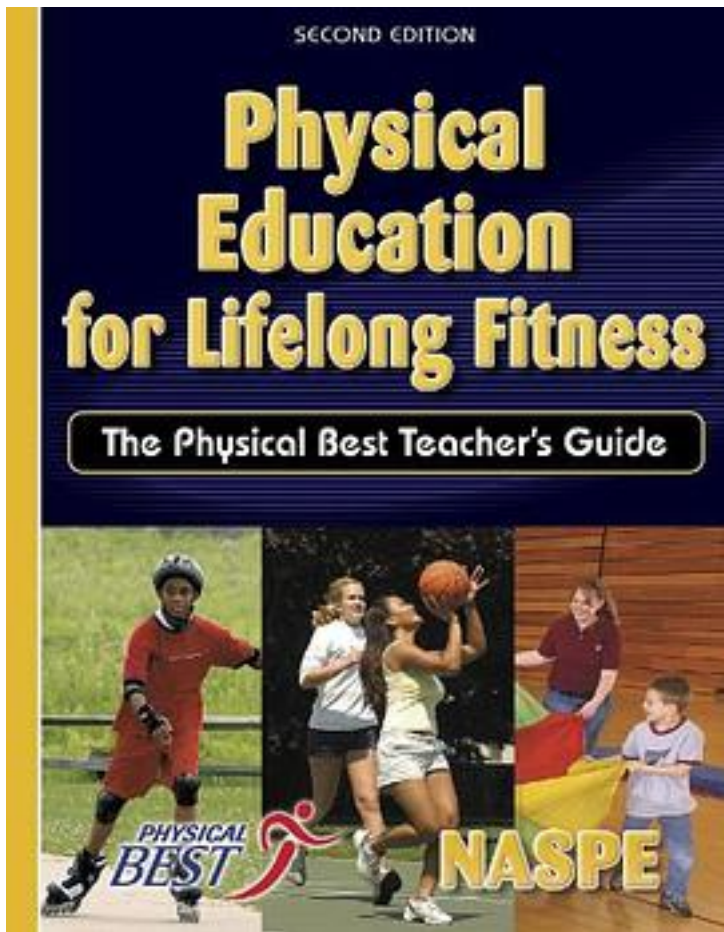


Physical Education for Lifelong Fitness



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著者:National Association for Sport and Physical Education

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Through this guide, teachers can do the following: -Revitalize their curriculum with cutting-edge information -Learn to implement health-related fitness education in a comprehensive manner -Get up to date on the latest guidelines for teaching

health-related fitness -Build their personal toolbox for student motivation, goal setting, curriculum integration, and assessment of fitness -Learn the foundational knowledge for teaching health-related fitness Just as there are no shortcuts to health and fitness, there are no shortcuts taken in this authoritative guide. "Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Second Edition, " covers all the bases that teachers need for implementing a health-related physical education curriculum to promote lifelong fitness. This text helps teachers benefit from experienced physical educators' wisdom and knowledge of real-world physical education. In doing so, teachers can do the following: -Set realistic but challenging goals for their program and students -Revitalize their curriculum with cutting-edge information -Plan their curriculum to meet national and state health-related fitness standards. The only text of its kind in the field of physical education, this revised edition offers the latest information on important health-related physical fitness teaching and physical education issues. This edition includes the following features in a streamlined, easy-to-use format emphasizing the development of lifelong fitness: -Discussion of the revised national physical education standards (NASPE 2004) -Enhanced and updated information on physical activity guidelines, assessment, nutrition, inclusion, and goal setting -Practical examples for teaching and assessment, applying the proven concepts in real-world physical education settings -Ready-to-use worksheets, charts, and other educational tools, including a glossary "Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Second Edition," provides teachers with the clear philosophical foundation for the Physical Best program and presents a framework for implementing a health-related physical education curriculum to promote lifelong fitness. More about Physical Best Resources Physical Best is the complete package teachers need to help students gain the knowledge, skills, appreciation, and confidence to lead physically active, healthy lives. No other set of resources comes close to delivering the amount of practical information teachers will find here. And it's versatile. Teachers can use Physical Best resources to refine their programs or to develop new programs at the school, district, or state level, including teacher training and certification. Physical Best is composed of these resources: -"Physical Best Activity Guide: Elementary Level, Second Edition" -"Physical Best Activity Guide: Middle and High School Levels, Second Edition " -"Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Second Edition" -Educational workshops available through NASPE that enable teachers to become certified as Physical Best health-fitness specialists and instructors. Visit www.naspeinfo.org for more information. For more information on the other Physical Best books, please see Companion Resources, below.

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