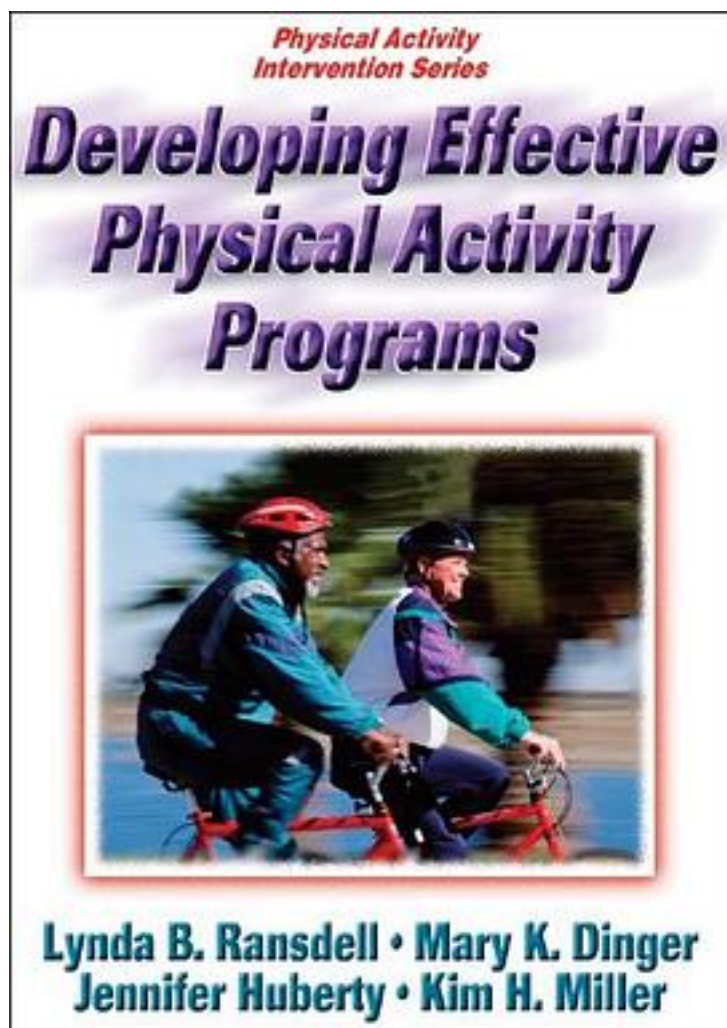


# Developing Effective Physical Activity Programs



[Developing Effective Physical Activity Programs\\_下载链接1\\_](#)

著者:Ransdell, Lynda/ Dinger, Mary K./ Huberty, Jennifer L./ Miller, Kim H.

出版者:

出版时间:2009-3

装帧:

isbn:9780736066938

This new book emphasises the move away from a one-size-fits-all approach to physical

activity interventions by providing evidence-based recommendations for designing, implementing and evaluating more effective and appropriate physical activity interventions for every individual. The text includes summaries of current research studies examining physical activity interventions in various populations and settings. Key considerations are discussed for each population, including the elements that make up the most successful interventions, unique barriers and techniques for overcoming those barriers. The text also examines how environment, setting and use of technology can influence intervention planning. Readers will look at the way in which neighbourhood and community design can affect a person's physical activity levels. They'll also consider the various settings in which a programme can be held. This section also shows how technology can be used to expand the reach of a programme and positively influence the physical activity levels of participants.

作者介绍:

目录:

[Developing Effective Physical Activity Programs\\_下载链接1](#)

标签

评论

-----  
[Developing Effective Physical Activity Programs\\_下载链接1](#)

书评

-----  
[Developing Effective Physical Activity Programs\\_下载链接1](#)