

Dynamic Physical Education for Secondary School Students

SIXTH EDITION

PAUL W. DARST • ROBERT P. PANGRAZI



DYNAMIC PHYSICAL EDUCATION

FOR SECONDARY SCHOOL STUDENTS

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Dynamic Physical Education for Secondary School Students, Sixth Edition provides secondary school physical education pre-service teachers everything they need to know to create an exciting and thoughtful PE program for their students. Using accessible, easy-to-read language, authors Paul Darst and Robert Pangrazi cover

foundational teaching elements as well as the latest issues in physical education. A focus on important issues facing today's PE teachers covers such topics as overweight in youth and teaching culturally diverse students. Up-to-date research, recommended reading, and a variety of study tools throughout the text make this book a comprehensive resource for teachers of physical education. The text, when tied to the accompanying lesson plan book, becomes a comprehensive curriculum guide for pre-service and in-service teachers for grades 7-12. Enhancing the curriculum and instruction in secondary physical education, the text includes many new and motivating ideas, strategies, and activities. The Sixth Edition features new activities including yoga, stability balls, and body bars, a revised Chapter on teaching styles (Chapter 8), updated MyPyramid Plan information (Chapter 17), and additional Lesson Plan activities.

作者介绍:

目录:

[Dynamic Physical Education for Secondary School Students 下载链接1](#)

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