

Promoting Physical Activity and Health in the Classroom

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Promoting Physical Activity and Health in the Classroom responds to the growing trend in K-6 education, where classroom teachers with no specific Physical Education training must increasingly implement activities in nontraditional settings often with limited space, equipment, time, and planning. The book is colorful, engaging, compact, and user-friendly. Its practical organization, combined with detachable, sortable index-size cards comprising more than 260 separate activities, enables teachers to implement them immediately and provides a unique resource not previously available to instructors. Improving the Health of America's Children, Understanding Children's Needs and Readiness for Physical Activity, Teaching Physical Activities Safely and Effectively, Improving the Effectiveness of Instruction and Feedback, Management and Discipline in an Activity Setting, Teaching Children with Special Needs, Integrating Physical Acti

Robert Pangrazi, Ph.D., taught for 31 years at Arizona State University, Tempe, in the Department of Exercise Science and Physical Education, and is now Professor Emeritus. An AAHPERD Honor Fellow and a Fellow in the Academy of Kinesiology and Physical Education, he was honored by the National Association for Sport and Physical Education (NASPE) with the Margie Hanson Distinguished Service Award. He is a best-selling author of numerous books and texts over the years, including multiple editions of Dynamic Physical Education for Elementary School Children, and Dynamic Physical Education for Secondary School Children, with Paul W. Darst (Benjamin Cummings). He co-edited Toward a Better Understanding of Physical Fitness and Activity: Selected Topics, for the President's Council on Physical Fitness and Sports, with Chuck Corbin (a McGraw-Hill fitness and wellness author). In addition to numerous other books and texts, he has written many journal articles and scholarly papers for publication. He is the lead author of our new first edition text, Promoting Physical Activity and Health in the Classroom, addressing the growing classroom teacher market.

Other Books

Jump Start Health! Practical Ideas to Promote Wellness in Kids of All Ages. This dynamic resource will help classroom teachers jump start their students on a path to a healthy lifestyle. The author helps us understand the obesity crisis and offers practical ideas for incorporating wellness initiatives into the elementary curriculum. Each idea presented has a clear learning objective, addresses federal health standards, and includes a step-by-step approach with activities for the classroom. This hands-on, comprehensive book provides a set of tools that will help teachers and health practitioners improve the eating habits and exercise patterns of youngsters nationwide. Unlike other health curricula, Jump Start Health! is unique because it provides teaching materials that: Ask a range of critical thinking questions. Encourage collaboration and community building. Embody the National Education Standards and National Health Standards. David Campos is an associate professor of education at the University of the Incarnate Word in San Antonio, Texas. "In the rich tradition of a child-centered curriculum, David Campos presents a useful, comprehensive, and clear resource for keeping children physically and psychologically healthy. Providing a rich context for a 'well being' perspective, he guides teachers, parents, and the community through understanding the necessity for all adults to ensure a nurturing environment for every age child." -Mari Koerner, Professor and Dean, Mary Lou Fulton Teachers College, Arizona State University "This how-to manual is a panoply of original lesson plans and practical strategies for eradicating the poor dietary and exercise habits that are diminishing the health and wellness of our society. This book is a definitive guide

for restoring and maintaining one of our most precious commodities:the health and well-being of our children." –La Vonne I. Neal, Northern Illinois University, Dean, College of Education "Dr. Campos has made a valuable contribution to the national discussion regarding how we, as a country, can effectively address the evolving tragedy of the childhood obesity epidemic." –Norman H. Chenven, M.D., Founder & CEO, Austin Regional Clinic

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