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Edizione	[Seventh, Pearson new international edition.]
Descrizione fisica	1 online resource (488 pages) : illustrations (some color), tables, photographs
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Nota di contenuto	Cover -- Table of Contents -- Physical Education Methods: Creating a Quality Lesson Plan -- 1. Physical Education in the Secondary School -- 2. The Impact of Physical Activity on Adolescents -- 3. Steps in Developing a Curriculum -- 4. Curriculum Approaches -- 5. Planning for Effective Instruction -- 6. Improving Instructional Effectiveness -- 7. Teaching Styles -- 8. Management and Discipline -- 9. Improving Instruction Systematically -- 10. Assessment, Evaluation, and Grading -- 11. Students with Disabilities -- 12. Safety and Liability -- 13. Activity Outside of the Physical Education Class: Intramurals, Sport Clubs, School Programs, and Athletics -- 14. Introductory Activities -- 15. Physical Fitness -- 16. Promoting and Monitoring Lifestyle Physical Activity -- 17. Healthy Lifestyles: Activities for Instruction -- 18. Promoting Motivation, Cooperation, and Inclusion: Nontraditional Ideas for Instruction -- 19. Sports -- National Standards for Physical Education -- Essential Components of Quality Programs -- Index -- 2.
Sommario/riassunto	Dynamic Physical Education for Secondary School Students, Seventh Edition provides secondary school physical education pre-service teachers everything they need to create exciting and engaging PE programs. Using accessible, everyday language, authors Paul Darst, Robert Pangrazi, Mary Jo Sariscsany, and Timothy Brusseau cover foundational teaching elements as well as current issues in physical

education. Updated to reflect important issues facing today's PE teachers, this new edition includes topics such as the effects of overweight on youth, teaching students with different ability ranges, and teaching culturally diverse students. Updated research, recommended readings, and a variety of study tools make this book a comprehensive resource for all teachers of physical education. When tied to the accompanying Lesson Plans book, the text 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 a wealth of both practical and theoretical resources and many motivating ideas, strategies, and tools. With the addition of two new coauthors, Tim Brusseau and Mary Jo Sariscany, the new four member author team brings both highly experienced and fresh perspectives to the revision. Included in this edition are new Teaching Tips and Safety Hint features, and content on the expanding role of PE teachers outside the gym.
