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Nota di contenuto	Intro -- Contents -- Introduction -- Chapter 1: Those Pesky Dates: A Simple Time Line for the Evolution of Society -- Introduction -- Nomadic Populations -- Early Urban Civilizations -- The Classical Era -- The "Dark Ages"/Mediaeval Era -- The Renaissance -- The Enlightenment -- The Victorian Era -- The Modern Era -- The Post-modern Era -- Questions for Discussion -- Conclusions -- Further Reading -- Chapter 2: The Hunter-Gatherer Idyll -- Introduction -- Energy Demands of Hunting and Gathering -- The Issue of Rest Days -- Energy Demands of Games -- Resulting Levels of Health -- Resulting Levels of Fitness -- Attitudes to Health and Fitness -- Effects of Acculturation -- Attempts to Recreate the Hunter-Gatherer Lifestyle -- Practical Implications for Current Policy -- Questions for Discussion -- Conclusions -- Further Reading -- Chapter 3: Irrigation and the Seductive Sedentary Lifestyle -- Introduction -- Daily Energy Expenditures -- Resulting Levels of Health -- Resulting Levels

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Sommario/riassunto

This book provides a unique and succinct account of the history of health and fitness, responding to the growing recognition of physicians, policy makers and the general public that exercise is the most potent form of medicine available to humankind. Individual chapters present information extending from the earliest reaches of human history to the present day, arranged in the form of 30 thematic essays covering topics from the supposed idyll of the hunter-gatherer lifestyle and its posited health benefits to the evolution of health professionals and the possible contribution of the Olympic movement to health and fitness in our current society. Learning objectives are set for each topic, and although technical language is avoided as far as possible, a thorough glossary explains any specialized terms that are introduced in each chapter. The critical thinking of the reader is stimulated by a range of questions arising from the text context, and each chapter concludes with a brief discussion of some of the more important implications for public policies on health and fitness today and into the future. The material will be of particular interest to graduate and undergraduate students in public health, health promotion, health policy, kinesiology, physical education, but will be of interest also to many studying medicine, history and sociology.
