



Fitness Education for Children: A Team Approach, Second Edition

Stephen Virgilio

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In the latest edition of his book *Fitness Education for Children: A Team Approach*, Stephen Virgilio emphasizes the importance of collaboration to combat obesity and promote active lifestyles. Virgilio shows how you can combine the efforts of physical educators, administrators, classroom teachers, school volunteers, parents, school lunch personnel, health service professionals, and others in the community.

Virgilio provides new suggestions and information on incorporating the team approach to help schools meet wellness policy objectives. He spells out a school wellness approach with the physical educator as physical activity director and guides you in integrating school fitness breaks and activities in the classroom curriculum. He also

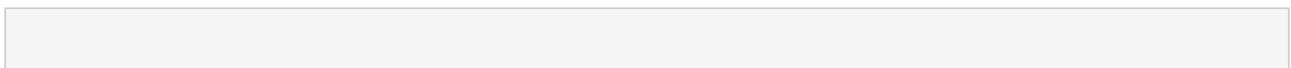
- offers new exercise, rhythmic, and pedometer activities as well as new fitness games;
- provides current research and statistics on childhood obesity and approaches to intervention;
- includes a completely new chapter on yoga (including activities) for school-aged children; and
- presents information on the stages of behavioral change, helping teachers modify long-term health behaviors in children.

This new edition also includes updated Activitygram/Fitnessgram procedures and a discussion of SMART goals. You'll find a new section on teaching children with autism spectrum disorder and the current USDA's MyPlate. You'll also receive the most recent physical activity guidelines for children from the Centers for Disease Control and Prevention and help in developing programs that support those guidelines. And you'll find updated references throughout the book as well as new websites for further information.

Fitness Education for Children also offers strategies for cross-curricular activities and classroom collaborations as well as suggestions for using technology to enhance your communication with students and parents.

Written for veteran and new physical educators as well as students preparing to enter the profession, this text covers the gamut of issues that educators need to know to provide effective fitness education. Those issues include the principles of fitness, teaching children with disabilities, planning lessons, teaching fitness concepts, collaborating with other teachers, and getting parents and your community involved. You also receive updated developmental exercises and active games and activities, and you'll learn how to hold exciting schoolwide events.

Fitness Education for Children offers a blueprint for battling obesity in school-aged children by promoting healthy lifestyles. This book will help you understand the educational philosophy, instructional strategies, assessments, and pedagogical models that will transform your curriculum into a springboard to a lifetime of healthy activity for the children you teach.



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Eunice Bosse:

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Emile Guzman:

The particular book Fitness Education for Children: A Team Approach, Second Edition has a lot details on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research previous to write this book. This particular book very easy to read you may get the point easily after reading this article book.

James Rouse:

People live in this new morning of lifestyle always aim to and must have the time or they will get lots of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely without a doubt. People is human not a robot. Then we request again, what kind of activity are there when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading ebooks. It can be your alternative in spending your spare time, the book you have read is usually Fitness Education for Children: A Team Approach, Second Edition.

Morgan Johnson:

What is your hobby? Have you heard that question when you got students? We believe that that question was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. And also you know that little person including reading or as looking at become their hobby. You should know that reading is very important and book as to be the issue. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You get good news or update concerning something by book. Numerous books that can you go onto be your object. One of them is Fitness Education for Children: A Team Approach, Second Edition.

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