

HBJ HEALTH

Revised Edition



Hbj Health Purple

Lei Huang



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Dyslexic, ... Catalog of Books ,1996 HBJ Health [5] Purple ,1990 Fitness in the Elementary Schools Robert P.
Pangrazi,Douglas N. Hastad,1989 The first chapter of this manual discusses the impact physical activity has on the growth
and development of youngsters It offers a rationale for including physical education in the school curriculum Guidelines for
exercising children safely are offered including a section on weight training for children Chapter 2 includes the Physical Best
fitness test as well as guidelines for testing measuring and evaluating physical fitness A discussion explains efficient test
administration procedures and planning for fitness testing in the school setting The third chapter focuses on special
populations including obese and handicapped children A number of suggestions for modifying activities to meet the needs of
special populations include consideration of the problems of asthmatic youngsters Chapter 4 looks at fitness nutrition
substance abuse and the role they play in developing wellness in children Emphasis is placed on developing positive attitudes
The fifth chapter offers many activities for developing fitness in children of all ages Effectively teaching a class in the fitness
environment is discussed as is the importance of understanding the role of fitness in the total physical education lesson JD
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