

[PDF] Foundations Of Physical Education, Exercise Science, And Sport

Deborah Wuest, Jennifer Walton-Fisette - pdf download free book



Books Details:

Title: Foundations of Physical Educa
Author: Deborah Wuest, Jennifer Walt
Released:
Language:
Pages: 544
ISBN: 0073522775
ISBN13: 9780073522777
ASIN: 0073522775

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Description:

The eighteenth edition of *Foundations of Physical Education, Exercise Science, and Sport* emphasizes the role of culturally competent professionals in meeting the needs of our increasingly diverse population and in promoting lifespan participation in physical activity for all people. Up-to-date statistics and information are provided on health and physical activity levels, career preparation and professional paths within physical education, exercise science, and sport. This edition retains its strong coverage

of the foundations of motor behavior, biomechanics, exercise physiology, sport and exercise psychology, the sociology of sport, and physical education pedagogy. The text also emphasizes preparation for a diversity of careers in a variety of settings, addressing areas that include teaching, coaching, exercise leadership, athletic and personal training, sport management, and sport media.

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