

Foundations of Physical Education, Exercise Science, and Sport

By Deborah Wuest, Jennifer Fisette

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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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Editorial Review

About the Author
Deborah A. Wuest is a professor in the Department of Health Promotion and Physical Education at Ithaca College, New York. She received her B.S. degree in physical education from SUNY Cortland, her M.S. degree in physical education from Indiana University, and her Ed.D. in Human Movement from Boston University. Deborah has over 40 years of teaching experience, and has twice received Ithaca College's Charles C. Dana Award for Teaching Excellence. Deborah teaches courses in the foundations of physical education, foundations of health sciences, stress management, coaching and computer applications in health and physical education. She has co-authored textbooks on foundations of physical education, exercise science, and sport; secondary methods in physical education, and humanism in coaching. Deborah is the Managing Editor of the Apps section on PECentral.

Jennifer Fisette is an assistant professor of Physical Education Teacher Education in the School of Teaching, Learning, and Curriculum Studies at Kent State University. Before taking this position in 2008, she taught physical education and health in Rhode Island. She obtained her B.S. in physical education from Rhode Island College, M.S. in sport pedagogy from Ithaca College, and Ed.D. in Physical Education Teacher Education from the University of Massachusetts-Amherst. Her teaching responsibilities include: Secondary Physical Education Content, Inquiry into Professional Practice, Development and Analysis of Game Performance, Introduction to Physical Education, Fitness, and Sport, Analysis of Motor Skills, Curriculum Development and Forms of Inquiry, a doctoral course. Her scholarship explores the critical examination of girls' lived experiences and embodied identities within physical education and physical activity through student voice; assessment and curriculum development.

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