

Promoting Physical Activity and Health in the Classroom

By Robert P. Pangrazi, Aaron Beighle, Deb Pangrazi

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Promoting Physical Activity and Health in the Classroom responds to the growing trend in K-6 education, where classroom teachers with no specific Physical Education training must increasingly implement activities in nontraditional settings—often with limited space, equipment, time, and planning. The book is colorful, engaging, compact, and user-friendly. Its practical organization, combined with detachable, sortable index-size cards comprising more than 260 separate activities, enables teachers to implement them immediately and provides a unique resource not previously available to instructors. Improving the Health of America's Children, Understanding Children's Needs and Readiness for Physical Activity, Teaching Physical Activities Safely and Effectively, Improving the Effectiveness of Instruction and Feedback, Management and Discipline in an Activity Setting, Teaching Children with Special Needs, Integrating Physical Activity and Academics, Increasing Student's Activity Levels, Helping Students Develop Physical Fitness, Improving Students' Nutrition, Teaching Sun Safety, Promoting Children's Health Beyond the School Day. Intended for those interested in learning about how to promote physical activity and health in the classroom.

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Editorial Review

From the Back Cover

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About the Author
Robert Pangrazi, Ph.D., taught for 31 years at Arizona State University, Tempe, in the Department of Exercise Science and Physical Education, and is now Professor Emeritus. An AAHPERD Honor Fellow and a Fellow in the Academy of Kinesiology and Physical Education, he was honored by the National Association for Sport and Physical Education (NASPE) with the Margie Hanson Distinguished Service Award. He is a best-selling author of numerous books and texts over the years, including multiple editions of **Dynamic Physical Education for Elementary School Children, and Dynamic Physical Education for Secondary School Children,** with Paul W. Darst (Benjamin Cummings). He co-edited **Toward a Better Understanding of Physical Fitness and Activity: Selected Topics,** for the President's Council on Physical Fitness and Sports, with Chuck Corbin (a McGraw-Hill fitness and wellness author). In addition to numerous other books and texts, he has written many journal articles and scholarly papers for publication. He is the lead author of our new first edition text, **Promoting Physical Activity and Health in the Classroom,** addressing the growing classroom teacher market.

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