



# Teaching Secondary Physical Education: Preparing Adolescents to Be Active for Life

*Cathrine Himberg, Gayle Hutchinson, John Mathieu Roussell*

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-Help teens become physically active for life.

-Build physical education programs that keep pace with changing needs.

-Introduce technology into the classroom.

With the introduction of *Teaching Secondary Physical Education*, now there is a teaching methods textbook that meets the needs of today's diverse student populations. It outlines a contemporary approach that focuses on how teachers can help their students become active for life.

A team of experts walks you step by step through the process of building and adapting quality programs to keep pace with changing needs. You will learn how to improve your effectiveness as a teacher while responding to the growing demand for quality secondary programs that are relevant in both today's world and tomorrow's.

*Teaching Secondary Physical Education* covers all the critical issues: developmental appropriateness, inclusiveness, appropriate use of technology in the classroom, and more.

In addition, the text contains many distinctive, student-friendly features:

-Technology n Techniques (T n T) side boxes throughout the text keep the theme of technology in the reader's mind.

-The innovative GOT-IT model (goals, objectives, technologies, and instructional techniques) emphasizes a system for smoothly and effectively introducing technologies and techniques into the classroom.

-The Diamond Framework expresses in one image how physical educators can create a program that leads their students on the road to an active life. Icons reinforce this key concept throughout the book.

-Chapter introduction scenarios show real-life examples of issues that physical education teachers face.

-Your Turn questions present opportunities for readers to interact with the information, both in class discussions and individual study.

-Heavy emphasis of national standards and guidelines and the research on determinants for physical activity provide the authority and backbone for the authors' active-for-life philosophy. *Teaching Secondary Physical Education* is the cutting-edge text for teachers who want to keep up to date, continue to improve, and stay focused on the real purpose of the new physical education—to keep students active for life.

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