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EXERCISE PHYSIOLOGY

Theory and Application to Fitness and Performance



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theoretical and research based basic exercise physiology with real world application to prepare students for exciting positions in exercise science fitness physical education athletic training rehabilitation coaching and or allied health professions Updated throughout the text uses sound pedagogical principles to explain scientific research that is the foundation of exercise physiology and incorporates multiple features to help students apply their knowledge to improve human health fitness and performance Content in this edition is organized by independent units Metabolic Cardiovascular Respiratory Neuromuscular Skeletal and Neuroendocrine Immune offering maximum teaching flexibility for faculty and ensuring a consistent efficient and effective learning experience for students

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will be highly useful to undergraduate students looking to enter the field as well as a resource for administrators in physical education leadership positions who are looking to acquire new skills and innovative ideas in each of the five areas of responsibility covered in the book Part I covers leadership organization and planning It explores leadership and management styles and presents practical theories of motivation development and planning It also looks at how to plan for the essential components of an effective quality physical education program In part II readers examine various curriculum and instruction models and navigate through curriculum theory and mapping This section also offers guidance on planning events including special programs and fundraising projects and how to build a team and secure community connections for those special events Part III helps administrators plan and design new school sites or renovate existing ones and it presents contemporary concepts in universal design and sustainable environmental design It also offers ideas on how to incorporate technology to meet the needs of 21st century learners including the use of social media and robotics in delivering instruction and communication Part IV explores written verbal and electronic communication issues as well as legal and human resource issues Administrators learn how to lobby and advocate for physical education how the legal system affects schools and how to examine personnel issues bullying and harassment Part V explains the fiscal responsibilities inherent in administrative positions including budgeting bidding and purchasing It also shows how administrators can secure funding independent of district or local funding offering many examples of grants and fundraising opportunities with sample grant applications Throughout the text special features Advice From the Field and Leadership in Action share tips nuggets of wisdom and examples of administrators excelling in their various responsibilities The book also comes with many practical examples of forms that are useful in carrying out responsibilities and each chapter offers objectives a list of key concepts and review questions to facilitate the learning In addition the text has related online resources consisting of supportive materials and documents Organization and Administration of Physical Education Theory and Practice published with SHAPE America offers the solid foundational theory that administrators need and shows how to put that theory into daily practice Note A code for accessing HKPropel is included with this ebook

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