



Dynamic Physical Education for Secondary School Students (6th Edition)

By Paul W. Darst, Robert P. Pangrazi

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Dynamic Physical Education for Secondary School Students, 6/e, provides secondary school physical education pre-service teachers everything they need to know to create an exciting and thoughtful PE program for their students. Using accessible, easy-to-read language, authors Paul Darst and Robert Pangrazi cover foundational teaching elements as well as the latest issues in physical education. Physical Education in the Secondary School, The Impact of Physical Activity on Adolescents, Steps in Developing a Curriculum, Curriculum Approaches, Planning for Effective Instruction, Improving Instructional Effectiveness, Management and Discipline, Teaching Styles, Improving Instruction Systematically, Assessment, Evaluation, and Grading, Students with Disabilities, Liability and Safety, Intramurals, Sport Clubs, and Athletics: Furthering the Opportunity for Physical Activity, Introductory Activities, Promoting and Monitoring Lifestyle Physical Activity, Physical Fitness, Healthy Lifestyles: Activities for Instruction, Promoting Motivation, Cooperation and Inclusion: Nontraditional Ideas for Instruction, Sports, Lifestyle Activities, Outdoor Adventure Activities. Intended for those interested in learning the basics of physical education for secondary school students.

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