



Introduction to Teaching Physical Education: Principles and Strategies

Shimon EdD ATC Jane M.

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Introduction to Teaching Physical Education: Principles and Strategies is the perfect initiation for undergrads planning to become teachers. The text provides them with a solid background on the physical education field along with the ins and outs they need to know to become successful K-12 professionals. No other introductory text so successfully blends the theoretical, practical, and inspirational aspects of teaching physical education, combining authoritative information with a highly engaging style.

This practical, student-friendly text helps students build a strong base of instructional skills as they learn to apply the principles of teaching physical education. In addition to focusing on teaching skills, they will explore the history of physical education, including the two main systems that served as the profession's foundation, and they will learn the purpose of physical education and the standards that are in place to achieve that purpose. They also will examine teaching scope and sequence, teaching and nonteaching duties and issues, motivational theories and strategies, and principles of behavior management and safeguards. Additionally, students delve into lesson planning, assessment options, technology and online resources, and careers in the field.

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