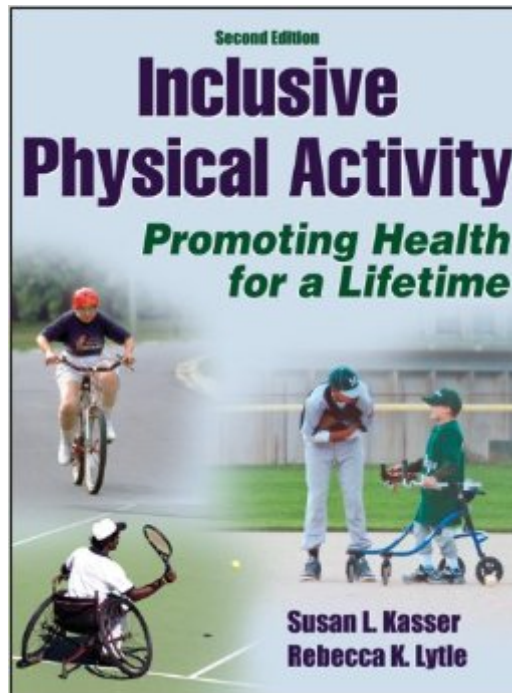


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# Inclusive Physical Activity-2nd Edition



## Synopsis

The second edition of *Inclusive Physical Activity* is an excellent resource for physical activity practitioners or students preparing to work with diverse populations in schools, fitness facilities, community recreation sites, and sport programs. This text shows how to provide optimal programming for all individuals "regardless of capability" so they can be healthy and active throughout the life span. *Inclusive Physical Activity, Second Edition*, can help you • provide well-designed and appropriate physical activity for individuals of all abilities, • increase opportunities for meaningful participation in lifelong physical activity, and • facilitate physical activity to increase health and wellness for individuals with disabilities. The book covers programming considerations and strategies for infants and toddlers, school-age children, and adults; examples of inclusive practices for commonly offered physical activities; and suggestions for more effectively individualizing programming. *Inclusive Physical Activity* also provides information on adapting instruction and providing activity alternatives across the life span in five content areas: 1. Movement skills 2. Games and sports 3. Health-related fitness 4. Outdoor recreation and adventure 5. Aquatics *Inclusive Physical Activity* outlines a systematic approach to planning and implementing appropriate programs for individuals of varying abilities. Using the unique Functional Approach to Modifying Movement Experiences (FAMME) model, practitioners can learn "step by step" how to connect modifications directly to participants'™ capability differences to provide optimal challenge and success. Updated and expanded, the second edition offers three new chapters plus special learning features: • Including All Individuals chapter-opening scenarios • Think Back questions that encourage readers to apply chapter content to each scenario • What Do You Think? questions and What Would You Do? case examples that promote reflective thinking and problem solving Instructors who adopt the text get online access to an instructor guide, test package, and presentation package. New to the second edition, the presentation package offers approximately 200 slides highlighting the most important concepts from the book plus essential figures, tables, and photos. With *Inclusive Physical Activity*, both students and professionals will find the knowledge and support to make meaningful and inclusive physical activity a reality and promote better health for everyone. v

## Book Information

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## Customer Reviews

Inclusive Physical Activity ISBN-13: 9781450401869 Authors: Kasser, Susan L. And Lytle, Rebecca K. Publisher: Human Kinetics Publishers Publication date: 3/15/2013 Edition description: New Edition Edition number: 2 Pages: 312 This book was written for a wide audience of instructors who work with infants to adults with a variety of physical disabilities. It talks about the challenges and strategies working with varied school personnel, parents, and, most important, clientsââgetting them to get physically active or continuing to do so safely. The book is divided into three sections, with foundations for inclusive physical activities, planning and implementation, and application of inclusive practices. It starts off with the challenges of having students or clients in a class or health club, and modifying a group or individual activity to meet their particular needs. It also tells about the importance of working with diverse personnel and their role in designing a program for participants with various disabilities. It also divides activities between infant and toddlers as well as elementary, middle, and high school students. In addition, the book provides helpful ideas for adults with both physical and developmental challenges. Moreover, the authors go into an extensive review of the various tools, tests, and documentation you will need to make good judgment calls for implementing the various programs.

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