Guide students to lifelong physical activity
Help students achieve their Physical Best

For years, K-12 teachers have used Physical Best as an effective and proven tool in implementing health-related physical activity. The program gets students active and keeps them active—not just in class, not just for the school year, but for their lifetime.

With activities crafted and used by physical educators across the country, Physical Best has been used to show students that physical fitness can be fun and that all students can succeed in being physically active, regardless of ability or age.

Now, Physical Best has gotten even better. Yes, it still helps teachers to plan and conduct fun and developmentally appropriate activities—wide-ranging competitive and noncompetitive activities that allow all students to take part successfully. All activities are consistent with the new physical activity guidelines for youth, developed by the Centers for Disease Control and Prevention.

Physical Best still emphasizes personal responsibility and provides educational progressions that help students take ownership of their health-related fitness. And is based on up-to-date research, current NASPE standards, and the new 2010 National Physical Activity Guidelines.

Read the following pages for details about the new features and information in the Physical Best program resources.

More about Physical Best resources

Physical Best is the complete package teachers need to help students gain the knowledge, skills, appreciation, and confidence to lead physically active, healthy lives. No other set of resources comes close to delivering the amount of practical information teachers will find here. And it’s versatile. Teachers can use Physical Best resources to refine their programs or to develop new programs at the school, district, or state level, including teacher training and certification (see page 6).

Physical Best is composed of these resources

• Physical Best Activity Guide: Elementary Level, Third Edition
• Physical Best Activity Guide: Middle and High School Levels, Third Edition
• Educational workshops available through NASPE that enable teachers to become certified as Physical Best health-fitness specialists and instructors
The third editions of the Physical Best Activity Guides are updated to help physical education instructors educate, challenge, and encourage all young people to live healthy and active lifestyles. These revised editions provide a comprehensive health-related fitness education program full of easy-to-use activities that can be incorporated into existing programs or used in creating a new program.

The guides include new activities, the best activities from previous editions, and adaptations for each activity to ensure participation for all. With all these activities, your students will be on the path to becoming responsible for their own health now and throughout their lifetime.

The CD-ROMs now have customizable worksheets as well as reproducibles, including signs, charts, station cards, and handouts that accompany the activities.

These guides include the following features:
- A “Combined-Component Training” chapter combines aerobic fitness, muscular strength and endurance, and flexibility into single activities.
- A section of Internet resources helps you develop your own special events.
- A section of ideas helps students continue the activities at home and in other nonschool environments.
- Each activity offers tips on inclusion.

Designed to stand alone or be used in conjunction with Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide, Third Edition, these comprehensive resources enliven programs, save time, and help teachers motivate students to become fit for life.

Visit www.HumanKinetics.com to view sample pages!
Through this guide, teachers can do the following:

- Develop an effective health-related fitness program in your school or district.
- Stay up to date with the latest national standards and guidelines.
- Motivate your students to adopt healthy, active lifestyles.

The foundation for the Physical Best program

*Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide* is a practical, field-tested tool that provides teachers with strategies to emphasize health-related fitness while maintaining all the components of their existing programs. It also guides teachers in developing effective new fitness education programs.

This new edition is based on up-to-date research, current NASPE standards, and the new 2010 National Physical Activity Guidelines. It includes

- updated health-related fitness concepts and expanded discussions on teaching principles and training concepts;
- enhanced information on assessment, nutrition, inclusion, and goal setting;
- examples for applying the material in real-world physical education settings; and
- ready-to-use instructor resources, including a presentation package and a test package.

*Physical Education for Lifelong Fitness* guides you in teaching fitness concepts through enjoyable activities and shows you how to use fitness testing as an educational and motivational tool. It provides an in-depth look at physical activity behavior, motivation, and training principles; it also presents aerobic fitness, muscular strength and endurance, flexibility, and body composition as they relate to your teaching. It also examines exercise protocols and outlines strategies for curriculum development that serves a variety of needs.

The text can stand alone or be used with the *Physical Best Activity Guides* for the elementary level and the middle school and high school level.

*Physical Education for Lifelong Fitness* is the text for NASPE Physical Best specialist and instructor certification workshops. Physical Best is also designed to complement Fitness for Life resources (health-related fitness knowledge and activities for students K-12) and Fitnessgram® (fitness and physical activity assessment).
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About Physical Best

Increase physical activity for a lifetime with coordinated resources

Physical Best, Fitnessgram®, and Fitness for Life work together to provide the physical activity, fitness assessment, and fitness knowledge components you need for a quality physical education curriculum.

Fitnessgram, developed and owned by The Cooper Institute, provides the fitness and activity assessment components for physical education programs that include comprehensive health-related fitness. Fitnessgram is recommended by NASPE as the assessment component of Physical Best.

Fitness for Life is a comprehensive K-12 program designed to help students take responsibility for their own activity, fitness, and health and to prepare them to be physically active and healthy throughout their adult lives. This standards-based program has been carefully articulated following a pedagogically sound scope and sequence to enhance student learning and progress.

Ancillaries
Ancillaries are available for college instructors who adopt the book as a course text. Ancillaries include a test package and presentation package. Complete information is available at www.HumanKinetics.com/PhysicalEducationForLifelongFitness.

Test Package. Consists of 160 ready-made test questions that feature multiple-choice and true-false questions covering the content from all chapters.

Presentation Package. Presents 196 slides of key concepts covering all 14 chapters in PowerPoint format.

FREE access to test and presentation packages for course adopters. Call for details.
Physical Best workshops help to ensure successful program implementation

Prepare to teach your students the knowledge and skills for a lifetime of physical activity and fitness through the Physical Best program. The practical, ready-to-use resources and workshop series support NASPE’s national standards for physical education and best practices.

Physical Best Health-Fitness Specialist Certification Workshop

This workshop provides comprehensive training and resources in Physical Best and Fitnessgram®. The full-day workshop covers history, philosophy, principles, and components of health-related fitness education. Time is spent hands on with Physical Best activities that teach the related components and principles, and with the Fitnessgram assessment protocols.

An overview of the Fitnessgram software is also included. Those who have or are working toward a minimum bachelor level degree, and successfully complete a take-home examination, earn certification. Accompanying resources for each participant include:

- Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide
- Physical Best Activity Guide (elementary or middle and high school level)
- The Fitnessgram/Activitygram Test Administration Manual, Updated Fourth Edition

Physical Best Health-Fitness Instructor Certification Workshop

This workshop is offered to “train the trainers” of the Physical Best program. Certified instructors lead Physical Best and Fitnessgram workshops and in-services across the country, teaching other teachers how to implement the programs in their schools. This certification is geared toward teachers with experience in Physical Best who want to be certified to train other teachers.

The keys to successful workshop management and adult learning models are incorporated into the workshop. Certain criteria for registration apply, including certification as a Physical Best Health-Fitness Specialist.

Additional half- and full-day in-service workshops available through Physical Best:

- Introduction to Physical Best and Fitnessgram (half-day)
- Physical Best gets FITT (half-day)
- Implementing a Fitness for Life course (half- or full-day)
- Assessment with Fitnessgram (half- or full-day)
- Get S.M.A.R.T with Physical Best (half day)

For more information or to schedule a workshop, visit www.naspeinfo.org/physicalbest.
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