



Inclusive Physical Activity-2nd Edition

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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 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.

From reader reviews:

Margaret Williams:

Have you spare time to get a day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a go walking, shopping, or went to typically the Mall. How about open as well as read a book eligible Inclusive Physical Activity-2nd Edition? Maybe it is being best activity for you. You know beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have other opinion?

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