

Promoting Physical Activity And Health In The Classroom

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Macheath

this book focuses on the interconnectedness of health and being physically alive physical activity and health explains clearly systematically and in detail the relationships between physical activity health and disease and explores the benefits of exercise in the prevention and treatment of health conditions such as cardiovascular disease diabetes obesity osteoporosis and cancer the book includes tables figures plates and study aids throughout and is supported by a companion website at routledge com textbooks 9780415421980

physical activity and health explains clearly systematically and in detail the relationships between physical activity health and disease and examines the benefits of exercise in the prevention and treatment of a wide range of important conditions now in a fully updated and revised third edition and still the most complete and engaging textbook on this important subject physical activity and health offers a balanced examination of the very latest evidence linking levels of physical activity with disease and mortality the book offers a wide ranging assessment of the importance of inactivity as a factor in major diseases and health conditions such as cardiovascular disease diabetes obesity cancer and osteoporosis and now also includes a full chapter on exercise and mental health the book is designed to help the reader evaluate the quality and significance of the scientific evidence and includes an invaluable discussion of common study designs and the inherent difficulties of measuring physical activity it explores every contemporary theme in the study of exercise and health such as the hazards of exercise exercise and the elderly children's health and exercise physical activity and public health policy and also a critical appraisal of current recommendations for physical activity containing useful features throughout such as chapter summaries study tasks guides to supplementary reading and definitions of key terms and richly illustrated with supporting tables figures and plates physical activity and health is an essential course text now supported by a companion website featuring self test questions powerpoint slides for lecturers additional learning activities and web links this book is vital reading for degree level students of sport and exercise science public health physical therapy medicine and nursing

this work examines health issues in light of the unique cultural and psychological background of chinese and hong kong society

through this book you can learn to use the latest life changing information to improve your fitness and enhance your quality of life

the human body is designed for activity for most of our history physical activity was required for survival but technological advances have eliminated much of the need for hard physical labor as our activity levels have dropped it has become clear that a physically inactive lifestyle can lead to a host of health problems physical activity and health second edition provides a comprehensive treatment of the research on the benefits of a physically active lifestyle in comparison with the harmful consequences of physical inactivity written by leading scientists from the united states canada europe and australia physical activity and health second edition brings together the results of the most important studies on the relationship between physical activity sedentarism and various health outcomes the second edition has been fully updated based on the latest advances in this rapidly changing field and expanded to include the following new content a chapter on the physiology of inactivity and the effects of sedentary behavior even in people who engage in appropriate amounts of physical activity which is an area of growing interest more extensive coverage of physical activity aging and the brain including a new chapter on the relationship between physical activity and brain structures and functions a chapter on the development of national and international physical activity and health guidelines which will help readers better understand how scientific findings are converted into practical recommendations physical activity and health second edition offers a detailed yet concise presentation of key concepts as well as a framework to help readers relate results from single studies or collections of studies to the overall paradigm linking physical activity and physical fitness to health for each of the topics covered the text provides an overview of the most important research findings discusses the limitations of the current knowledge base and identifies directions for future investigation at the core of the text is a review of our current understanding of how physical activity affects health concerns such as cardiovascular disease diabetes cancer and obesity as well as aging and mental health the text identifies sedentary living habits and poor fitness as major public health problems and examines the potential of physical activity to prevent disease and enhance quality of life this complete resource also looks at the evolution of the field of physical activity and health variations in physical activity levels across age sex and ethnic groups the body s physiological responses to physical activity dose response issues and the influence of genetics on physical activity fitness and health the book ends with an integration of the issues covered and discusses new opportunities for research the second edition of physical activity and health continues to offer clear user friendly coverage of the most important

concepts and research in the field numerous special features will aid readers in their comprehension of the material chapter outlines and callout boxes help readers key in on important topics and focus their reading and chapter summaries definitions of key terms and study questions provide tools for review and self testing where other books have simply promoted physical activity for the individual or a population physical activity and health second edition completely integrates current knowledge of the relationship between physical activity and health with contributions from some of the finest scientists in the field this comprehensive text offers information unmatched in accuracy and reliability

the activities and assessment manual provides a practical framework for students to individually apply the concepts outlined in physical activity and health an interactive approach third edition an important step in applying this knowledge is starting with a baseline assessment of your current health fitness status and daily habits to assist the author has put together more than 70 science based health and fitness activities and assessments that examine each students current status and measure what he or she is doing now completing each activity and assessment will help students identify the aspects of their personal behavior that with modification can improve their overall health

with contributions from internationally renowned experts physical activity and mental health presents research illustrating how the use of physical activity can enhance well being and reduce the impact of potentially debilitating mental health conditions written for students researchers and professionals in exercise science fitness and health care fields physical activity and mental health details the factors that influence the relationship between mental health and physical activity as well as the benefits of physical activity in dealing with mental illnesses such as alzheimer s disease depression schizophrenia and addictive behaviors readers will learn how promotion of physical activity can lead to a greater sense of well being or act as a medical intervention exercise readiness checklists mental health checklists and population specific sample activity plans assist in creating and implementing exercise programs to meet the needs of patients or clients physical activity and mental health begins with an exploration of the brain systems that are affected by physical activity and how these affect mental well being the text continues with discussion of the following topics an overview of physical activity guidelines and the challenges in measuring physical activity in a mental health context how physical activity promotes well being across the life span and among socioeconomic statuses how physical activity and exercise can improve quality of life and recovery in people with a range of mental and physical health conditions an examination of exercise dependence

including its relationship with eating disorders and body dysmorphia and the negative impacts of excessive exercise on mental health learning features in each chapter assist both the student and practitioner in learning and referencing the information a chapter outline and an editors introduction provide an overview of the structure and content key concepts cover important ideas and definitions evidence to practice boxes review current knowledge and theory from a perspective of practical application each chapter concludes with a summary and list of references and additional highlight boxes throughout the text accent important topics physical activity and mental health integrates theoretical and applied approaches with practical tips on exercise programs measurement strategies and methodological considerations balancing theory and practice this resource assists students researchers and practitioners in understanding the links between physical activity well being and mental health and how to apply this information for the benefit of patients and clients across a range of populations and conditions

the statistics are disturbing steadily rising numbers of sedentary overweight children and obese teens and a generation looking at a shorter life expectancy than their parents but while it may be obvious that physical fitness benefits both the mind and body a growing research base is supplying evidence of why this is so and how these benefits may be reproduced in greater numbers physical activity across the lifespan makes a clear scientific case for exercise sports and an active lifestyle in preventing illness and establishing lifetime health habits at both the individual and the population levels the book focuses on key aspects of physical mental well being weight mood and self regulation and the role of physical activity in public health and school based interventions targeting these areas contributors review definitional and measurement issues salient to understanding what physical activity is to analyzing benefits of participation and to implementing effective interventions also addressed are limitations of current research steps needed to continue building the field and emerging therapeutic possibilities for activity such as the role of rough and tumble play in preventing adhd included in the coverage physical activity cognition and school performance the influence of social and built environments on physical activity in middle aged and older adults preventing and treating obesity through physical activity physical activity in preventing drug use and treating chemical dependence antidepressant properties of physical activity schools as a foundation for physical activity and an active lifestyle physical activity as an adjunct or booster to existing interventions physical activity across the lifespan is an innovative text for researchers and practitioners in various disciplines including health promotion diseaseprevention child and school psychology education health psychology and public health

as well as program developers and policymakers in these areas

this book presents a wide ranging account of the key issues of the biology of physical activity and health

foundations of physical activity and public health third edition with hkpropel access is the first textbook of its kind to explore concepts in public health and kinesiology measurement of physical activity and the impact of exercise and physical activity on health this text empowers students to advance the use of physical activity as a significant component in public health initiatives presented in full color foundations of physical activity and public health uses tables graphs and figures to clarify complex topics and it reflects information presented in the physical activity guidelines for americans an underlying theme in this third edition is health equity and health disparities viewed through a physical activity lens new sidebars devoted specifically to those topics are woven throughout the text along with sidebars and references that have been refreshed with the latest information additional content updates to the third edition cover these topics brain health and immunity as they relate to physical activity and public health science the physical activity paradox hypothesis the current status of physical activity levels for children and adolescents comprehensive community wide programs to increase physical activity related online content is delivered through hkpropel to enhance student learning the materials include downloadable review questions a key term activity web links to explore issues related to physical activity exercise and public health three core assignments that align with the three parts of the book and three assignments relevant to students seeking a physical activity and public health specialist certification to further tie theory to practice case studies and callout boxes can be found throughout the text and each chapter ends with a review leader profile sidebars allow students to explore potential career paths foundations of physical activity and public health will give students deeper insight into the impact of sedentary behavior and physical activity on health including cardiorespiratory and metabolic diseases weight status musculoskeletal disorders cancers and brain health evidence based strategies are examined using three general approaches informational behavioral and social and environmental and policy and examples of successful programs are showcased a chapter on data collection and analysis describes strategies to measure and evaluate program and policy effectiveness while discussion of real world initiatives illustrates developing effective partnerships and models for advocacy as the emphasis on physical activity as a tool for improving public health grows professionals with combined knowledge of both public health and exercise science will be highly sought

foundations of physical activity and public health third edition will help students obtain an overview of kinesiology and public health areas understand physical activity applications for public health and learn about career options note a code for accessing hkpropel is not included with this ebook but may be purchased separately

the who guidelines on physical activity and sedentary behaviour provide evidence based public health recommendations for children adolescents adults and older adults on the amount of physical activity frequency intensity and duration required to offer significant health benefits and mitigate health risks for the first time recommendations are provided on the associations between sedentary behaviour and health outcomes as well as for subpopulations such as pregnant and postpartum women and people living with chronic conditions or disability

developing effective physical activity programsemphasizes the move away from a one size fits all approach to physical activity interventions by providing evidence based recommendations for designing implementing and evaluating more effective and appropriate physical activity interventions for diverse populations part of human kinetics physical activity intervention series the book provides research methods techniques and support to health professionals seeking ways to promote physical activity programs that meet the specific needs of women overweight and obese populations older adults and ethnically diverse populations those shown as most likely to be sedentary and in need of the benefits of physical activity interventions developing effective physical activity programsoffers background information to guide the planning process physical activity recommendations for adults from various federal agencies and professional organizations including the centers for disease control and prevention the u s department health and human services and the american college of sports medicine an overview of scientific literature which serves as a foundation for the physical activity recommendations detailed information regarding the four cornerstones of physical activity promotion needs assessment program planning program implementation and program evaluation descriptions of various physical activity measurement techniques and factors to consider when choosing one of these techniques the authors explain how careful consideration of the needs of specific populations can increase the success of physical activity interventions they present evidence based recommendations for working with various populations key considerations are discussed for each population including the elements that make up the most successful interventions unique barriers and techniques for overcoming those barriers helpful tables summarize the barriers and solutions for each group providing quick reference for designing programs the final section

of the text examines how the built environment setting and technology can influence intervention planning you'll look at the ways in which neighborhood and community design can affect a person's physical activity levels you'll also consider the various settings in which a program can be held including homes churches and worksites and how those settings will affect your program this section also shows you how technology such as and phone based interventions and podcasts can be used to expand the reach of your program and positively influence the physical activity levels of participants throughout the book are summaries of current research studies examining physical activity interventions in various populations and settings along with descriptions and examples of successful programs and explanations for their success in addition each chapter concludes with helpful checklists that provide recommendations for developing and implementing physical activity interventions in various populations and settings unique in its comprehensive coverage of special populations developing effective physical activity programsshow practitioners how to answer the physical activity needs of each client or client group address issues relevant to sedentary populations and offer viable physical activity programs to improve the lives of the unique individuals they serve developing effective physical activity programsis part of the physical activity intervention series this timely series provides educational resources for professionals interested in promoting and implementing physical activity programs to a diverse and often resistant population

only a fifth of adults in the united states do enough physical activity to meet the guidelines set by centers for disease control the health benefits of regular physical activity are beyond dispute yet less than 40 of physicians routinely counsel their patients on the importance of physical activity increasing physical activity a practical guide equips healthcare practitioners to include physical activity counseling in the daily practice of medicine written by lifestyle medicine pioneer and cardiologist dr james rippe this book proves inactivity is a stronger risk factor than other lifestyle factors for cardiovascular disease diabetes and many other diseases it provides evidence based information on the role of physical activity in preventing and treating chronic conditions and includes practical strategies for healthcare practitioners to prescribe this powerful method to enhance both short and long term health and quality of life features specific chapters explain the role of physical activity in reduction of risk of heart disease diabetes cancer osteoarthritis dementia and many other chronic conditions chapters begin with bulleted key points and conclude with a list of clinical applications strategies are provided to encourage previously sedentary individuals to adopt regular physical activity physical activity is placed in the context of other lifestyle medicine concepts including

maintenance of a healthy body weight following sound nutritional practices stress reduction and other practices which impact on health and quality of life written for healthcare practitioners at all levels this is a user friendly evidence based manual for healthcare practitioners looking to incorporate more physical activity counseling into either general medicine or subspecialty practices

exercise interactions with green and blue spaces offer low cost non invasive solutions to public health challenges particularly around mental health and obesity and issues around environmental sustainability physical activity in natural settings brings together multi disciplinary international research on physical activity health and the natural environment offering evidence based guidance on implementing nature based solutions at individual patient and population levels divided over four sections the book assesses the current research landscape explores the underlying psychological and physiological mechanisms of the benefits of green exercise details applied examples of physical activity in natural settings and suggests future directions for research and practice it features contributions from experts from around the world and covers topics including self determination nature and wellbeing visual cognition and multisensory stimuli nature s role in growing resilience physical education and nature mindfulness and green exercise positive psychology and pro environmental behaviour timely and prescient and showcasing real life examples of green exercise prescription physical activity in natural settings is fascinating and important reading for any students or researchers in the psychology or physiology of physical activity and health physical education or outdoor studies and policy makers and health professionals

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