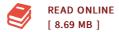


DOWNLOAD

Helping At-Risk Youth Through Physical Fitness Programming

By Collingwood, Thomas R.

Human Kinetics Publishers, 1997. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Substance abuse. Violence. Truancy. These are just a few of the problem behaviors that at-risk youth are likely to exhibit. While many strategies for changing these behaviors have been tested, few have proven successful. But this book gives you an effective tool-physical training-and reveals how to use it as an intervention for at-risk youth.Based on the First Choice fitness program that has been used successfully across the country, Helping At-Risk Youth Through Physical Fitness Programming explains how a physical training program works and how it can benefit youth. Not only does this unique program help young people increase their fitness levels; it also teaches them to choose concrete goals, develop the discipline necessary to achieve them, and become responsible members of society.Part I provides the rationale for using physical training programs with at-risk youth. It includes descriptions of a progression of programs developed by the author along with the results of those programs and the conclusions drawn from them.Part II outlines how to deliver a physical training program by describing each of the five program components:- Health screening and fitness assessment- Structured...



Reviews

This ebook may be worth purchasing. it absolutely was writtern quite flawlessly and beneficial. I discovered this ebook from my dad and i suggested this pdf to discover.

-- Maximilian Wilkinson DDS

This type of pdf is every little thing and helped me searching forward and more. It can be writter in easy words and phrases and never hard to understand. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about should you request me). -- Fern Bailey