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## 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...


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