



## Dynamic Physical Education for Secondary School Students (7th Edition)

*By Paul W. Darst, Robert P. Pangrazi, Mary Jo Sariscsany, Timothy Brusseau Jr.*

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**Dynamic Physical Education for Secondary School Students, Seventh Edition** provides secondary school physical education pre-service teachers everything they need to create an exciting and thoughtful PE program for their students. Using accessible, everyday language, authors Paul Darst, Robert Pangrazi, Mary Jo Sariscsany, and Timothy Brusseau cover foundational teaching elements as well as current issues in physical education. A focus on important issues facing today's PE teachers includes topics such as the effects of overweight on youth, sensitively addressing different ability ranges, and teaching culturally diverse students. Updated research, recommended readings, and a variety of study tools throughout the text make this book a comprehensive resource for teachers of physical education. The text, when tied to the accompanying Lesson Plans book, becomes a comprehensive curriculum guide for pre-service and in-service teachers for grades 7-12. Enhancing the curriculum and instruction in secondary physical education, the text includes a wealth of both practical and theoretical resources and many motivating ideas, strategies, and activities.

With the addition of two new coauthors, Tim Brusseau and Mary Jo Sariscany, the four member author team brings both highly experienced and fresh perspectives to the revision. Included in this edition are new Teaching Hint and Safety Tip features, and content on the expanding role of PE teachers outside the gym.

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## **Editorial Review**

### About the Author

**Paul Darst** received a Ph.D from the Ohio State University in the field of Physical Education. He is a professor and Department Chair at Arizona State University at the Polytechnic Campus in the area of Physical Education-Teacher Preparation. His research and teaching focuses on secondary school physical education curriculum, methods of teaching in the secondary schools, and activity habits of middle and high school students. Darst has been active professionally at the state, district and national levels of AAHPERD and has received numerous honors and invitations to speak at the various levels.

Darst is the co-author with Robert Pangrazi on the popular book, *Dynamic Physical Education for Secondary School Students*, now in its sixth edition (Benjamin Cummings, 2009). He has also authored *Outdoor Adventure Activities for School and Recreation Programs* (Waveland Press), *Analyzing Physical Education and Sport Instruction* (Human Kinetics), and *Cycling* (Scott, Foresman and Company, Sport for Life Series). He has authored many articles and made numerous presentations to teachers about new ideas on teaching and working with students in the schools.

**Robert Pangrazi** is professor emeritus at Arizona State University and an Educational Consultant for Gopher Sport and The U.S. Tennis Association. Dr. Pangrazi's physical education textbooks have sold more than 750,000 copies. Pangrazi has published over 50 textbooks and 100 research and professional articles. He has been a keynote speaker for 39 state and district conventions and an invited speaker at nearly 400 national and international conferences. He regularly conducts training sessions for schools and universities and is regarded as a motivational speaker. His approach to elementary school physical education has been used worldwide by the Department of Defense Dependents Schools, nationally by the Edison Project, and is used in hundreds of public, private and charter schools across the U.S.

Pangrazi has received numerous awards including the **Distinguished Service Award** from the President's Council on Physical Fitness and Sports, the **National Distinguished Service Award** presented by the AAHPERD Council on Physical Education for Children, and the **Curriculum and Instruction Emeritus Honor Award** from the NASPE Curriculum and Instruction Academy. He is a Fellow in the American Academy of Kinesiology and Physical Education and an AAHPERD Honor Fellow.

**Mary Jo Sariscsany** is an associate professor of Physical Education Teacher Education in the Department of Kinesiology at California State University, Northridge. She taught physical education and coached for 10 years prior to entering higher education. During her career she has held a variety of leadership positions in physical education and currently serves on the NASPE Board of Directors. She has published works in physical education teacher education, and her research and instructional interests include teacher effectiveness, health related fitness, technology and assessment, and professional development. She has been recognized for national, university and community service.

**Tim Brusseau** is an assistant professor of physical education at the College at Brockport, State University of New York in the department of Kinesiology, Sport Studies, & Physical Education. His teaching focuses on secondary physical education curriculum and methodology, as well as coaching and diversity. His research interests include children and youth physical activity and programming to increase physical activity. Brusseau received a Ph.D. from Arizona State University in Physical Education Pedagogy. He is actively involved in AAHPERD and New York State AHPERD, regularly making teaching and research presentations. Brusseau has authored numerous articles related to teaching and physical activity.

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