



James Logan High School

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Amy McNamara, Principal

June 9, 2014

To Whom It May Concern:

It is with pleasure that I offer my recommendation of Zackary Nichols. Zack has served as a diligent peer-buddy volunteer for over 80 hours in his Physical Education class at James Logan High School. As a peer-buddy, Zack has worked with my student with Autism to more fully include him within the daily activities of the class. Zack is responsible, caring, and exhibits an admirable degree of character.

Zack's responsibility is evident in his ability follow-through as an exceptional peer-buddy. As a student, he has had excellent attendance. In class, Zack provided individual social support so my student with Autism could more fully participate in P.E., both on teams and in one-on-one activities. Additionally, his attention to naturally prompt engagement demonstrates Zack's awareness of my student with Autism, and a commitment to be a genuine peer-buddy.

Zack is caring. His kindness shows through his interactions with all the students in his class. He shows concern for others, and is quick to offer help to students in need. He has a natural ability to communicate with all students, and I am personally impressed by his considerate nature.

Zack's strength of character is impressive. He is hard working and maintains a positive attitude. Zack has demonstrated that he is flexible and will adjust his interpersonal strategies to increase the involvement of my student with Autism within their P.E. class. His ability and willingness to be reflective on his interactions is one of his greatest attributes.

Zack is a role model to other students, and I am proud of his work as a peer-buddy. He is reliable, kind, and has a determination to succeed that is commendable. Zack is preparing himself to succeed in high school and is working hard to accomplish his educational goals. I highly recommend Zackary Nichols, and will be happy to do anything I can to support his future success.

Sincerely,

S. Gavin Smith, M.Ed. Special Ed.
Special Day Class Teacher

Physical Education Recommendation Letter

Lei Shi

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name 'Lei Shi'.

Physical Education Recommendation Letter:

Physical Activity, Exercise, Sedentary Behavior and Health Kazuyuki Kanosue, Satomi Oshima, Zhen-Bo Cao, Koichiro Oka, 2015-07-09 The aim of this book is to present current views about physical activity and the benefits of physical activity in preventing and ameliorating various health conditions that are of worldwide concern This book was developed as a compilation of the accomplishments of the five year Global COE Center of Excellence Sport Sciences for the Promotion of Active Life Program at the Faculty of Sport Sciences of Waseda University Saitama Japan The first part establishes the research methodology and discusses the current status of physical activity Topics covered include the prevalence of physical inactivity and highly sedentary behavior in different populations as well as strategies that can be adopted to promote physical activity The second part focuses on the physiological effects of physical activity Topics covered include physiological responses to exercise by the autonomic nervous system the endocrine system vascular functioning postprandial blood glucose control and inflammatory processes The relationship between exercise and appetite is discussed as is the influence of exercise on food intake and weight regulation Additionally the influence of exercise on protein regulation and posttranslational modifications is introduced The final part discusses the role of physical activity in preventing lifestyle related health issues and improving the quality of life especially for the elderly The contents should be of interest to anyone who is concerned with the human physiologic response to exercise and the promotion of healthy lifestyles including sports and exercise science researchers as well as those involved with medicine public health physiology nutrition and elder care

The Journal of Physical Education ,1962 *Primary Care of the Child With a Chronic Condition E-Book* Patricia Jackson Allen, Judith A. Vessey, Naomi Schapiro, 2009-06-25 Written by nurse practitioners for nurse practitioners this one of a kind resource provides the expert guidance you need to provide comprehensive primary care to children with special needs and their families It addresses specific conditions that require alterations in standard primary care and offers practical advice on managing the major issues common to children with chronic conditions A consistent format makes it easy to locate essential information on each condition Plus valuable resources help you manage the issues and gaps in health care coverage that may hinder quality care This is the only book authored by Nurse Practitioners that focuses on managing the primary health care needs of children with chronic conditions More than 60 expert contributors provide the most current information available on specific conditions Comprehensive summary boxes at the end of all chronic conditions chapters provide at a glance access to key information Resource lists at the end of each chronic condition chapter direct you to helpful websites national organizations and additional sources of information that you can share with parents and families Updated references ensure you have access to the most current evidence based coverage of the latest research findings and management protocols Four new chapters Celiac Disease Eating Disorders Muscular Dystrophy and Obesity keep you up to date with the latest developments in treating these conditions Autism content is updated with the latest research on autism spectrum disorders

including current methods of evaluation identification and management Coverage of systems of care features new information on how to help families obtain high quality and cost effective coordinated services within our complex health care system Easy to find boxes in the chronic conditions chapters summarize important information on treatment associated problems clinical manifestations and differential diagnosis *Teens' Guide to College & Career Planning 11th Edition* Peterson's,2012-04-30 Peterson's Teens Guide to College helpful checklists and worksheets to help keep you organized essential information to help you decide if the military is right for you expert financial aid advice and information on scholarships grants athletic awards loans work study and more Fun graphics along with the informative easy to read chapters make this the perfect guide for the teen on the go **Journal of Health, Physical Education, Recreation** ,1939 American Physical Education Review ,1928 Includes abstracts of magazine articles and Book reviews *Curriculum Handbook with General Information Concerning ... for the United States Air Force Academy* United States Air Force Academy,2002 Resources in education ,1991 The Journal of Health and Physical Education ,1942 Rowing News ,2001-11-08 **Journal** University High School (Oakland, Calif.),1929 Minutes of Proceedings London (England). School Board,1884 **Strong, Beautiful and Modern** Charlotte Macdonald,2013 In the late 1930s and early 1940s a wave of state sponsorednational fitness programs swept Britain and its formersettler colonies laying the foundations for the twentiethcentury's obsession with fitness In Strong Beautiful andModern Charlotte Macdonald shows how governments encouragedcitizens to be healthier and more active and thereby reinforced thecultural ties of the Empire Alongside these state sponsored effortswas a growing emphasis from business the medical establishment andpopular culture on the importance of having a betterbody At a time when government concern over public healthissues such as obesity is once again on the rise Macdonald offersvaluable lessons as to why the first national fitness drive wasultimately a failure Drawing on extensive research Strong Beautiful and Modern is a lively investigation into the way peopleand their governments think about health and well being and howhistorical views have shaped our modern life **Graduate Programs in Business, Education, Information Studies, Law & Social Work 2014 (Grad 6)** Peterson's,2013-12-20 Peterson's Graduate Programs in Business Education Information Studies Law Social Work 2014 contains comprehensive profiles of more than 11 000 graduate programs in disciplines such as accounting finance business administration management education human resources international business law library information studies marketing social work transportation management and more Up to date info collected through Peterson's Annual Survey of Graduate and Professional Institutions provides valuable data on degree offerings professional accreditation jointly offered degrees part time evening weekend programs postbaccalaureate distance degrees faculty students requirements expenses financial support faculty research and unit head and application contact information There are helpful links to in depth descriptions about a specific graduate program or department faculty members and their research and more Also find valuable articles on financial assistance the graduate

admissions process advice for international and minority students and facts about accreditation with a current list of accrediting agencies *Index Medicus* ,2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings

Bibliographical Contributions from the Library of the University of Nebraska ,1918 **Shaping the Superman**
J A Mangan,2014-02-04 This is a study of masculinity as a metaphor and especially of the muscular male body as a moral symbol It explores the Nazi s preoccupation with the male body as an icon of political power and the ideology and theories which propelled it **Research Methods in Physical Education and Youth Sport** Kathleen Armour,Doune Macdonald,2012-03-15 This is the first research methods book to focus entirely on physical education and youth sport It guides the reader through the whole research process from the first steps to completion of a dissertation or practice based project and introduces key topics such as formulating a research question qualitative approaches quantitative approaches mixed method research literature review case studies survey interviews and focus groups data analysis writing the dissertation Each chapter includes a full range of useful pedagogical features including chapter summaries practical activities case studies dialogues with active researchers and guidance on further reading and resources With contributions from some of the world s best known researchers in the field this book is indispensable reading for all students and professionals working in physical education youth sport sports coaching and related subjects **Teaching Personal and Social Responsibility Through Physical Activity** Donald R. Hellison,2011 This edition presents practical field tested ideas for teaching personal and social responsibility TPSR through physical activity in schools and other settings Includes guidance in teaching affective and social moral goals an in depth look into teaching character development and values and a method for helping students develop personal and social responsibility A National Catalog of Financial Aids for Students Entering College Oreon Keeslar,1971

Physical Education Recommendation Letter Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Physical Education Recommendation Letter**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://crm.avenza.com/About/detail/Documents/Ralph%20Peer%20And%20The%20Making%20Of%20Popular%20Roots%20Music.pdf>

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