

Get **Fit,** **Stay Fit**

SEVENTH EDITION

William E. Prentice



Prentice Get Fit Stay Fit

Bob Davis

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ever More than half of the adult population in the United States are overweight and almost a third are clinically obese An obvious answer is to become and stay fit through regular physical activity The authors of Fit Active The West Point Physical Development Program know this and in response they developed a program at West Point the academy that s been educating U S military and political leaders for over 200 years Now you can use the West Point fitness program to meet the needs of your students Fit Active The West Point Physical Development Program is a practical ready to use resource that will help you inspire the kids under your charge to be more physically active It includes the following features The system that has worked for the authors in their West Point program along with detailed strategies for modifying their approach for various ages and environments Activities and ideas that have been reviewed by high school physical education teachers to ensure the suggestions are appropriate for high school students New ideas and information that will help you improve your program Assessment strategies to help you meet state and national physical education standards At West Point fitness is seen as a solid foundation for emotional and intellectual well being and as a way to help prepare students for a lifetime of health physical activity and success in the classroom and beyond With that in mind the authors focus on how to develop and assess your program in part I and in part II they provide core activity courses including basic movement swimming boxing self defense and obstacle courses that develop motor skills In part III they delve into wellness and personal fitness strategies workout designs assessments and related issues and in part IV they outline courses for lifetime activities such as tennis golf ice skating and rock climbing As a result you get a comprehensive resource that is easy to use well illustrated adapted for high school and appropriate for a variety of groups and one that will also help you meet state and national standards Along the way your students will learn leadership skills through sports and become motivated to make physical activity and fitness an integral part of their lives long after they leave school

Find Happiness, How to Fill the Void in Your Life, by Looking, Feeling, and Living Better Shawn Smith,2007-02 *ADVANCES IN PHYSICAL EDUCATION AND SPORTS SCIENCE* Prof. Rajesh Kumar , Prof. L.B.Laxmikanth Rathod , Dr. C. Veerender and Dr. G. Akhila,2022-09-29 Weight training refers to any type of training that involves the body moving in same direction against a force that resists that movement and is supplied by some type of weight including free weights and weight machines 8 Weight training using near one repetition 1RM weight at low velocity has been found to improve the muscle s ability to generate force but the increase in strength may not be effective at velocities that stimulate the speed of sport performance 3 Muscular strength is much different from muscular endurance Strength is a measure of how much force your muscles can exert while endurance is the measure of how many times your muscles can repeat a specific exertion of force Unlike muscular endurance which is controlled by slow twitch fibers strength is determined by fast twitch fibers which focus more on quick bursts of energy rather than long drawn out ones

The British National Bibliography Arthur James Wells,2006 **Physical Education and the Study of Sport** Bob Davis,2000 This edition is designed for the new A level syllabuses and is also suitable for HND sports studies covers

anatomy physiology and biomechanics skill acquisition and sport physiology contemporary and historical aspects of sport

Fitness and Wellness Strategies Lon H. Seiger, Kenneth G. Vanderpool, 1998 This brief straightforward text takes a hands on approach to the teaching and learning of fitness and wellness programmes by providing lab experiences to bridge the gap between information and application presenting the information in a concise format *International Sports Journal* ,1998

Focus on Fitness Tim Winslow, Kristine Noel Clark, North Carolina State University Staff, 2009-12-15 **Books In Print** 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004 **American Book Publishing Record** ,2005 *Get Fit* William E. Prentice, 1996 Designed for students with little or no background in developing a personal fitness programme this text emphasizes health related components of fitness including cardiorespiratory fitness muscular strength and endurance flexibility and body composition The text integrates concepts with applications and how they combine to affect an individual s overall level of fitness **Enthusiasm Is the Enemy** Joe Arrigo, 2002 The vast majority of people who begin an exercise program abort it within a very short time frame Their good intentions and exuberance is a timid and a highly ineffective match for the reality of consistent physical effort Since the benefits of exercise are so all encompassing to youthfulness health and mental acuity that it can almost be considered a panacea a new way of approaching exercise so many more people can include it as an integral part of our lives is long overdue This book is the first program to address this through a technique and a way of thinking where from the beginning the objective is on sustaining a program not merely starting one since sustaining is the only reason to start This book exposes and walks you through the emotional and mental traps that undermine good intentions the many mechanisms that will support this undertaking as well as the very effective efficient and simple exercise program itself for every level beginner intermediate and advanced with photographs In a sedentary fast paced fast food society where obesity and stress are epidemic directing our energies to the priorities that can be the most effective in rejuvenating and or enriching our lives is paramount what gives us the most bang for the buck And few investments can compare with the enormous return exercise offers us **The North Carolina Historical Review** ,1997

Arnheim's Principles of Athletic Training William E. Prentice, Daniel D. Arnheim, 2002 **Subject Guide to Books in Print** ,1991 *The Cumulative Book Index* ,1999

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