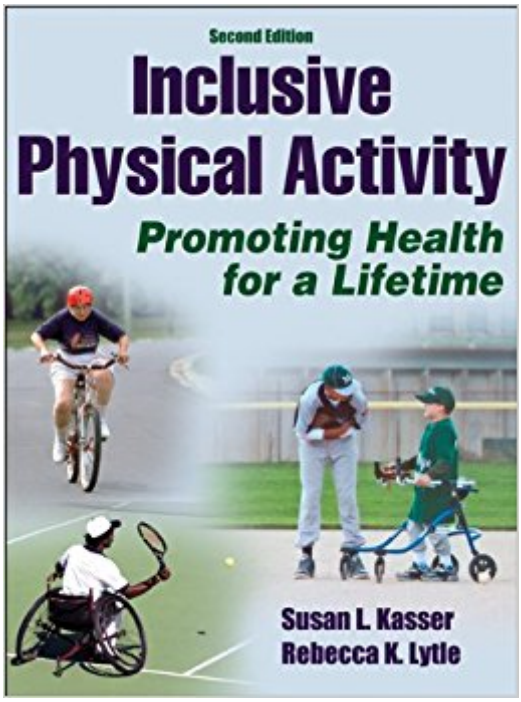
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Inclusive Physical Activity-2nd Edition



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Synopsis

The second edition of Inclusive Physical Activity is an excellent resource for physical activity practitioners or students preparing to work with diverse populations in schools, fitness facilities, community recreation sites, and sport programs. This text shows how to provide optimal programming for all individualsÃ¢â ¬â •regardless of capabilityÃ¢â ¬â •so they can be healthy and active throughout the life span. Inclusive Physical Activity, Second Edition, can help you Ã¢â ¬Â¢ provide well-designed and appropriate physical activity for individuals of all abilities, Ã¢â ¬Â¢ increase opportunities for meaningful participation in lifelong physical activity, and Ã¢â ¬Â¢ facilitate physical activity to increase health and and wellness for individuals with disabilities. The book covers programming considerations and strategies for infants and toddlers, school-age children, and adults; examples of inclusive practices for commonly offered physical activities; and suggestions for more effectively individualizing programming. Inclusive Physical Activity also provides information on adapting instruction and providing activity alternatives across the life span in five content areas: 1. Movement skills 2. Games and sports 3. Health-related fitness 4. Outdoor recreation and adventure 5. Aquatics Inclusive Physical Activity outlines a systematic approach to planning and implementing appropriate programs for individuals of varying abilities. Using the unique Functional Approach to Modifying Movement Experiences (FAMME) model, practitioners can learnÃ¢â ¬â •step by stepÃ¢â ¬â •how to connect modifications directly to participantsÃ¢â ¬â„¢ capability differences to provide optimal challenge and success. Updated and expanded, the second edition offers three new chapters plus special learning features: Ã¢â ¬Â¢ Including All Individuals chapter-opening scenarios Ã¢â ¬Â¢ Think Back questions that encourage readers to apply chapter content to each scenario Ã¢â ¬Â¢ What Do You Think? questions and What Would You Do? case examples that promote reflective thinking and problem solving Instructors who adopt the text get online access to an instructor guide, test package, and presentation package. New to the second edition, the presentation package offers approximately 200 slides highlighting the most important concepts from the book plus essential figures, tables, and photos. With Inclusive Physical Activity, both students and professionals will find the knowledge and support to make meaningful and inclusive physical activity a reality and promote better health for everyone.

Book Information

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Customer Reviews

Susan L. Kasser, PhD, is an associate professor in the department of rehabilitation and movement science at the University of Vermont at Burlington, where she teaches courses pertaining to inclusive physical activity. She holds a doctorate in movement studies in disability from Oregon State University. Kasser has over 20 years of teaching experience in community and school-based physical activity programs involving individuals with diverse abilities. She has presented on both national and international levels in the area of inclusive physical activity. Kasser has also developed many community-based exercise programs for adults with chronic conditions and disabilities, including the Individualized Exercise for Active Lifestyles (IDEAL) program, which has served more than 75 adults with multiple sclerosis since 1998. In 2012 she received the Outstanding Faculty Award from the College of Nursing and Health Sciences at the University of Vermont. Kasser also received the 2001 Outstanding Educator Award from the Vermont Association for Health, Physical Education, Recreation and Dance and the 2000 Kroepsch-Maurice Excellence in Teaching Award from the University of Vermont. Kasser resides in Jericho, Vermont, where she enjoys hiking, kayaking, and backpacking in her free time. Rebecca K. Lytle, PhD, is a professor in the department of kinesiology at California State University at Chico, where she teaches courses in adapted physical education and motor development. Lytle has been teaching in higher education since 1992. She also taught as an adapted physical education teacher in the public schools from 1988-1996, and was a school consultant from 2000-2002. Lytle has published numerous articles for refereed journals and coauthored three books and six book chapters on adapted physical activity. She has presented at the state, national, and international levels and has served as consultant or coordinator for several community-based physical activity and motor skill assessment

programs for both children and adults. She is a member of the International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD); Council for Exceptional Children (CEC); International Federation of Adapted Physical Activity (IFAPA); National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID); Adapted Physical Activity Council (APAC); Northern California Adapted Physical Education Consortium (NCAPEC); American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD); California Association for Health, Physical Education, Recreation and Dance (CAHPERD); and California Teachers Association (CTA). Lytle also serves as chair of the National Adapted Physical Activity Council of AAHPERD and chair of the California State Council on Adapted Physical Education. Lytle and her husband, Donald, reside in Chico. In her free time she enjoys playing with children, walking and hiking, and playing baseball and softball.

Textbook for a graduate class I am taking. Very informative and well written

I got what I paid for, the book had everything I needed but I wasn't too impressed with how it was formatted into my iPad. It was more like a novel and I couldn't find page numbers. I was working with percentages and that can be frustrating sometimes.

Everything was fine! :-)

This is a great textbook, it has a lot of good information and activities to do with children with differing abilities.

I believe that the book was very helpful for my class.

The book I received was in perfect condition. Printing the label an shipping it back was easy.

Inclusive Physical Activity ISBN-13: 9781450401869 Authors: Kasser, Susan L. And Lytle, Rebecca K. Publisher: Human Kinetics Publishers Publication date: 3/15/2013 Edition description: New Edition Edition number: 2 Pages: 312This book was written for a wide audience of instructors who work with infants to adults with a variety of physical disabilities. It talks about the challenges and strategies working with varied school personnel, parents, and, most important, clientsÃƒÂ¢Ã â ¬Ã â œÃƒÂ¢Ã â ¬Ã â œgetting them to get physically active or continuing to do

so safely.The book is divided into three sections, with foundations for inclusive physical activities, planning and implementation, and application of inclusive practices. It starts off with the challenges of having students or clients in a class or health club, and modifying a group or individual activity to meet their particular needs. It also tells about the importance of working with diverse personnel and their role in designing a program for participants with various disabilities.It also divides activities between infant and toddlers as well as elementary, middle, and high school students. In addition, the book provides helpful ideas for adults with both physical and developmental challenges. Morever, the authors go into an extensive review of the various tools, tests, and documentation you will need to make good judgment calls for implementing the various programs.The book further describes modifications of many activities including aquatics, outdoor sports, and yoga. And I especially liked the descriptive comparisons of different kinds of play.The last section comprises the appendices, which I plan to use often. It includes a brief description of each disability and is divided intellectually, physically, and metabolically in Appendix A. Appendix B deals with infant and toddler eligibility for early intervention services. I really liked Appendix C, which references a wide variety of web sites to aid you in your understanding of various disabilities. Appendix D and E provide a brief description of the appropriate tests you will either give or encounter through documentation and paperwork.Inclusive Physical Activity would be great for a university class or for specialty fitness certification to help those with special needs. I would only add to the book a bit more description, dilineating between ADHD and ADD, and the various forms of autism. The authors do go into other disabilities associated with autism, but I would like to see a separate section for the other differences on the spectrum.So if you are looking for a book that will meet your needs on understanding and starting to implement your fitness or class for those with special needs, check out Inclusive Physical Education. I plan on using it and keeping in my library for years to come.Susan L. KasserSusan has an extensive experiences in the areas of adapted physical education. She taught children from 3 to 15 for over 12 years and during that time developed many games specifically for their learning and physical differences. She has also worked with grants for physical education and currently is on the faculty in the areas of Exercise and Sport Science at Oregon State University. She has also written a fantastic book which is part of my library as well called Inclusive Games.

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