PET 349
Unit 1 Reading Guide

The following areas should help identify topics deemed largely important in the Unit 1 readings:

Chap. 1
- Qualities enforced by the Physical Best approach
- Differences among the terms Physical Activity, Exercise, and Physical Fitness
- Benefits of regular physical activity
- Role of regular physical activity in disease prevention
- Themes for a sound physical education program (Pate & Hohn, 1994)

Chap. 2
- Factors influencing physical activity
- Reasons why physical activity decreases with age
- Motivation-related issues (extrinsic and intrinsic)
- Table 2.5
- Guidelines for developing motivational physical education programs (Sallis, 1994)
- Goal setting; influences on, “how to,” Table 2.7

Chap. 3
- Stairway to Lifetime Fitness
- COPEC guidelines on physical activity for children
- Age-appropriate suggestions for facilitating progression up the Stairway to Lifetime Fitness

Chap. 4
- Ways to extend physical activity time
- Advantages and disadvantages of block scheduling
- Ways to acquire additional equipment
- Minimum requirements/features of program equipment
- Basic facility features & safety features for equipment and facilities
- Practical ways to acquire additional space
- Components of a comprehensive school health and wellness program (Mohsen, 1997)
- Program advocacy components

Corbin & Pangrazzi (1994a)
- Identify the three areas of benefits of physical activity and examples of each
Corbin & Pangrazzi (1994b)
- Main purpose of the Surgeon General’s report
- Main message of the Surgeon General’s report (table on p. 51)
- Major conclusions for chapters 1-6
- Recommendations for physical educators

Healthy People 2010
- Leading health indicators
- Health benefits associated with regular physical activity
- Populations of concern relative to regular physical activity
- Other issues related to regular physical activity
- Gender differences in participation in regular physical activity
- Page 22-24, paragraphs two and three

Corbin, Pangrazzi & Welk (1999)
- Explanation and identification of strengths/weaknesses of:
  - LPAM
  - C-LPAM
  - EPM
- Table 18.1
- Activity recommendations for children

Bar-Or (1999)
- Highlight (p. 164)
- Relationship between childhood obesity and physical activity level
- Connection between childhood physical activity levels and physical activity during adulthood
- Recommended level of physical activity during childhood

COPEC (1998)
- Summary guidelines for elementary school children
- Important concepts relating to physical activity for children (n=12)
- Physical activity pyramid; recommendations for younger and older children at all four levels
- Guidelines for promoting physical activity in schools and physical education (n=10)