



# **Introduction to Physical Education and Sport: Foundations and Trends (with Introduction to Careers in Health, Physical Education and Sport)**

*Marilyn M. Buck, J. Thomas Jable, Patricia A. Floyd*

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INTRODUCTION TO PHYSICAL EDUCATION AND SPORT: FOUNDATIONS AND TRENDS

introduces students to the wide range of topics related to physical education, from the historical to the contemporary, including fitness education, professional and classroom ethics, careers, and future trends. This text introduces the various disciplines that comprise physical education and provides a valuable understanding of teaching in the field.



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