

Download Exercise And Young People Issues Implications And Initiatives

"This book explores the key issues, implications and initiatives associated with exercise and exercise promotion in young people, draws together the available evidence on their physical activity and fitness and explores how exercise can be promoted to young people in the contexts of the school and community. Young people are a distinct group with specific exercise needs, yet there are a number of misconceptions and limited guidance on the subject. This book explores the key issues, implications and initiatives associated with exercise and exercise promotion in young people, draws together the available evidence on young people's physical activity and fitness, and explores how exercise can be ... This book explores the key issues, implications and initiatives associated with exercise and exercise promotion in young people, draws together the available evidence on young people's physical activity and fitness, and explores how exercise can be promoted to young people in the contexts of the school and community. Young people are a distinct group with specific exercise needs, yet there are a number of misconceptions and limited guidance on the subject. This book explores the key issues, implications and initiatives associated with exercise and exercise promotion in young people, draws together the available evidence on young people's physical activity and fitness, and explores how exercise can be ...