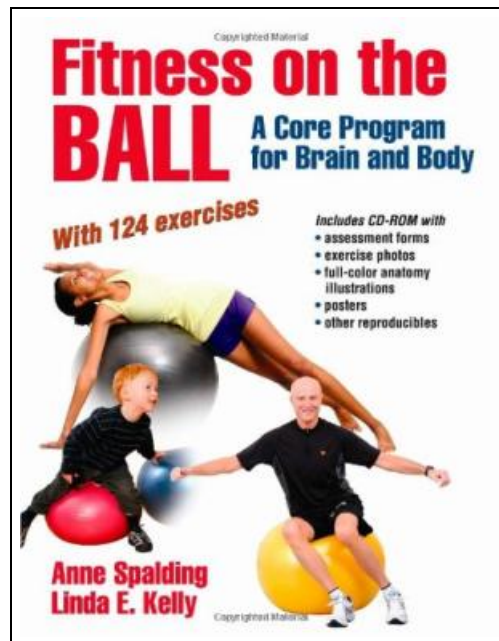


Fitness on the Ball: A Core Program for the Brain and Body (Mixed media product)



Filesize: 7.39 MB

Reviews

This type of publication is almost everything and taught me to hunting ahead plus more. It is written in easy terms rather than difficult to understand. Your way of life period will likely be transform once you comprehensive looking at this ebook.
(Gladyce Reinger)

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Human Kinetics Publishers, United States, 2009. Mixed media product. Book Condition: New. 279 x 221 mm. Language: English . Brand New Book. Exercise balls have steadily become more popular since they were first introduced, for two good reasons: They re fun and they work! People who are on the ball find themselves rolling toward improvements in strength, flexibility, and cardiorespiratory fitness. Authors Anne Spalding and Linda Kelly published a version of this book just for kids, but they ve done extensive research and discovered adults like to have fun, too--and stand to benefit just as much as kids in using exercise balls. So the authors expanded this new book to include exercises and information for instructors and participants of all ages and included activities that can be used not only in school gymnasiums and classrooms but in exercise facilities, workplaces, and homes as well. This book features the following material: -A CD-ROM that includes an image bank, reproducibles, activity sheets, assessments, lesson plans, a glossary of terms, and other teachers tools-An expansion from K-5 to all ages - Photos, illustrations, and anatomical drawings depicting the muscles as they are being worked in the five core activities-Information and suggestions for using the exercise balls in adapted physical education The exercises are easy to follow and well illustrated, making this a practical and user-friendly resource. Not only will you be equipped to do or teach the over 110 exercises included in the book, but you ll also receive valuable advice on managing your equipment and classes to help you--and your participants--get the most out of your program. And the expansion of this book to include all ages makes it perfect for schools, fitness centers, YMCAs, and wherever fitness is valued--even at home. Fitness on the Ball is presented in three parts: Part I focuses on...

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