



# Senior Physical Education - 2nd Edition: An Integrated Approach

*David Kirk, Robin Burgess-Limerick, Michael Kiss, Janine Lahey, Dawn Penney*

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*Senior Physical Education: An Integrated Approach, Second Edition*, includes the following:

- Updated information to help you organise your instruction based on current Queensland Syllabus Physical Education guidelines
- An attractive design that involves students in the content and highlights important information for greater student retention
- New and updated elements that expand students' learning and develop concepts further through real-life examples relevant to students
- Chapter-by-chapter study aids to create deeper connections for students and provide opportunities to apply concepts to real life
- Everything you need to create and deliver an effective course – including a free instructor guide that contains additional information on how to organise and present the materials

*Senior Physical Education, Second Edition*, a powerful learning tool for studying physical education, is now updated to reflect the latest Queensland Board of Senior Secondary School Studies Physical Education Syllabus. The student text is now in full colour and comes with a revised and expanded hardcopy instructor guide.

The student text has been redesigned and includes new photos and illustrations that involve students in the content while highlighting important information for greater student retention. The text guides students to

- apply scientific information about movement in relation to specific physical activities and real-life situations;
- relate new information to their own experiences through focus activities;
- make connections among content areas through sample learning experiences;
- further personalise information while reviewing the main points within each chapter through extension activities; and
- explore body image, leisure and recreation, and media and power issues and then assess and respond appropriately to inequitable situations in sport, exercise, and physical recreation.

In addition, the text includes new learning outcomes, test yourself applications, and an updated glossary.

**Part I** explores the theories and psychological factors of learning physical activity. It also examines the motion and forces involved in learning physical skills.

**Part II** covers physiological aspects of physical activity, including the energy required for activity and methods for improving physiological capacity.

**Part III** delves into the socio-cultural dimensions of physical activity. Students will examine issues of equity in physical activity and sport and learn about the changing conceptions of the body, shaped through cultural and media views, as they relate to physical activity. In this section students also explore issues relating to lifestyle, leisure, and physical recreation and consider how money, media, and power affect sport, recreation, and exercise.

In addition to the student text, course adopters receive a free instructor guide. In the guide, teachers will find the supplemental activities they need to teach the course effectively:

- Additional teaching guidance in personalisation and integration
- New Syllabus organisers for the three major focus areas, sub-areas, and physical activity categories, which include 49 hands-on activities (e.g., case studies, learning experiences, teaching points and teaching links)
- Suggestions and models for implementing the Syllabus (e.g., how to integrate and personalise the

instruction; how to sequentially develop complexity; how to diversify learning styles, including enhancing oral learning experiences)

These features create deeper connections for students and provide a wealth of opportunities to apply physical education concepts to real life.

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