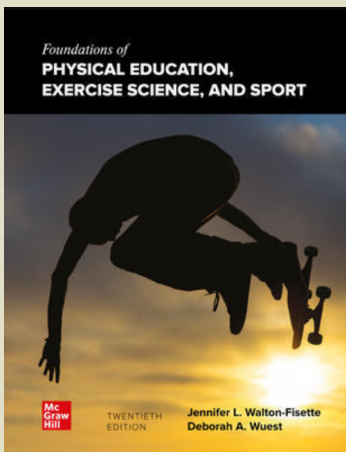




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List of Changes



Foundations of Physical Education, Exercise Science, and Sport

20th Edition

Deborah Wuest, Jennifer Walton-Fisette

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Changes to Walton-Fisette: Foundations of Physical Education, 20e

Chapter 1

- Updated statistics about contemporary physical education, exercise science, and sport programs
- Updated Get Connected resources

Chapter 2

- Updated information on developing a professional philosophy as a physical educator, exercise scientist, or sport leader

Chapter 3

- Updated statistics about demographic changes in the US that affect physical education, exercise science, and sport programs
- Updated physical activity guidelines for Americans
- Updated National Physical Activity Plan strategies

Chapter 4

- Updated statistics about participation in interscholastic sports

Chapter 5

- New information about physical literacy and its importance for all students
- Updated Get Connected resources
- New self-assessment activity

Chapter 6

- Updated information about the biomechanics of swimming
- Updated information about the use of technology to analyze and improve performance
- Updated Get Connected resources

Chapter 7

- Updated Get Connected resources

Chapter 8

- Updated statistics about how sport influences the modern American lifestyle
- Updated statistics about participation in high school and collegiate athletics among various demographics
- Updated statistics and background on minorities in sport
- Updated Get Connected resources

Chapter 9

- Updated information about the psychological benefits of physical activity
- Updated information on how to motivate students to get physical activity through the use of novel sport activities, such as disc golf
- Updated information about using apps and devices to track physical activity
- Updated Get Connected resources
- New self-assessment activity

Chapter 10

- Updated Get Connected resources

Changes to Walton-Fisette: Foundations of Physical Education, 20e

Chapter 11

- Updated examples of codes of ethics and conduct for physical education, exercise science, and sport professionals
- Updated research on the importance of service-minded physical education professionals
- Updated benefits of belonging to professional societies
- Updated Get Connected resources

Chapter 12

- Updated background on standards and competencies for K-12 physical education teachers
- Updated guidance for teaching physical education
- Updated background on standards for sport coaches
- Updated discussion questions
- Updated Get Connected resources
- Updated self-assessment activities

Chapter 13

- Updated data about commercial and community fitness programs
- Updated information on fitness certifications
- New background on the importance of athletic trainers exhibiting cultural competence and sensitivity
- Updated information on athletic training practice domains
- Updated Get Connected resources

Chapter 14

- Updated information on how digital technologies help promote sport and participant engagement, as well as the growth of fantasy sport
- Updated statistics about professional sports revenue
- New section on sports marketing as a growing, dynamic field for sport-related careers
- Updated discussion questions
- Updated Get Connected resources

Chapter 15

- New background on the importance of resources and professional development to help health professionals work effectively with people who are dealing with mental health issues

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