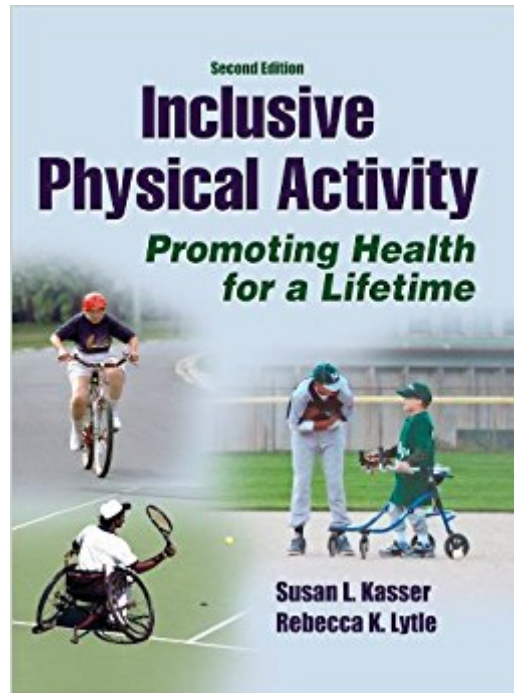




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# Inclusive Physical Activity, 2E



## Synopsis

Inclusive Physical Activity is a text and reference for exercise and physical activity practitioners committed to offering optimal physical activity programming to people of differing abilities in school, recreation, sports, and community fitness settings. The updated second edition offers strategies for physical activity programming across the life span, from infancy to adulthood.

## Book Information

File Size: 16199 KB

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[Fitness > For Children](#) #133 in [Kindle Store > Books > Education & Teaching > Schools & Teaching > Special](#)

[Education > Physically Disabled](#)

## Customer Reviews

Textbook for a graduate class I am taking. Very informative and well written

I got what I paid for, the book had everything I needed but I wasn't too impressed with how it was formatted into my iPad. It was more like a novel and I couldn't find page numbers. I was working with percentages and that can be frustrating sometimes.

Everything was fine! :-)

This is a great textbook, it has a lot of good information and activities to do with children with differing abilities.

I believe that the book was very helpful for my class.

The book I received was in perfect condition. Printing the label and shipping it back was easy.

Inclusive Physical Activity ISBN-13: 9781450401869 Authors: Kasser, Susan L. And Lytle, Rebecca K. Publisher: Human Kinetics Publishers Publication date: 3/15/2013 Edition description: New Edition Edition number: 2 Pages: 312 This book was written for a wide audience of instructors who work with infants to adults with a variety of physical disabilities. It talks about the challenges and strategies working with varied school personnel, parents, and, most important, clients. The book is divided into three sections, with foundations for inclusive physical activities, planning and implementation, and application of inclusive practices. It starts off with the challenges of having students or clients in a class or health club, and modifying a group or individual activity to meet their particular needs. It also tells about the importance of working with diverse personnel and their role in designing a program for participants with various disabilities. It also divides activities between infant and toddlers as well as elementary, middle, and high school students. In addition, the book provides helpful ideas for adults with both physical and developmental challenges. Moreover, the authors go into an extensive review of the various tools, tests, and documentation you will need to make good judgment calls for implementing the various programs. The book further describes modifications of many activities including aquatics, outdoor sports, and yoga. And I especially liked the descriptive comparisons of different kinds of play. The last section comprises the appendices, which I plan to use often. It includes a brief description of each disability and is divided intellectually, physically, and metabolically in Appendix A. Appendix B deals with infant and toddler eligibility for early intervention services. I really liked Appendix C, which references a wide variety of web sites to aid you in your understanding of various disabilities. Appendix D and E provide a brief description of the appropriate tests you will either give or encounter through documentation and paperwork. Inclusive Physical Activity would be great for a university class or for specialty fitness certification to help those with special needs. I would only add to the book a bit more description, delineating between ADHD and ADD, and the various forms of autism. The authors do go into other disabilities associated with autism, but I would like to see a separate section for the other

differences on the spectrum. So if you are looking for a book that will meet your needs on understanding and starting to implement your fitness or class for those with special needs, check out Inclusive Physical Education. I plan on using it and keeping in my library for years to come. Susan L. Kasser Susan has an extensive experiences in the areas of adapted physical education. She taught children from 3 to 15 for over 12 years and during that time developed many games specifically for their learning and physical differences. She has also worked with grants for physical education and currently is on the faculty in the areas of Exercise and Sport Science at Oregon State University. She has also written a fantastic book which is part of my library as well called Inclusive Games.

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