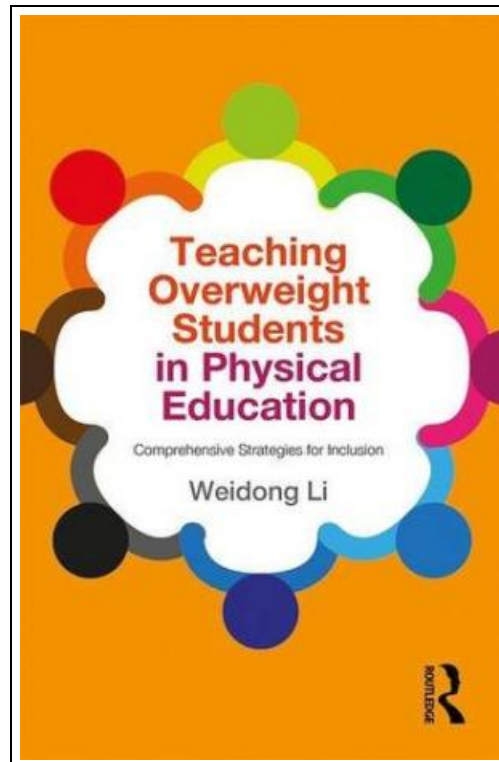


## Teaching Overweight Students in Physical Education: Comprehensive Strategies for Inclusion (Paperback)



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## TEACHING OVERWEIGHT STUDENTS IN PHYSICAL EDUCATION: COMPREHENSIVE STRATEGIES FOR INCLUSION (PAPERBACK)



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Taylor Francis Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Overweight students often suffer negative consequences with regards to low physical ability, skills, and fitness; obesity-related health implications; being teased and excluded from physical education by their peers; and psycho-social and emotional sufferings as a result of weight stigma. This has presented an unprecedented challenge for teachers to include them in physical education activities, even when they strive to provide individualized instruction for diverse learners and foster positive learning environments. Educators stand to greatly benefit from specific knowledge and skills to reduce bias and include overweight students. Teaching Overweight Students in Physical Education offers a compact and easy-to-read take on this problem. It begins by summarizing information on the obesity trend, weight stigma, and coping mechanisms. Next, it introduces the Social Ecological Constraint Model, which casts the teacher as an agent of change who is aware of and manipulates a variety of factors from multiple levels for effective inclusion of overweight students in physical education. Finally, it provides detailed strategies guided by the conceptual model for instructors to implement into their physical education classes. In all, this book provides a map for successfully including overweight students and offers practical strategies for physical education teachers to create inclusive and safe climates, and design differentiated instructions to maximize overweight or obese students engagement and learning. Comprehensive, evidence-based, and timely, this book is tailored for physical education educators and practitioners, but will also benefit parents of overweight children by providing them with strategies for educating their children on how to cope with stigma and weight-related teasing.

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