



Heart Education

By Deve Swaim

Paperback. Book Condition: New. Not Signed; Capitalize on teens' fascination with technology! Heart Education: Strategies, Lessons, Science, and Technology for Cardiovascular Fitness uses heart monitoring technology to help students learn concepts of cardiovascular fitness in a fun and innovative way. With the benefits of immediate and constant feedback, heart rate monitoring technology provides an engaging way for students to monitor their exercise sessions. Heart Education is based on the author's principles of Heart Zones Education, a comprehensive cardiovascular fitness program for physical education that examines wellness from the viewpoints of health, fitness, and athletic performance. Designed for students ages 11 to 18, Heart Education incorporates key aspects of the middle school and high school texts of Healthy Hearts in the Zone with the most current information on training and technology. Heart Education's 10-step program provides a series of modules with lesson plans, making it simple to present and easy to learn. The program gets students using heart monitors from the start, letting them experience the rush of seeing their heart rate display. Students will learn functions of heart monitoring, how to apply them based on individual heart rate data, and how to set realistic physical activity goals. Teachers and students...



READ ONLINE
[4.97 MB]

Reviews

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in a remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

-- **Josie Koch IV**

The book is straightforward in read safer to recognize. This really is for anyone who statte there had not been a worthy of looking at. You may like just how the blogger create this publication.

-- **Friedrich Nolan**

You May Also Like



How to Survive Middle School

Random House USA Inc, United States, 2011. Paperback. Book Condition: New. 190 x 130 mm. Language: English . Brand New Book. Eleven-year-old David Greenberg dreams of becoming a TV superstar like his idol, Jon Stewart. But in real life, David is just...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



What Do You Expect? She s a Teenager!: A Hope and Happiness Guide for Moms with Daughters Ages 11-19

Sourcebooks, Inc, United States, 2011. Paperback. Book Condition: New. 208 x 140 mm. Language: English . Brand New Book. If your little girl has suddenly turned into one big eye roll, then Arden Greenspan-Goldberg s What Do You Expect? She s a...



Where Is My Mommy?: Children s Book

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This children s book is wonderfully illustrated. It has an awesome plot to draw the reader into the story. This...



Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by Royal Mail;