



# Introduction to Physical Education, Fitness, and Sport with PowerWeb

*Daryl Siedentop*

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# Introduction to Physical Education, Fitness, and Sport with PowerWeb

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## **Introduction to Physical Education, Fitness, and Sport with PowerWeb** Daryl Siedentop

This text is designed to introduce students to the fields of physical education, exercise science, and allied health. Authored by one of the leading experts in the field, this comprehensive text introduces students to the history and trends in physical education and the human movement sciences. The text includes a discussion of careers and professional issues in all areas of physical education and kinesiology as well as an introduction to the major subfields including exercise physiology, biomechanics, motor learning, control, and development, sport sociology, sport and exercise psychology, sport pedagogy, sport humanities, and related areas in athletic training, sport management, and allied health.

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