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RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 130 pages. OCLC Number: 81388286 Excerpt: . . . 8 Letter from the Project Directors Dear reader: On behalf of the Presidents Council on Physical Fitness and Sports, we are honored to present this research report. All of us who have been involved with the project have a great respect for the power that sport and physical activity can wield. Such involvement has helped shape our lives. In fact, it is a major reason why many of us have chosen this area as our lifes work. Physical Activity and Sport in the Lives of Girls: Physical and Mental Health Dimensions from an Interdisciplinary Approach was created to highlight the multiplicity of ways in which physical activity and sport have become an integral part of girls lives. It examines the benefits girls derive from participation in physical activity and sport; the barriers that prevent them from reaching their full potential; and the kinds of environments in which girls learn how to develop and foster the best parts of themselves both on and off the playing fields. The report was also created to develop future research paths and policy recommendations as a guide for planning and programming. This is a groundbreaking report because it marks the first time an interdisciplinary approach has been used in a government document that examines the impact of sport and physical activity in the lives of girls. We have chosen authors who are experts in the physiological, sociological, psychological and mental health fields to each write a section discussing significant issues in their respective academic areas. The interdisciplinary approach is particularly important because it enables us to talk about the complete girl - her social, physical, emotional and cultural environment - rather than just one...



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