



# Introduction to Physical Education, Fitness and Sport

*Daryl Siedentop*

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Authored by two leading experts in the field, the new eighth edition of Introduction to Physical Education, Fitness and Sport introduces readers to the history and philosophies underlying today's professions while focusing on current trends and issues facing school Physical Education, fitness and sport. Specifically, the authors introduce readers to the professions' key concepts, programming approaches, standards and expectations, as well as the problems and issues. As the United States seeks to reverse trends in overweight and obesity, readers will learn how these three professions have a central responsibility in creating an environment that supports, encourages and promotes physical activity for all people.

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