INTRODUCTION

Physical Education (PE) plays an important role in the physical growth and development of students. This book on materials and methods for physical education at the secondary level emphasizes the relevance of physical education to the needs of today's students. The book is divided into seven sections and an introduction. The introduction discusses the search for the relevance of the secondary school. Part 1 describes the community, the school and its organization, and the secondary school student. Part 2 discusses goals for health and physical education and the development of curriculum and program to meet those goals. It also includes a section on innovative physical education programs.