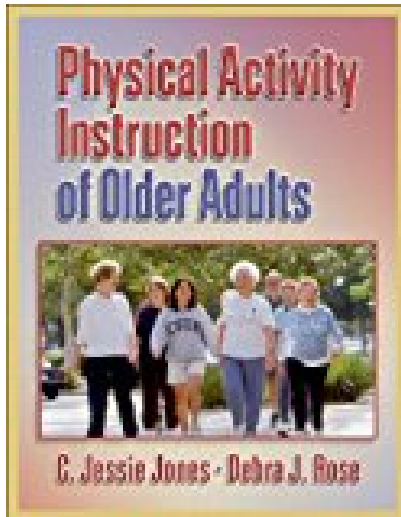


Physical Activity Instruction of Older Adults



BOOK DETAILS

- Author : C. Jessie Jones
- Pages : 424 Pages
- Publisher : Human Kinetics
- Language : English
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BOOK SYNOPSIS

"Application activities at the end of each chapter prepare students to design well-rounded physical activity programs for older adults. Other student-friendly elements include chapter objectives, introductions, summaries, study questions, key terms, and key points. This book is ideal for undergraduate students, and it is an excellent reference for physical activity instructors of older adults, fitness specialists, personal trainers, and activity directors."--Back cover.

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