

# Senior Shape-Up: An Exercise Guide for the Very Active to the Physically Restricted

McBride, Carley

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# Senior Shapeup An Exercise Guide For The Very Active To The Physically Restricted

**JG Myers**



## **Senior Shapeup An Exercise Guide For The Very Active To The Physically Restricted:**

**Senior Shape-up** Carley McBride, Kate Lefler, 1986      **Mature Aged Sport** Jodie Davis, 1993      Futurics, 1997

**Medical and Health Care Books and Serials in Print**, 1986      **Subject Guide to Books in Print**, 1971      Books in Print, 1977      *Caring for Preschool Children* Diane Trister Dodge, Derry Gosselin Koralek, Peter J. Pizzolongo, 1996 The Caring for Preschool Children program was designed as a personalized training program to help adults working with preschool children acquire the skills and knowledge needed to provide a high quality preschool program This two volume training manual is comprised of 13 modules corresponding to the areas of the Child Development Associate Competency Standards each containing an overview self assessments learning activities answer sheets and a glossary The modules are 1 Safe preventing and responding to accidents and injuries 2 Healthy including promoting wellness and reducing the spread of disease and helping children develop habits that promote good hygiene and nutrition 3 Learning Environment encouraging play and exploration and planning and implementing schedules routines and transitions that meet children s needs 4 Physical providing materials equipment and opportunities for gross and fine motor development and encouraging physical fitness 5 Cognitive encouraging children to explore and construct knowledge about their world and helping children to develop confidence in their ability to think and solve problems 6 Communication helping children use language meaningfully and providing materials and experiences that support emerging literacy skills 7 Creative encouraging exploration and experimentation offering materials and activities and showing respect for children s ideas 8 Self developing positive relationships with children and helping them accept and appreciate themselves and others 9 Social helping children develop social skills get along with others and express their feelings 10 Guidance encouraging self discipline and using positive methods to guide children 11 Families sharing information with parents about their child s experiences and development supporting families and offering several options for parent participation 12 Program Management learning about each child following policies and procedures and teaming and 13 Professionalism assessing one s performance and applying professional ethics The trainer s guide provides a detailed description of the trainer s role in guiding teachers through the learning activities and includes suggestions for providing feedback and encouraging teachers to extend their learning Answer sheets and observation forms for assessment and tracking forms to record each teacher s progress are included Chapter 1 of the guide discusses the need for an organized system for staff development the components of a professional development system and the importance of linking training to professional development and program improvement Chapter 2 gives an overview of the training materials content and approach Chapter 3 presents suggestions for managing the training programs including completing an orientation and providing feedback Chapter 4 discusses strategies for effective group training sessions Section 5 presents information on assessing teachers progress through the modules Appendices contain forms for the trainers use KDFB      Marketing Manager Diploma (Master's level) - City of London College of Economics - 12 months -

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