

## Preface

The road of life is long and winding, with obstacles confronting us at every turn. We never really know what awaits us around the next bend, but we learn valuable lessons along the way to help us cope with the hurdles that we inevitably encounter on our journey. Just like the athletes on the cover of this book, you will travel a long road filled with ups and downs, highs and lows, thrills and disappointments, victories and defeats. Each

of these experiences will teach you something different, contribute significantly to your knowledge base, and build upon your immense capacity to learn.

By the time we reach high school, many of us think we know all there is to know about life and the world in general. But although we have experienced a lot by the time we become teenagers, a lifetime of learning is still ahead of us. Learning is an ongoing process that never really ends – it begins the day we are born and continues until we take our last breath – yet we often shut our minds to new ideas and different ways of viewing things. We encourage you to keep an open mind when reading this book and to explore the potential of new and different ideas that may enrich your life.

Although many roads have been paved ahead of us, we must discover and uncover new paths to follow in the pursuit of learning, knowledge, personal improvement, excitement, and self-fulfillment. And just as athletes must be equipped with the proper gear – helmets, gloves, shoulder pads, and so

on – you need the right tools as you progress along life's path facing diverse challenges.

This book will teach you the foundations of human movement and in turn the science of physical and health education.

It will enable you to confidently progress along the road of life.



**Kin101**

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