

Contributing Authors

This book was written first and foremost with the student in mind. It was completed with the efforts of various present and former professors from the Faculty of Physical Education and Health at the University of Toronto, in collaboration with several graduate and undergraduate students in the same field of study. It was important that this book be user-friendly, and this collaborative effort among students and professors allowed this text to achieve a degree of accuracy and clarity, while remaining sensitive to the needs of students. Because the student writers had

fresh experiences with the subject matter, and were still familiar with what it meant to be a young high school student with a keen desire to learn, their input was invaluable in the process of completing this text. All along during the preparation of this text, several teachers and students provided valuable feedback at various levels. The result is a book that makes expert knowledge about topics and issues in physical and health education available to students – an engaging and palatable resource for students and teachers alike.



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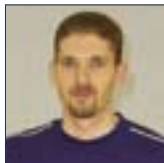
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