CONTENTS

Preface vi Acknowledgments vii

	PART I FUNDAMENTAL CONCEPTS		
CHAPTER 1	Physical Activity and Children's Health	3	
CHAPTER 2	Principles of Pediatric Exercise Science	19	
CHAPTER 3	Growth, Maturation, and Physical Fitness	43	
CHAPTER 4	Long-Term Athletic Development	66	
CHAPTER 5	Pedagogy for Youth Fitness Specialists	85	
PART II YOUTH FITNESS DEVELOPMENT			
CHAPTER 6	Assessing Youth Fitness	103	
CHAPTER 7	Dynamic Warm-Up and Flexibility	127	
CHAPTER 8	Motor Skill Training	147	
CHAPTER 9	Strength and Power Training	172	

CHAPTER 10	Speed and Agility Training	196
CHAPTER 11	Aerobic and Anaerobic Training	220
CHAPTER 12	Integrative Program Design	239
	PART III CONTEMPORARY ISSUES	
CHAPTER 13	Young Athletes and Sport Participation	263
	Exercise for Overweight and Obese Youth	285
CHAPTER 15	Exercise for Youth With Selected Clinical Conditions	301
	Nutrition for Youth	314

Glossary 344
References 353
Index 426
About the Authors 438
About the ACSM 439
Earn Continuing Education Credits/Units 440

V