



Teaching Responsibility Through Physical Activity

Donald R. Hellison

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This text presents a teaching approach that uses sport and exercise to help young people take responsibility for themselves and the well-being of others. The author draws on his own experience to provide educators and youth workers with proven strategies on: using the gymnasium, playground and playing field as centres for building student self-esteem; improving the quality of education classes, extended day care programmes, diversion programmes and organized sports programmes; and putting the character development claims of physical education programmes into practice. In addition, this resource aims to help physical educators offset some negative experiences facing their students by teaching them how to cope with everyday realities; take pride in themselves and their accomplishments; refrain from judging others too quickly; get along with peers and teammates; abandon their "tough" images; and control their tempers.

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