Contents

Acknowledgements Contributors				
PART	1:	The Nature and Purposes of Physical Education		
Chapter	1	Knowledge, Practice and Theory in Physical Education Andrew Reid	17	
Chapter	2	The Justification of Physical Education Jim Parry	36	
PART	2:	The National Curriculum for Physical Education		
Chapter	3	Policy, Process and Power John Evans and Dawn Penney	71	
Chapter	4	Dictating the Play: Government Direction in Physical Education and Sport Policy Development in England and Wales Dawn Penney and John Evans	84	



PART	3:	Health, Health-Related Exercise and Physical Education	
Chapter	5	Aerobic Exercise and Physical Activity Patterns of Young People Neil Armstrong, Joanne Welsman and Brian Kirby	105
Chapter	6	Activity Promotion in Physical Education Jo Harris and Lorraine Cale	116
PART	4:	Physical Education and Sports Participation	
Chapter	7	Young Cultures and Sport: The Success of School and Community Sport Provisions in Britain Kenneth Roberts	135
Chapter	8	Sport and Exercise Motivation: A Brief Review of Antecedent Factors and Psychological Outcomes of Participation Stuart Biddle	154
PART	5:	Teaching Physical Education	
Chapter	9	Systematic Observation of Physical Education Teachers' Behaviours: A Perspective Colin A. Hardy	187
Chapter	10	The Reflective Physical Education Teacher: Implications for Initial Teacher Education Anne Williams	204
Chapter	11	Halting Progress? The Conservative Project for Teacher Education John Evans	217

PART 6:	Equal Opportunities in Physical Education	
Chapter 12	The Body, Schooling and Social Inequalities: Physical Capital and the Politics of Physical Education Chris Shilling	243
Chapter 13	Gender, Coeducation and Secondary Physical Education: A Brief Review Ken Green and Sheila Scraton	272
Chapter 14	Sexism and Homophobia in Physical Education: The Challenge for Teacher Educators Anne Flintoff	291
Chapter 15	Multicultural Education and Equal Opportunities in Physical Education: Conflicts and Dilemmas Bob Carroll	314
PART 7:	Issues in Physical Education	
Chapter 16	The Emergence and Growth of Examinations in Physical Education <i>Bob Carroll</i>	335
Chapter 17	To Be or Not to Be? The Present and Future of School Physical Education in International Context Ken Hardman	353