

Course Objectives

Audio Descriptive Text

Title: Chapter 1. Introduction; Course Objectives. Report cover of Comprehensive School Physical Activity Programs: A Guide for Schools.

Video Summary

- Understand the importance and benefits of youth physical activity.
- Recognize the components of a Comprehensive School Physical Activity Program.
- Learn the process for developing, implementing, and evaluating a Comprehensive School Physical Activity Program.

Audio Script

The purpose of this training is to familiarize you with the components of a Comprehensive School Physical Activity Program and the process for developing, implementing, and evaluating one. After this training, you should be able to take the next steps to begin the process of developing a Comprehensive School Physical Activity Program.

The course objectives are for you to:

- Understand the importance and benefits of youth physical activity.
- Recognize the components of a Comprehensive School Physical Activity Program.
- Learn the process for developing, implementing, and evaluating a Comprehensive School Physical Activity Program.