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Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide [National Association for Sport and Physical Education, Suzan F. Ayers, Mary Jo Sariscsany] on Amazon.com. *FREE* shipping on qualifying offers. Research shows direct links between regular physical activity, good health, and improved cognitive performance. Your students ...College/University Physical Education Teacher Education Programs • Use the tool to teach program candidates about critical instructional skills, for discussionHigh-quality health and physical education programs help students succeed in life. By Charlotte Kelso. At the moment, it looks like we're losing the fight against inactivity and obesity in our young people.Physical fitness is your ability to carry out tasks without undue fatigue. Learn about the components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance ...