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Through education, teachers can promote the advantages of healthy and nutritious food and discourage them from having food by highlighting their ill effects. They will easily promote sound eating practices and guidelines for nutrition. Physical education also teaches about the importance of private hygiene and the importance of cleanliness. They guide the scholars by informing them about the essential hygiene practices for maintaining health and well being throughout life.

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Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in

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opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

Continuous professional development is of great importance if one is to develop quality professional work. This book contains some of the latest research advances related to the field of Physical Education and Sports. In today's globalized world, continuous and permanent education is necessary and essential to complement the initial training and previous experience. In this book, you can find a wide range of works focused on innovative teaching methodologies and psychological variables to take into account to improve classes and training. These studies on the most forward-looking technological advances in physical activity and sports are useful for those who seek to be up-to-date on this type of research. In addition, these studies will be useful to consult regarding current lifestyle, the creation of healthy habits, the promotion of physical activity in one's free time, and the importance of leading an active life.

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