



Instructional Models in Physical Education

By Michael Metzler

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Ensures that physical educators are fully armed with a comprehensive plan for incorporating instructional models in their teaching!

Instructional Models for Physical Education has two primary goals for its readers. The first is to familiarize them with the notion of model-based instruction for physical education, including the components and dimensions that determine a model's pattern of teaching and how to select the most effective model for student learning in a particular unit. The second goal is to describe each of the instructional models in such a way to give readers enough information to use any of the models with confidence and good results.

The book includes everything readers will need for planning, implementing, and assessing when teaching with instructional models. It will help readers incorporate research-based practices in their lessons, adapt activities to include students of varying abilities, and teach to standards.

Models tied to NASPE standards! The author has revised the third edition to show how using the instructional models can help teachers meet specific NASPE standards. The book demonstrates the connection of NASPE standards with the models and clarifies that connection for students. In addition, a table in each of the model chapters shows explicitly how the model aligns with NASPE standards.

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Editorial Review

Review

Because of the importance given to teaching skills and the complete discussion of each instructional model, I have found that this book is imperative for teaching a methods course in secondary physical education. . . . The advantage of the web material is that it changes passive reading into reading that is more dynamic and interactive --Alexander Vigo, Towson University

This is the only textbook that I have used continuously year after year. It is a good text for students who are developing their skills to become teachers, and it is also great resource for practicing teachers. I always tell my students this is one of the books they should hold on to. . . . [The book's figures] have been more than helpful in clarifying some of the more salient aspects of each chapter. --Ken Hansen, California State Polytechnic University

The third edition has presented readers with several updates and improvements, along with the new website. It remains THE reference text for all things relating to instructional models for physical education. --Mark Bowler, University of Bedfordshire

From the Back Cover

This book introduces Models-Based Instruction for physical education. It presents effective teaching models such as Cooperative Learning, Personalized Systems of Instruction (PSI), and Direct Instruction clearly and articulately. It also covers models that have been specifically developed for teaching PE, such as Sport Education and Tactical Games. This book brings together in one text a number of teaching models that have appeared in isolated books and journals. By presenting a Models-Based perspective, *Instructional Models for Physical Education* will help PE teachers learn, select, and practice these comprehensive patterns of teaching.

An instructional model is a unique plan of action, designed to facilitate certain learning outcomes for students. Each model establishes its own pattern of decision making, classroom operations, and responsibilities for the teacher and students. After each model is explained, it is followed with examples of lesson plans and suggestions for adapting the model to various teaching contexts with appropriate learning activities. For anyone interested in teaching methods for physical education.

About the Author

Michael W. Metzler is a professor in the Department of Kinesiology and Health at Georgia State University, US, where he is the coordinator of the Health and Physical Education graduate program. His areas of research and scholarship include teaching and instructional models; and research on teacher education programs, with an emphasis on program assessment. His teaching expertise is in the areas of instructional models for physical education, research methods for teaching and teacher education, and the history and principles of physical education. He has served as a consultant for physical education teacher education programs in Singapore, Japan, Canada, Israel, and Turkey. Metzler has authored or co-authored nine books. In addition, he has co-edited and co-authored three research volumes in the *Journal of Teaching in Physical Education (JTPE)* and has published more than thirty refereed research and topical articles in journals such as *The Journal of Teacher Education*, *Teaching and Teacher Education*, and *Quest*. In 1981, he was one of the founding co-editors of *JTPE*, which is now the leading research journal in physical education pedagogy and teacher education, worldwide. Metzler is the Past President of the National Association for Kinesiology and Physical Education in Higher Education (NAKPEHE), having served from

January 2010 until January 2011. In October 2009, he was inducted as a Fellow in the American Academy of Kinesiology and Physical Education.

Users Review

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