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By Robert P. Pangrazi, Aaron Beighle



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By Robert P. Pangrazi, Aaron Beighle

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Editorial Review

About the Author

Robert P. Pangrazi, Ph.D., taught for 31 years at Arizona State University, Tempe, in the Department of Exercise Science and Physical Education, and is now Professor Emeritus. An AAHPERD Honor Fellow and a Fellow in the Academy of Kinesiology and Physical Education, he was honored by the National Association for Sport and Physical Education (NASPE) with the Margie Hanson Distinguished Service Award. He is a best-selling author of numerous books and texts over the years, including multiple editions of *Dynamic Physical Education for Elementary School Children* and *Dynamic Physical Education for Secondary School Children*, with Paul W. Darst (Pearson). He co-edited *Toward a Better Understanding of Physical Fitness and Activity: Selected Topics*, for the President's Council on Physical Fitness and Sports, with Chuck Corbin (a McGraw-Hill fitness and wellness author). In addition to numerous other books and texts, he has written many journal articles and scholarly papers for publication.

Aaron Beighle, Ph.D., is Associate Professor at the University of Kentucky, Lexington in the Department of Kinesiology and Health Promotion, teaching Physical Education Methods courses. In addition to numerous scholarly articles and other academic materials and frequent chapter contributions to a number of widely-used texts including previous editions of *Dynamic Physical Education for Elementary School Children*, he co-authored *Pedometer Power* (2e, 2007, Human Kinetics), and *Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12* (2e, 2004, NASPE). His areas of research include physical activity promotion, specifically examining school-based physical activity programs, and the use of pedometers to encourage physical activity for youth.

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