

Contents


UNIT 1 LEADERSHIP *viii*

1  Theories of Leadership 3

2  Leadership Skills 23


3  Group Development 49

UNIT 2 FACILITATION OF RECREATION AND LEISURE 68

4  Recreation and Leisure 71

5  Needs Assessment 91

6  Event Coordination 113


7  Promoting Participation 149

UNIT 3 PHYSICAL FITNESS AND WELL-BEING 164

8  Mentoring 167

9  Nutrition Guidelines 187

10  Vitality 227

11  Developing Fitness 257

12  Fitness Evaluation 289

UNIT 4 INJURY PREVENTION AND FIRST AID 314

13  Risk Management 317

14  Injury Management 341

15  Fitness Safety 359

Appendix (Careers) 385
References 396
Glossary 398
Index 403
Authors 407

Leadership is action, not position!

Know the way, go the way, and show the way!

Keep fit, eat right, and have fun!

Better to be safe than sorry!

