



# Putting Research to Work in Elementary Physical Education: Conversations in the Gym

*Lawrence Locke, Dolly Lambdin*

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- Features 30 clear summaries of studies on elementary physical education instruction, class management, program design, workplace conditions, and more
- Includes practical tips for navigating the typical research report to improve the ability of teachers to glean new ideas and useful facts from research
- Shows the differences between the vantage point of the researcher and that of the teaching practitioner, and how to find the common ground between the two
- Covers new teaching strategies, measuring instruments, and program alternatives—and how to think about teaching physical education in more sophisticated ways

This textbook and reference provides teachers with valuable insights for using research to improve their teaching. *Putting Research to Work in Elementary Physical Education: Conversations in the Gym* lets readers eavesdrop on a career-long conversation between a well-known scholar and a top-notch teacher who have a combined 75 years of professional physical education experience. Together they take a close look at 30 studies to help educators learn how to glean valuable information from research.

The book opens a window into the minds of 69 scholars as they puzzle about teachers, students, and programs. Readers do not need a highly technical vocabulary, advanced scientific or mathematical knowledge, or a detailed background concerning research methods. The authors have provided “translations” in the form of brief, nontechnical annotations that teachers and other nonresearchers will actually enjoy reading. Each study is briefly described and then commented on from a researcher's perspective, a teacher's perspective, and finally, a shared perspective.

The 30 reports address important, practical issues recognizable to anyone familiar with what happens in a physical education class. The book shows how the studies can be useful to teachers in their own work, and it points out how valuable information from research can be used to improve teaching.

The book also demonstrates how stimulating and fruitful dialogue can be when the knowledge of researchers and practitioners is brought together around a single study. By discussing each study from both perspectives, the book sheds light on the common ground between researchers and physical educators and fosters mutual respect between the two. The varied perspectives can also provide a valuable springboard for thought-provoking discussions among colleagues in a school setting or in a graduate-level physical education course.

The book presents 12 guidelines that will help readers navigate through the difficult aspects of the typical research report, plus four annotated bibliographies to help readers explore topics that are more specific and more advanced.

No other resource makes such a diverse group of studies so accessible. If educators are to put research to work in their own teaching methods and program designs, there's no better place to start than with these straightforward “conversations in the gym.”

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