



Measurement by the Physical Educator: Why and How

David Miller

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The purpose of this text is to help the physical education, exercise science, or kinesiology major develop the necessary confidence and skills to conduct measurement techniques properly and effectively. However, more than just measurement techniques are presented. Emphasis is placed upon the reasons for the measurement and the responsibilities after measurement is completed. These inclusions should help the student develop an appreciation of the need for measurement in a variety of settings. In addition, every effort has been made to present all the material in an uncomplicated way, and only practical measurement techniques are included.

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