

Empyrean Press Book Publication House
New Physical Education Standard for Holistic Health
ISBN Number: 978-81-97XXXXXX

Call for Book Chapter

Scope-The Book "New Physical Education Standard for Holistic Health" seeks to redefine physical education by incorporating a holistic approach to health that prioritizes not just physical fitness but also mental, emotional, and social well-being. It investigates new frameworks and standards for promoting lifelong wellness, mindfulness, and balanced living, as well as addressing present health education difficulties. The book presents practical ways for educators, schools, and legislators to create programs that nurture the full individual, linking physical activity with mental health practices, nutrition, and social contact, establishing a comprehensive model for contemporary education.

Submissions are accepted in the following areas, but not limited to:

- i. The evolution of physical education and the need for a holistic approach
- ii. The shift from traditional fitness-focused models to holistic well-being
- iii. The impact of physical, mental, and emotional health on overall wellness
- iv. Physical Fitness as a Foundation of Holistic Health
- v. The benefits of cardiovascular, strength, flexibility, and functional training
- vi. Balancing physical activity with recovery and injury prevention

- vii. Mental and Emotional Health in Physical Education
- viii. Mindfulness practices in physical education (yoga, meditation, breathing exercises)
- ix. Emotional regulation through sports and group activities
- x. Social Interaction and Community Building through Physical Education
- xi. Nutrition Education for Holistic Health
- xii. The connection between diet, mental health, and cognitive performance
- xiii. Integrating Mind-Body Practices in Physical Education
- xiv. Incorporating breath control and meditative techniques in school programs
- xv. Physical education standards for students with disabilities
- xvi. Adaptive fitness programs and inclusive approaches for all abilities
- xvii. Technology and Innovation in Holistic Physical Education
- xviii. Digital platforms for personalized wellness programs

Submission - Please send the one-page write-up, which includes the chapter title, an abstract (maximum 250 words), five key words, and the author's affiliation, to the mentioned email address. Further instructions regarding the full chapter submission will be provided upon acceptance.

Submission Information

Submission email –

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Important Dates-

Abstract Submission Deadline- 25/10/2024

Acceptance Notification- 30/10/2024

Chapters Submission-15/11/2024

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