

## ***Routledge Handbook of Adapted Physical Education***

Edited by Justin A. Haegele, Samuel R. Hodge, and Deborah R. Shapiro. Published 2020 by Routledge, New York, NY. \$196 hardback, \$33.77 e-book. 500 pp. ISBN 9780367146115

*Reviewed by Willie Leung and Jeffrey A. McCubbin, College of Public Health and Human Sciences, Oregon State University, USA*

This handbook is a welcome addition to the adapted physical activity (APA) literature. The book provides readers with thorough and comprehensive literature reviews of a broad array of theoretical topics that have grounded much of the research in APA. The thorough reviews and reference lists of important past research are indeed impressive. Yet as one might imagine, textbooks or handbooks represent a static representation of the past and may be difficult to update frequently. However, these reviews provide an excellent starting place for graduate students and faculty for future research inquiry.

While the handbook contents are not comprehensive to the broad field of APA, the chapters provide an impressive overview of key theoretical underpinnings primarily focused on the philosophical and social-cultural dimensions of the field. The handbook includes many chapters that review K–12 instruction and evidence-based pedagogical practices to improve teacher preparation. As such, we anticipate the authors opted to select adapted physical education (APE) as the keyword in the title instead of APA. As clarified by DePauw in Chapter 1 of this handbook, the term APA was selected by the field to represent a more lifespan approach that includes physical education, physical activity, and sport. It is the terminology that is used internationally and is broader in comprehension than APE, a U.S.-centric term. We were surprised that the term “adapted physical activity” was not in the title as the authors and editors of this handbook are internationally respected scholars. We were very impressed with the breadth of talented authors and academicians, who contributed to the book. There are senior scholars as well as outstanding emerging leaders in the field. Therefore, the handbook has contributors who initiated and built some important lines of research in APA and those who are moving the field forward by picking up that mantle. They are a truly impressive group of contributors and editors.

An outstanding aspect of the handbook is the use of summaries of key points and reflective questions at the end of each chapter. Each chapter within each part of the handbook follows a similar structure. Additionally, the breadth and depth of the reference lists associated with each chapter are equally impressive. One gap in the handbook was the limited use of tables, graphs, photographs, or ways to enhance readability. There were only 21 tables and figure in the entire handbook, which contains 29 chapters covering approximately 500 pages. Many

of the chapters are dense literature reviews and interspersing more visual information would have been helpful.

The organization of the handbook is in four logical parts, each with 5–10 chapters. “Part I: Foundational Issues in Adapted Physical Education” contains eight chapters. Contents include historical overview, legislative influences, conceptualizing disability, inclusion, theory-driven research priorities, evidence-based practices, measurement, and disability language. These chapters collectively are excellent, setting the stage for more theoretical and research frameworks to follow.

“Part II: Research Approaches” of the handbook contains five chapters describing research approaches in APE. The approaches described include quantitative research, qualitative research, mixed-methods research, single-subject design, and systematic review and meta-analysis. Each of the chapters provides fundamental information on how to conduct research using specific approaches. Additional resources were referenced within each chapter for additional information. This particular part of the handbook is an excellent tool for advanced students and beginning researchers in the field, as they are the target audience of the handbook.

“Part III: Conceptual & Theoretical Frameworks” contains 10 excellent chapters on commonly used theories and frameworks used within APA- and APE-related research. The first couple of chapters in this part provide insight into the theoretical frameworks of disability and how we view disability. The chapter is well aligned with the current practice of viewing disability from a social perspective. The latter half of Part III focuses on psychology-based theories of behavioral change. These theories support the need for intervention research and to establish evidence-based teacher preparation.

“Part IV: Research Trends in Adapted Physical Education” focuses primarily on the research related to pedagogical interventions. It explores trends and areas of research that are moving the field forward. The authors demonstrate that while we have learned much about how to prepare teachers to make a positive impact on the teaching and learning environment, there remains much to learn if the field is to make a lifelong impact on the participants in K–12 settings. The last two chapters extend the research frame to include motor competence, including infant and toddler motor development, and public health research related to physical inactivity. All of these chapters are outstanding.

In summary, we believe this new handbook provides an excellent resource for graduate students and faculty in the area of APA. We see it being on every faculty member’s bookshelf or in their e-textbook holdings. It provides great theoretical underpinnings for graduate students and faculty who are initiating reviews of literature. For graduate students, this handbook provides substantial initial summaries of the literature in the field of APE and APA. Emerging scholars and graduate students can use the handbook as a resource when considering various research directions and methods. The chapters presented in this handbook explore a breadth of topics and different research approaches that may broaden the horizons of graduate students conducting APA-related research. This handbook can provide insights into the broad and valued field of APA for individuals interested in pursuing careers in APE or APA. Yet, we might