



A Curriculum of Wellness: Reconceptualizing Physical Education (Complicated Conversation)

Michelle Kilborn

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A Curriculum of Wellness seeks to encourage a deeper discussion about teaching our children how to be healthy and live well. It makes a significant contribution to the field of education as it features influential curriculum concepts nuanced with action research principles in a unified, intimate, and deeply relational inquiry into physical education teacher practice. This work presents a very practical yet complex and wisdom-guided way to transform teaching practices that follow more holistic understandings of wellness. A new mode of curriculum inquiry, *wisdom-guided inquiry*, is presented, providing an opportunity to open up a fresh avenue to understand curriculum and become engaged in discussions that concern teaching, learning, and public education. An outstanding feature of this book is its transdisciplinarity. While the story is situated within physical education discipline, this book has implications for all teachers and teacher educators because it provides insights that encourage us to consider more carefully the subjective insights of teachers and to understand these as central to being and becoming a teacher. *A Curriculum of Wellness* is essential reading for curriculum and pedagogy scholars, teacher educators, teachers, and other health-related professionals to think differently about curriculum and pedagogy – making it a great option for many related graduate and undergraduate courses.

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