



# Book review: Camerino, O., García-Castejón, G., Valero-Valenzuela, A. & Castañer, M. (2023). *Innovar en Educación Física y Deportes. El Modelo Pedagógico de Responsabilidad Personal y Social (MRPS)*

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## Front cover:

A young sprinter prepares  
herself with a track series  
to work on her explosiveness.  
@Jérôme Aufort/Adobestock

The authors of this text address the challenge of clarifying the new pedagogical and didactic trends in physical education and sport. Its approach updates the theoretical foundation and offers new innovative pedagogical and didactic strategies to be applied progressively in practical sessions, following the premise of "theorising practice and practising theory" (Castañer & Camerino, 2022).

The content of the book is focused on professionals who promote and want to innovate and apply new pedagogical and didactic strategies in physical education and sport and are not satisfied with a traditional approach.

The structure of its content guarantees a pleasant, orderly and rigorous reading, which includes scientific and current references, as well as orientations and practical applications, reflections and dilemmas to be discussed with the students in relation to each type of innovation proposed.

The first introductory theme is key in dealing with different perspectives of 21st century renewal pedagogy. The text then delves into the pedagogical innovation of physical activity and sport, showing the professional new methodological approaches and encouraging them to adopt a guiding role that gives the lead role and responsibility to the participants and seeks to develop the different motor behaviours together with the cognitive, relational and emotional dimensions.

The book explores the new pedagogical models, offering a theoretical and practical orientation of each of them, as well as a reflection on the evidence and results of the application of each model.

Finally, the authors focus on the Model of Personal and Social Responsibility (MRPS) provided by Hellison (2011), which seeks to develop levels of autonomy to prepare participants to be effective in transmitting values of responsibility towards themselves and others in a social environment.

It is undoubtedly a book that offers a pedagogical and didactic vision with an innovative, reflexive, applicable and tangible approach in its professional environment.