

Resources for Module 3: Physical Education

Materials/Publications

Physical Education and Physical Activity

The first 14 materials listed below are available from the National Association for Sport and Physical Education (NASPE), www.aahperd.org/ (Click on "Online Store").

- Appropriate Practices for Elementary School Physical Education*, Reston, VA: NASPE, 2000
- Appropriate Practices for High School Physical Education*, Reston, VA: NASPE, 2004
- Appropriate Practices for Middle School Physical Education*, Reston, VA: NASPE, 2001
- Concepts and Principles of Physical Education: What Every Student Needs to Know*, Mohnsen B, editor, Reston, VA: NASPE, 2003
- Guidelines for After School Physical Activity and Intramural Sport Programs* (position paper), Reston, VA: NASPE, 2002, www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf
- Including Students with Disabilities in Regular Physical Education*, Block ME, Garcia C, editors, Reston, VA: NASPE, 1995
- Moving into the Future: National Standards for Physical Education*, 2nd edition, Reston, VA: NASPE, 2004
- National Standards for Beginning Physical Education Teachers*, 2nd edition, Reston, VA: NASPE, 2003
- Opportunity to Learn Standards for Elementary Physical Education*, Reston, VA: NASPE, 2000
- Physical Education Program Improvement and Self-study Guide for High School*, Reston, VA: NASPE, 1998
- Physical Education Program Improvement and Self-study Guide for Middle School*, 1 Reston, VA: NASPE, 998
- Principles of Safety in Physical Education and Sport*, Dougherty N, editor, Reston, VA: NASPE, 2002
- Quality Coaches, Quality Sports: National Standards for Athletic Coaches*, Reston, VA: NASPE, 1995
- Substitution for Instructional Physical Education Programs* (position paper), Reston, VA: NASPE, 1999, www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf
- A Teacher's Guide to Including Students with Disabilities in Regular Physical Education*, Block ME, Baltimore, MD: Paul H. Brookes Publishing Company, 2000, www.brookespublishing.com/
- Action Planning Guide for State Teams*, Action for Healthy Kids, 2002, http://actionforhealthykids.org/site_map.php
- Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines*, Samman P, Champaign, IL: Human Kinetics Publishers, 1998, www.humankinetics.com (Click on "Books" and then "Product Search" by title)
- Adapted Physical Education National Standards*, National Consortium for Physical Education and Recreation for Individuals with Disabilities, Champaign, Illinois: Human Kinetics Publishers, 1995, www.humankinetics.com (Click on "Books" and then "Product Search" by title)
- Asthma and Physical Activity in the School*, National Asthma Education and Prevention Program, Bethesda, MD: National Institutes of Health, National Heart, Lung, and Blood Institute, National Asthma Education and Prevention Program, 1993, www.nhlbi.nih.gov/health/public/lung/asthma/phy_asth.htm
- Facilities Planning for Health, Fitness, Physical Activity, Recreation, and Sports*, Sawyer TH, Reston, VA: American Association for Active Lifestyles and Fitness, 2002, www.aahperd.org/ (Click on "Online Store")
- Nutrition, Physical Activity and Achievement Fact Sheet*, Action for Healthy Kids, 2002, http://actionforhealthykids.org/filelib/facts_and_findings/fs_npaa.pdf
- Physical education, Seefeldt VD, chapter in *Health Is Academic: A Guide to Coordinated School Health Programs*, Marx E, Wooley SF, Northrop D, editors, New York, NY: Teachers College Press, 1998, www.teacherscollegepress.com
- Resource Database*, Action for Healthy Kids, 2003, http://actionforhealthykids.org/site_map.php
- Title IX Tool Box*, Carpenter L, Acosta V, editors, volume I: 1991 and volume II: 1997, Reston, VA: National Association for Girls and Women in Sports, www.aahperd.org/ (Click on "Online Store")
- What's Working Database*, Action for Healthy Kids, 2003, http://actionforhealthykids.org/site_map.php

Unintentional Injury and Violence

- Guidelines for Entrapment Hazards: Making Pools and Spas Safer*, U.S. Consumer Product Safety Commission, 1998, publication no. (CPSC) 363, www.cpsc.gov/cpsc/pub/pubs/363.pdf
- Guidelines for Movable Soccer Goal Safety*, U.S. Consumer Product Safety Commission, 1995, publication no. (CPSC) 326, www.cpsc.gov/cpsc/pub/pubs/soccer.pdf
- Guidelines for Retrofitting Bleachers*, Product Safety Commission, 1995, publication no. (CPSC) 326, U.S. Consumer Product Safety Commission, 2000, publication no. (CPSC) 330, www.cpsc.gov/cpsc/pub/pubs/330.pdf
- National Strategies for Advancing Child Pedestrian Safety*. CDC National Center for Injury Prevention and Control, 2001, <http://www.cdc.gov/ncipc/pedestrian/default.htm>
- Preparticipation Physical Examinations*, American College of Sports Medicine, 1999, <http://www.acsm.org/health%2Bfitness/pdf/currentcomments/PREPART.pdf>
- Trampolines at home, school, recreational centers (RE9844)*, American Academy of Pediatrics Committee on Injury and Poison Prevention and Committee on Sports Medicine and Fitness, *Pediatrics*, 103:1053–6, 1999, www.aap.org/policy/re9844.html

Asthma

- Asthma and Physical Activity in the School*. National Institutes of Health, National Asthma Education and Prevention Program, 1995, http://www.nhlbi.nih.gov/health/public/lung/asthma/phy_asth.htm
- Breathing Difficulties Related to Physical Activity for Students With Asthma: Exercise-Induced Asthma*. National Institutes of Health, National Asthma Education and Prevention Program, 2005, http://www.nhlbi.nih.gov/health/prof/lung/asthma/exer_induced.htm
- Fit 4 Life: Meeting the Challenge*. Centers for Disease Control and Prevention, <http://www.bam.gov/fit4life/dont.htm>