

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, 1998

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
- 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>