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, MY: 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/cpscpub/pubs/363.pdf

Guidelines for Movable Soccer Goal Safety, U.S. Consumer Product Safety Commission, 1995, publication no. (CPSC) 326, www.cpsc.gov/cpscpub/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/cpscpub/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