

# **Physical Education 20/30:**

## **A Bibliography of Resources**

**April 2001**



**Stewart Resources Centre**

Saskatchewan Teachers' Federation, 2317 Arlington Avenue, Saskatoon, SK S7J 2H8  
Telephone: (306) 373-1660; E-mail: [src@stf.sk.ca](mailto:src@stf.sk.ca)



155.5 V285

**Teenage stress : how to cope in a complex world** / Kalberg VanWie, Eileen.

New York : Julian Messner, 1987.

Subjects: Stress (Psychology). Youth - Life skills guides.

Notes: Wellness 10. Physical education 20/30.

306.483 L462

**Winners and losers : sport and physical activity in the '90s** / Le Clair, Jill.

Toronto, ON : Thompson Educational, 1992.

Subjects: Sports - Social aspects - Canada.

Notes: Wellness 10. Physical education 20/30.

371.904486 E34

**Developmental/adapted physical education : making ability count** / Eichstaedt, Carl B.

Kalakian, Leonard H.

Toronto, ON : Maxwell Macmillan Canada, 1993.

Subjects: Physical education for handicapped persons - United States. Mainstreaming in education - United States.

Notes: Life transitions 20/30. Physical education grades 6-9, 20/30. Wellness 10.

371.904486 M935

**Moving to inclusion : active living through physical education : maximizing opportunities for students with disabilities** / Canada. National Education Steering Committee of the Moving to Inclusion Initiative.

Gloucester, ON : CIRA/CAHPER, 1994.

Subjects: Physical education for handicapped persons. Physical education for handicapped children.

Notes: Physical education grades 1-5, 6-9, 20/30. Wellness 10.

371.904486 S553

**Adapted physical education and recreation : a multidisciplinary approach** / Sherrill, Claudine.

Dubuque, IA : Wm. C. Brown, 1986. 3rd ed.

Subjects: Physical education for handicapped persons. Physical education for handicapped children.

Notes: Wellness 10. Physical education grades 6-9, 20/30.

372.86 B311

**Basic skills series.**

- **Floor hockey-type games.** Subjects: Indoor hockey. Physical education and training.  
Notes: Physical education grades 6-9. Physical education 20/30. Wellness 10.
- **Hand, paddle and racquet-type games.** Subjects: Handball. Paddleball. Racket games.  
Notes: Physical education K-9. Physical education 20/30. Wellness 10.
- **Scoopball.** Subjects: Sports for children. Physical education and training. Ball games.  
Notes: Physical education grades 6-9. Physical education 20/30. Wellness 10.

- **Soccer-type games.** Subjects: Soccer. Physical education and training. Notes: Physical education grades 6-9. Physical education 20/30. Wellness 10.
- **Tabloid sports.** Subjects: Sports for children. Physical education and training. Notes: Physical education grade 6-9. Physical education 20/30. Wellness 10.
- **Volleyball-type games.** Subjects: Volleyball. Physical education and training. Notes: Physical education grades 6-9. Physical education 20/30. Wellness 10.

/ Calgary Board of Education. Curriculum Action Project.

Ottawa : CAHPER, 1980.

372.86 W542

**Bright ideas : games for PE** / Wetton, Pauline.

Richmond Hill, ON : Scholastic, 1987.

Subjects: Physical education and training. Games.

Notes: Physical education grades 6-9. Physical education 20/30. Wellness 10.

613 P346

**Understanding your health** / Payne, Wayne A. Hahn, Dale B.

St. Louis, MO : Mosby-Year Book, 1992.

Subjects: Health. Health promotion. College students - Health and hygiene.

Notes: Wellness 10. Physical education 20/30. Life transitions 20/30.

613.2 C594

**Nancy Clark's sports nutrition guidebook** / Clark, Nancy.

Champaign, IL : Leisure Press, 1990.

Subjects: Athletes - Nutrition.

Notes: Wellness 10. Science 10. Physical education 20/30.

613.2 C692

**Eating for endurance** / Coleman, Ellen.

Palo Alto, CA : Bull Publishing, 1992.

Subjects: Athletes - Nutrition. Nutrition. Exercise - Physiological aspects. Energy metabolism.

Notes: Physical education 20/30. Wellness 10. Science 10. Health education grades 6-9.

613.7 A442

**Fitness for life : an individualized approach** / Allsen, Philip E. Harrison, Joyce M. Vance, Barbara.

Dubuque, IA : Wm. C. Brown, 1989. 4th ed.

Subjects: Physical fitness. Exercise. Health.

Notes: Wellness 10. Physical education grades 6-9, 20/30.

613.7 C791

**Fitness for life and teacher's resource book** / Corbin, Charles B. et al.

Toronto, ON : Gage, 1990-1991.

Notes: Wellness 10. Physical education grades 6-9, 20/30.

Subjects: Physical fitness. Exercise. Health.

613.7 M914

**Teaching physical education** / Mosston, Muska. Ashworth, Sara  
New York : Macmillan Publishing, 1994. 4th ed.

Subjects: Physical education and training - Study and teaching.

Notes: Physical education 1-5. Physical education grades 6-9. Physical education 20/30.

613.7 S757

**Moving for life** / Spindt, Gary Berg. Monti, William H. Hennessy, Betty.  
Dubuque, IA : Kendall/Hunt, 1991.

Subjects: Physical fitness. Physical education and training.

Notes: Wellness 10. Physical education grades 6-9, 20/30.

613.7 S849

**Every body's fitness book : a simple, safe, and sane approach to personal fitness** / Stewart, Gordon.

Victoria, BC : 3S Fitness Group, 1982. 2nd ed.

Subjects: Physical fitness. Exercise.

Notes: Wellness 10. Physical education 20/30.

613.71 A545

**Stretching** / Anderson, Bob.

Bolinas, CA : Shelter Publications, 1980.

Subjects: Exercise. Stretching exercises.

Notes: Physical education grades 6-9. Wellness 10. Physical education 20/30.

613.71 F791

**Bases of fitness** / Fox, Edward L. Kirby, Timothy E. Fox, Ann Roberts.

New York : Macmillan, 1987.

Subjects: Exercise - Physiological aspects. Physical fitness.

Notes: Physical education grades 6-9. Physical education 20/30. Wellness 10. Health education 9.

613.71 M667

**Body and self : partners in movement** / Minton, Sandra Cerny.

Champaign, IL : Human Kinetics, 1989.

Subjects: Movement education.

Notes: Arts education grade 9, 10, 20, 30. Physical education grades 6-9, 20/30. Wellness 10.

613.71 S849

**Bend and stretch : suppleness and strength exercises** / Stewart, Gordon. Faulkner, Robert A.  
Victoria, BC : 3S Fitness Group, 1984. 2nd ed.

Subjects: Exercise. Stretching exercises.

Notes: Physical education grades 6-9. Wellness 10. Physical education 20/30. Arts education grades 6-8, 10, 20, 30.

613.71 T294

**Medicine ball training : a complete book of medicine ball exercises for coaches of all sports**

/ Tenke, Zoltan. Higgins, Andy.

Toronto, ON : Sport Books, 1992.

Subjects: Medicine ball. Callisthenics.

Notes: Wellness 10. Physical education grades 6-9. Physical education 20/30.

613.71 W223

**Get fit : aerobic exercises for the wheelchair user** / Walsh, Catherine M. Steadward, Robert

D. Holland, Leona J.

Edmonton, AB : University of Alberta. Research and Training Centre for Physically Disabled, 1985.

Subjects: Physical fitness for the physically handicapped. Wheelchair sports.

Notes: Wellness 10. Physical education grades 6-9. Physical education 20/30.

613.79 E19

**The shores of your heart** / Eckels, Steven Zdenek.

Washburn, WI : Chequamegon Music, 1989.

Subjects: Relaxation. Instrumental music.

Contents: 1 audio cassette.

Notes: Physical education 20/30. Wellness 10. Health education grades 7-9.

613.79 W891

**Woodland winds.**

Washburn, WI : Chequamegon Music, 1990.

Subjects: Relaxation. Instrumental music.

Contents: 1 audio cassette.

Notes: Aboriginal Resource List. Wellness 10. Health education grades 7-9. Physical education grades K-9. Physical education 20/30.

790.15 R497

**Play it! : over 400 great games for groups** / Rice, Wayne. Yaconelli, Mike.

Grand Rapids, MI : Zondervan Publishing House, 1986.

Subjects: Group games. Cooperativeness.

Notes: Physical education grades 6-9. Physical education 20/30. Wellness 10.

793.08997 M143

**Handbook of American Indian games** / Macfarlan, Allan A. Macfarlan, Paulette Jumeau.

New York : Dover Publications, 1985.

Subjects: Indians of North America - Games.

Notes: Wellness 10. Physical education grades 6-9. Physical Education 20/30.

796.07 B471

**Safety in the gymnasium checklist kit** / Bennett, Elizabeth. Canadian Association for Health, Physical Education and Recreation.

Gloucester, ON : CAHPER, 1984.

Subjects: Physical education and training - Safety measures. Sports - Safety measures.

Notes: Wellness 10. Physical education K-9. Physical education 20/30.

796.07 Z21

**Individualizing physical education : criterion materials** / Zakrajsek, Dorothy. Carnes, Lois. Champaign, IL : Human Kinetics, 1986. 2nd ed.

Subjects: Physical education and training - Study and teaching. Individualized instruction.

Notes: Wellness 10. Physical education grades 6-9, 20/30.

796.09798 K29

**Heartbeat : World Eskimo Indian Olympics : Alaska Native sport and dance traditions** / Kelley, Mark. Lund, Annabel. World Eskimo Indian Games.

Juneau, AK : Fairweather Press, 1986.

Subjects: Eskimos - Alaska - Games. Inuit - Alaska - Games. Eskimos - Alaska - Dances.

Inuit - Alaska - Dances.

Notes: Physical education 20/30. Physical education grades 6-9. Wellness 10. Aboriginal Resource List.

796.334 S933

**Soccer training : vol. 1 : advanced drills for techniques, game strategies, and physical preparation** / Studener, Hans. Wolf, Werner. Klavora, Peter.

Toronto, ON : Sport Books, 1990.

Subjects: Soccer - Training.

Notes: Physical education grades 6-9. Physical education 20/30.

796.342 B847

**Professional tennis drills : 75 drills to perfect your strokes, footwork, conditioning, court movement, and strategy** / Brewer, Lewis. United States Tennis Association.

New York : Charles Scribner's Sons, 1985.

Subjects: Tennis - Training.

Notes: Wellness 10. Physical education 20/30.

796.342 K29

**A parent's guide to coaching tennis** / Kelley, Pierce.

Crozet, VA : Betterway Publications, 1991.

Subjects: Tennis for children - Coaching.

Notes: Wellness 10. Physical education grades 6-9, 20/30.

796.342 S617

**Intelligent tennis : a sensible approach to playing your best tennis . . . consistently /**  
Singleton, Skip.

Crozet, VA : Betterway, 1988.

Subjects: Tennis - Psychological aspects.

Notes: Wellness 10. Physical education 20/30.

796.342 Y21

**Visual tennis : mental imagery and the quest for the winning edge /** Yandell, John.

New York : Doubleday, 1990.

Subjects: Tennis - Psychological aspects. Imagery (Psychology). Visualization.

Notes: Wellness 10. Physical education grades 6-9, 20/30.

796.343 S773

**Squash Canada officiating certification program manual.**

Gloucester, ON : Squash Canada, 1992.

Subjects: Squash tennis.

Notes: Wellness 10. Physical education 20/30.

796.51 L921

**Orienteering : skills and strategies /** Lowry, Ron. Sidney, Ken.

Willowdale, ON : Orienteering Ontario, 1987.

Subjects: Orienteering.

Notes: Wellness 10. Physical education grades 6-9. Physical education 20/30.

796.54 H367

**Lightweight camping : a four seasons source book /** Hatton, Michael J.

Toronto, ON : Thompson Educational, 1992.

Subjects: Outdoor recreation. Camping - Canada. Camping - United States.

Notes: Physical Education grades 6-9. Physical Education 20/30. Wellness 10.

796.6 V239

**The bicycle fitness book : riding your bike for health and fitness /** Van der Plas, Robert.

Mill Valley, CA : Bicycle Books, 1989.

Subjects: Cycling - Manuals, handbooks, etc. Bicycles - Manuals, handbooks, etc. Physical fitness.

Notes: Wellness 10. Physical education 20/30.

796.6 W363

**A woman's guide to cycling /** Weaver, Susan.

Berkeley, CA : Ten Speed Press, 1991.

Subjects: Cycling for women.

Notes: Wellness 10. Physical education 20/30.



797.1 S128

**Safe boating guide** / Canadian Coast Guard.

Ottawa : Supply & Services, 1991.

Subjects: Boats and boating - Safety measures. Safety education.

Notes: Wellness 10. Physical education 20/30.

797.25 D868

**Water polo skills award program : instructor's manual** / Duguay, Kevin M. Brockington, Christopher D.

Ottawa : Water Polo Canada, 1984.

Subjects: Water polo.

Notes: Physical education 8/9. Physical education 20/30. Wellness 10.

CURR SASK PHYS

**Instructional physical education 20 and 30 : a curriculum guide for the secondary level** /

Saskatchewan. Saskatchewan Education, Training and Employment.

Regina, SK : The Dept., 1994.

Subjects: Physical education and training - Curricula.

Notes: Physical education 20/30.

CURR SASK PHYS

**Physical education 20/30 : a bibliography** / Saskatchewan. Saskatchewan Education, Training and Employment.

Regina, SK : The Dept., 1994.

Subjects: Physical education and training - Bibliography.

Notes: Physical education 20/30.