



PHYSICAL EDUCATION/HEALTH
EDUCATION GRADES 11 AND 12
LEARNING RESOURCES

A Reference for Selecting Learning
Resources (June 2009)

June 2009

Manitoba Education, Citizenship and Youth

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Manitoba Education, Citizenship and Youth
School Programs Division
Winnipeg, Manitoba, Canada

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please notify Manitoba Education, Citizenship and Youth. Errors or omissions
will be corrected in a future edition.

Any websites referenced in this document are subject to change without
notice. Educators are advised to preview and evaluate websites and online
resources before recommending them for student use.

This resource is available on the Manitoba Education, Citizenship and Youth
website at <www.edu.gov.mb.ca/k12/learnres/bibliographies.html>.

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INTRODUCTION

Reference for Selecting Learning Resources

PHYSICAL EDUCATION/HEALTH EDUCATION GRADES 11 AND 12 LEARNING RESOURCES is a reference tool provided by Manitoba Education, Citizenship and Youth to help educators select student and teacher learning resources to support the curriculum. Recommended learning resources may be purchased through the Manitoba Text Book Bureau (MTBB), and many of the titles may be borrowed from the Department's Instructional Resources Unit (Library).

The bibliography is arranged alphabetically by title, followed with indexes. The indexes may include audience, (for example, resource for teachers or resource for students), grade, distributor, category (for example, depth resource), and suggested use.

Learning Resources Reviews

Publishers submit resources for review in response to the Department's request for new learning resources to support provincial curricula. Teachers, nominated by superintendents of school divisions, are selected as teacher-evaluators. Using a collaborative review process, the teacher-evaluators examine the materials according to the resource-selection criteria to make recommendations regarding the suitability of the resources for Manitoba students and teachers.

Resource Selection Criteria

Learning resources are selected based on the basis of their fidelity with the rationale, philosophy, processes, and learning outcomes identified in each curriculum. Four evaluation criteria are used in selecting learning resources:

- **Curriculum Fit/Content/Philosophy:** the degree to which the content and processes of the resource align with the curriculum, thus providing support for curriculum implementation.
- **Instructional Design:** the degree to which the resource provides for multiple approaches to learning, has a wide range of use, is current, and reflects current pedagogical theory and practice.
- **Social Considerations:** the degree to which the resource is free of bias and stereotyping. The resource is examined for Canadian content, the use of culturally diverse examples, and accurate portrayal of First Nations, Inuit, and Métis peoples. Cautionary notes are added to alert teachers to potentially sensitive curriculum-fit issues or potential community concerns related to the resource.
- **Technical Design:** the degree to which the resource is visually appealing and has a logical and consistent form.

When selecting learning and teaching resources, teachers should consider how the resources meet the learning requirements of students, the perspectives of the student population, and local decisions related to the delivery of potentially sensitive content.

Terms and Definitions

The following terms and definitions are used to describe the learning resources:

- **Breadth:** identifies learning resources that address a wide range of student learning outcomes for a particular grade.
- **Depth:** identifies learning resources that provide effective learning experiences in greater detail for a narrower grouping of student learning outcomes.
- **Breadth and Depth:** identifies comprehensive learning resources that provide both breadth and depth dimensions for an extensive grouping of student learning outcomes.
- **Teacher Reference:** identifies resources that assist teachers in implementing the curriculum, including background information for teacher use; may identify teaching suggestions and learning activities.
- **Teacher Guide:** identifies a separate guide for teachers or a teacher's edition of a **Student Text**.

Purchase of Learning Resources

The learning resources described in the bibliography are available for purchase through the *Manitoba Text Book Bureau Catalogue of Learning Resources*. For information or assistance regarding the purchase of learning resources, contact:

The Manitoba Text Book Bureau (MTBB)

Box 910

Souris, MB R0K 2C0

Toll free: 866-771-6822 (Manitoba and Saskatchewan)

Telephone: 204-483-5040

Fax: 204-483-5041

Email: mtbb@gov.mb.ca

Online catalogue: <<http://www.mtbb.mb.ca>>

Loans and Bookings of Learning Resources

Most of the learning resources listed in the bibliography are available to Manitoba educators from the Instructional Resources Unit (IRU) Library, Manitoba Education, Citizenship and Youth.

CIRCULATION SERVICES – to register as a patron, renew resources and inquire about loans, contact:

Circulation Desk: Instructional Resources Unit
Manitoba Education, Citizenship and Youth
1181 Portage Avenue
Winnipeg MB R3G 0T3
Telephone: Winnipeg: 204-945-5371
Toll Free outside of Winnipeg – 800-282-8069 ext. 5371
Fax: 204-945-8756
Email: irucirc@gov.mb.ca

REFERENCE AND INFORMATION SERVICES – to request print materials, kits, audio CD's and sound cassettes, and to obtain information on resources, contact:

Reference Services: Instruction Resources Unit – Address Above
Telephone: Winnipeg: 204-945-7830
Toll Free: 800-282-8069 ext. 7830
Fax: 204-945-8756
Email: iruref@gov.mb.ca

MEDIA BOOKING SERVICES – to request VHS, DVDs and CD-ROMs, contact:

Media Booking: Instructional Resources Unit – Address Above
Telephone: Winnipeg: 204-945-7849
Toll Free outside Winnipeg – 800-592-7330
Fax: 204-945-8756
Email: irucirc@gov.mb.ca

FOR FURTHER INFORMATION ON THE IRU'S RESOURCES AND SERVICES:

Visit the online catalogue at: <http://libcat.merlin.mb.ca>
Visit the IRU web site at: <http://libinfo.merlin.mb.ca>



TITLES & DESCRIPTIONS

Complete Physical Education Plans for Grades 7-12 (includes CD-ROM)

Author(s): Kleinman, Isobel **Audience:** Teacher Professional Reference
Edition: **Category:**
Year: 2001 **Suggested Use(s):** Physical Education
Pagination: 627 p
ISBN: 978-0-7360-3248-3
Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓	✓	✓

This resource gives lessons that build from start to finish in sequential order.

Essentials of Team Building: Principles and Practices (includes DVD)

Author(s): Midura, Daniel W., Glover, Donald R. **Audience:** Teacher Professional Reference
Edition: **Category:**
Year: 2005 **Suggested Use(s):** Module B, Module D, Physical Education/Health Education
Pagination: 229 p
ISBN: 978-0-7360-5088-3
Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009
Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

This resource contains leadership games and challenges.

Note: Although pictures and DVD represent elementary or middle years students this book could be used by grades 9 to 12.

Exercise Science, Second Edition

Publisher : Sport Books Publisher

Subject/ Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health										✓	✓	✓	✓
Physical Education										✓	✓	✓	✓

This comprehensive set of current Canadian resources focuses on the study of exercise science, including anatomy, physiology, biomechanics, motor learning and control, and sport psychology. The resources in the package (Student Edition, Teacher’s Guide, and Graphic Package [CD-ROM]) include diverse cultural representations in pictures and diagrams. The text is gender-balanced, features Canadian athletes, and includes dynamic, colourful illustrations, graphics, statistics and charts. Assessment content in the teacher and student resources is consistent with the recommendations in *Guidelines for Fitness Assessment in Manitoba Schools: A Resource for Physical Education/ Health Education* (Manitoba Education, Citizenship and Youth, 2004). The nutrition information refers directly to *Eating Well with Canada’s Food Guide*.

There is a strong match between these resources and the Manitoba curriculum, particularly GLOs 1, 2, and 5 for grades 9 and 10. For grade 11 module B, Fitness Management and Module D, Social Impact of Sport, are well represented, but limited in Module C, Mental Emotional Health. For Grade 12 Module C Nutrition is well represented.

Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)

Author(s):	Klavora, Peter	Audience:	Student
Edition:	Second Edition	Category:	
Year:	2008	Suggested Use(s):	Module B, Module C, Module D, Physical Education/Health Education
Pagination:	549 p		
ISBN:	978-0-920905-17-3		
Format:	Print		
Publisher:	Sport Books Publisher	Date Recommended:	June 03, 2009
Distributor:			

Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)

Author(s):
Edition: First Edition
Year: 2004
Pagination: unp.
ISBN:
Format: CD-ROM
Audience: Teacher
Category:
Suggested Use(s): Module B, Module C, Module D, Physical Education/Health Education
Publisher: Sport Books Publisher
Date Recommended: June 03, 2009
Distributor:

Exercise Science: Studying Human Movement and Health: Teacher’s Guide (includes CD-ROM)

Author(s): Klavora, Peter, Anderson, Andy, Harker, Tony, Wakelin, Ron
Edition: Second Edition
Year: 2008
Pagination: unp.
ISBN: 978-0-920905-13-5
Format: Print/CD-ROM
Audience: Teacher
Category:
Suggested Use(s): Module B, Module C, Module D, Physical Education/Health Education
Publisher: Sport Books Publisher
Date Recommended: June 03, 2009
Distributor:

Exercise Science: An Introduction to Health and Physical Education

Publisher : Thompson Educational Publishing

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education												✓	✓
Health												✓	✓

Exercise Science, a Canadian resource, is composed of a teacher’s manual, with accompanying CD-Rom of PowerPoint presentations available with the purchase of a minimum of five student texts. (The student workbook and lab manual are ineligible, as they are of a consumable nature.)

The student and teacher manual comprehensively address fitness management and nutrition GLO's of the Manitoba grade 11 and 12 framework of Active Healthy Lifestyles. Teachers will find that Modules B and D for grade 11 and Modules B and C for grade 12 are especially well supported. The nutrition information refers directly to *Eating Well with Canada's Food Guide*. Information is accurate, current and Canadian.

The teacher's manual contains samples for traditional assessment such as multiple choice, short answer tests, BlackLine Masters, indicate objectives, overview of lessons. With the purchase of five student texts, access is granted to the CD containing PowerPoint presentations, a useful resource for teachers.

Exercise Science: An Introduction to Health and Physical Education (Student Text)

Author(s):	Temertzoglou, Ted, Challen, Paul	Audience:	Student
Edition:		Category:	
Year:	2003	Suggested Use(s):	Module B, Module C, Module D, Physical Education/Health Education
Pagination:	430 p		
ISBN:	978-1-55077-132-9		
Format:	Print		
Publisher:	Thompson Educational Publishing	Date Recommended:	June 03, 2009
Distributor:	University of Toronto Press		

Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)

Author(s):	Temertzoglou, Ted, Challen, Paul	Audience:	Teacher
Edition:		Category:	
Year:	2003	Suggested Use(s):	Module B, Module C, Module D, Physical Education/Health Education
Pagination:	373 p		
ISBN:	978-1-55037-136-1		
Format:	Print/CD-ROM		
Publisher:	Thompson Educational Publishing	Date Recommended:	June 03, 2009
Distributor:	University of Toronto Press		

Food for Today, First Canadian Edition

Publisher : McGraw-Hill Ryerson

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health											✓		✓
Physical Education											✓		✓

This Canadian resource includes a student text, teacher's resource and CD-Rom of BlackLine Masters and PDF files of the teacher's resource. The resource provides age appropriate discussion of nutrition and covers most of the Grade 12 nutrition outcomes and some of the grade 10 nutrition outcomes. It is full of easy to read diagrams, charts, illustrations, and statistics.

There is diverse cultural representation present in pictures, diagrams and content, including First Nations, Métis and Inuit perspectives. The focus is on active well being for all, not just the sports athlete. There is a strong match between the resource and Module C Nutrition of the grade 12 curriculum.

Food for Today (Student Text)

Author(s):	Witte, Jane, O'Leary-Reesor, Lisa, Miller, Helen, Bersenas-Cers, Zita	Audience:	Student
Edition:	First Canadian Edition	Category:	
Year:	2007	Suggested Use(s):	Module C, Physical Education/Health Education
Pagination:	722 p		
ISBN:	978-0-07-073719-8		
Format:	Print		
Publisher:	McGraw-Hill Ryerson	Date Recommended:	June 03, 2009
Distributor:			

Food for Today: Teacher's Resource (includes CD-ROM)

Author(s):	Putignano, Michelyn, Wilson, Karen	Audience:	Teacher
Edition:	First Canadian Edition	Category:	
Year:	2007	Suggested Use(s):	Module C, Physical Education/Health Education
Pagination:	234 p		
ISBN:	978-0-07-073753-2		

Format: Print/CD-ROM

Publisher: McGraw-Hill Ryerson

Date Recommended: June 03, 2009

Distributor:

Minimum System Requirements for Teacher's Resource CD-ROM:

Windows: Pentium II; Windows XP, Windows 2000; 256 MB RAM

Macintosh: Power PC; OS 9.2, OS X 10.3; 256 MB RAM

Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)

Author(s): Puza, Roger F.

Audience: Teacher Professional Reference

Edition:

Year: 2008

Category:

Pagination: 243 p

Suggested Use(s): Module C, Module E, Health Education

ISBN: 978-0-7360-5982-4

Format: Print/CD-ROM

Publisher: Human Kinetics Publishers, Inc.

Date Recommended: June 03, 2009

Distributor:

Subject / Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health										✓	✓	✓	✓

This resource contains some useful learning activity ideas and is suitable if looking for ready-made lessons.

Interdisciplinary Teaching Through Outdoor Education

Author(s): Bunting, Camille J.

Audience: Teacher Professional Reference

Edition:

Year: 2006

Category:

Pagination: 243 p

Suggested Use(s): Module B, Physical Education

ISBN: 978-0-7360-5502-4

Format: Print

Publisher: Human Kinetics Publishers, Inc.
Distributor:

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health								✓	✓	✓			
Physical Education						✓	✓	✓	✓	✓	✓	✓	✓

This is a general resource for an outdoor education program. However, a teacher would need to look elsewhere for winter outdoor education topics.

It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life

Author(s): McCracken, Bane

Audience: Teacher Professional Reference

Edition:

Year: 2001

Category:

Pagination: 247 p

Suggested Use(s): Physical Education

ISBN: 978-0-7360-0127-4

Format: Print

Publisher: Human Kinetics Publishers, Inc.

Date Recommended: June 03, 2009

Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓	✓	✓

Additional resource for secondary Physical Education teachers.

Leading the Way: Youth Leadership Guide

Author(s):

Audience: Teacher Professional Reference

Edition:

Year: n.d.

Category:

Pagination: unp.

Suggested Use(s): Module D, Health Education

ISBN: 1-895716-09-8

Format: Print

Publisher: PHE Canada
Distributor:

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health								✓	✓	✓	✓	✓	✓

This resource deals with ready to go activities for teachers looking for ideas in the area of student leadership development. Beginner, intermediate, and advanced activities are provided.

Life Skills: 225 Ready-to-use- Health Activities for Success and Well-Being

Author(s): McTavish, Sandra
Edition: 1st Edition
Year: 2004
Pagination: 262 p
ISBN: 0-7879-6959-1
Format: Print

Audience: Teacher Professional Reference
Category:
Suggested Use(s): Health Education

Publisher: Jossey-Bass
Distributor: John Wiley & Sons Canada Ltd.

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health							✓	✓	✓	✓	✓	✓	✓

This resource is to be used as an addition to lessons or units. May engage pupil learning by using engaging activities.

Organizing Successful Tournaments: Includes CD with over 1,000 schedule templates

Author(s): Byl, John
Edition: 3rd Edition
Year: 2006
Pagination: 176 p
ISBN: 978-0736059527
Format: Print/CD-ROM

Audience: Teacher Professional Reference
Category:
Suggested Use(s): Physical Education

Publisher: Human Kinetics Publishers, Inc.
Distributor:

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

This is a useful resource to have for the organization and administration of intramurals and extracurricular sports leagues.

Pedometer Power: Using Pedometers in School and Community

Author(s): Pangrazi, Robert, Beighle, Aaron, Sidman, Cara L.
Edition: Second Edition
Year: 2007
Pagination: 170 p
ISBN: 978-0-7360-6272-5
Format: Print

Audience: Teacher Professional Reference
Category:
Suggested Use(s): Module B, Module C, Physical Education/Health Education

Publisher: Human Kinetics Publishers, Inc.
Distributor:

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Performance-Based Assessment for Middle and High School Physical Education

Author(s): Lund, Jacalyn Lea, Fortman Kirk, Mary
Edition:
Year: 2002
Pagination: 236 p
ISBN: 978-0-7360-3270-4
Format: Print

Audience: Teacher Professional Reference
Category:
Suggested Use(s): Physical Education

Publisher: Human Kinetics Publishers, Inc.
Distributor:

Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Quality Lesson Plans for Secondary Physical Education (includes CD-ROM)

Author(s): Zakrajsek, Dorothy B, Carnes, Lois A., Pettigrew, Frank Jr. **Audience:** Teacher Professional Reference

Edition: Second Edition **Category:**

Year: 2003 **Suggested Use(s):** Module B, Physical Education

Pagination: 691 p

ISBN: 978-0-7360-4485-1

Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009

Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓	✓	✓

This resource is suitable for first year graduates or substitute teachers. Although this is an American based resource, it contains a lot of useful material.

Teaching Physical Activity: Change, Challenge, and Choice

Author(s): Stiehl, Jim, Morris, Don, Sinclair, Christina **Audience:** Teacher Professional Reference

Edition: **Category:**

Year: 2008 **Suggested Use(s):** Physical Education

Pagination: 218 p

ISBN: 978-0-7360-5921-3

Format: Print

Publisher: Human Kinetics Publishers, Inc. **Date Recommended:** June 03, 2009

Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Teaching Responsibility Through Physical Activity

Author(s): Hellison, Don
Edition:
Year: 2003
Pagination: 165 p
ISBN: 978-0-7360-4601-5
Format: Print

Audience: Teacher Professional Reference
Category:
Suggested Use(s): Physical Education/Health Education

Publisher: Human Kinetics Publishers, Inc.
Distributor:
Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

This resource is useful for teachers to evaluate presentations and teaching strategies.

Tools for Teaching Health

Author(s): Whalen, Shannon, Splendorio, Dominick, Chiariello, Sal
Edition: 1st Edition
Year: 2007
Pagination: 299 p
ISBN: 978-0-7879-9407-5
Format: Print

Audience: Teacher Professional Reference
Category:
Suggested Use(s): Module C, Module E, Health Education

Publisher: Jossey-Bass
Distributor: John Wiley & Sons Canada Ltd.
Date Recommended: June 03, 2009

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health							✓	✓	✓	✓	✓	✓	✓

Walking Games and Activities: 40 new ways to make fitness fun

Author(s): Decker, June, Mize, Monica
Edition:
Year: 2002
Pagination: 176 p

Audience: Teacher Professional Reference
Category:
Suggested Use(s): Module B, Physical Education/Health

ISBN: 978-0-7360-3430-2

Education

Format: Print

Publisher: Human Kinetics Publishers, Inc.

Date Recommended: June 03, 2009

Distributor:

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Health										✓	✓	✓	✓
Physical Education										✓	✓	✓	✓

The World of Recreation and Fitness Leadership

Publisher : Sport Books Publisher

Subject/Grade

	K	1	2	3	4	5	6	7	8	9	10	11	12
Physical Education										✓	✓	✓	✓
Health										✓	✓	✓	✓

The world of recreation and fitness leadership supports many facets of the grade 9 to 12 curricula; for instance, grades 9 and 10 GLOs 2, 3, 4, and 5 are exceptionally well covered.

For grade 11, Module B Fitness Management and Module C Mental and Emotional Health, the text meets all the outcomes present in the grade 11 curriculum.

For grade 12, Module B Fitness Management, Module C Nutrition, and Module D Personal and Social Development are highly supported by the content of this resource. Extensive Canadian content is present including Canadian athletic role models, illustrations, history, gender equity, cross cultural perspectives. The nutrition information refers directly to *Eating Well with Canada's Food Guide*.

The soft cover student resource is visually engaging for students, and would stimulate student curiosity. Website links are supplied for further research, but have not been reviewed. End of chapter questions stimulate class discussion and inquiry, and are applicable for assessment. Teachers will find a section with valuable information relating to leadership development. With the purchase of five student texts, access is granted to the Question Bank CD, a useful resource for teachers. The authoritative authors share their wealth of knowledge and experience to create a text with rich presentation and curriculum content.

The World of Recreation and Fitness Leadership (Student Text)

Author(s):	Austin, Debra L., Leith, Patricia M., Robertson, Jullian	Audience:	Student
Edition:		Category:	
Year:	2008	Suggested Use(s):	GLO 2: Fitness Management, GLO 3: Safety, GLO 4: Personal and Social Management, GLO 5: Healthy Lifestyle, Physical Education/Health Education
Pagination:	407 p		
ISBN:	978-0-920905-15-9		
Format:	Print		
Publisher:	Sport Books Publisher	Date Recommended:	June 03, 2009
Distributor:			

The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations

Author(s):		Audience:	Teacher
Edition:		Category:	
Year:	2008	Suggested Use(s):	Module B, Module C, Module D, Physical Education/Health Education
Pagination:	unp.		
ISBN:	0-920905-XX-1		
Format:	CD-ROM		
Publisher:	Sport Books Publisher	Date Recommended:	June 03, 2009
Distributor:			

The World of Recreation and Fitness Leadership: Teacher's Guide

Author(s):	Leith, Patricia M., Austin, Debra L., Robertson, Jullian	Audience:	Teacher
Edition:		Category:	
Year:	2008	Suggested Use(s):	Module B, Module C, Module D, Physical Education/Health Education
Pagination:	669 p		
ISBN:	978-0-920905-14-2		
Format:	Print		
Publisher:	Sport Books Publisher	Date Recommended:	June 03, 2009
Distributor:			

A U D I E N C E

Student

- Exercise Science, Second Edition
Exercise Science: Foundations of Exercise Science: Studying Human Movement and Health (Student Edition)
- Exercise Science: An Introduction to Health and Physical Education
Exercise Science: An Introduction to Health and Physical Education (Student Text)
- Food for Today, First Canadian Edition
Food for Today (Student Text)
- The World of Recreation and Fitness Leadership
The World of Recreation and Fitness Leadership (Student Text)

Teacher

- Exercise Science, Second Edition
Exercise Science: Studying Human Movement and Health: Graphic Package (CD-ROM)
Exercise Science: Studying Human Movement and Health: Teacher's Guide (includes CD-ROM)
- Exercise Science: An Introduction to Health and Physical Education
Exercise Science: An Introduction to Health and Physical Education: Teacher's Manual (includes CD-ROM)
- Food for Today, First Canadian Edition
Food for Today: Teacher's Resource (includes CD-ROM)
- The World of Recreation and Fitness Leadership
The World of Recreation and Fitness Leadership: Graphic Package: PowerPoint Presentations
The World of Recreation and Fitness Leadership: Teacher's Guide

Teacher Professional Reference

- Adapted Games & Activities: From Tag to Team Building
- Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics
- Complete Physical Education Plans for Grades 7-12 (includes CD-ROM)
- Essentials of Team Building: Principles and Practices (includes DVD)
- Health Education Ideas and Activities: 24 Dimensions of Wellness for Adolescents (includes CD-ROM)
- Interdisciplinary Teaching Through Outdoor Education
- It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life
- Leading the Way: Youth Leadership Guide
- Life Skills: 225 Ready-to-use- Health Activities for Success and Well-Being
- Organizing Successful Tournaments: Includes CD with over 1,000 schedule

templates

Pedometer Power: Using Pedometers in School and Community

Performance-Based Assessment for Middle and High School Physical Education

Physical Education Assessment Toolkit (includes CD-ROM)

Professional and Student Portfolios for Physical Education

Quality Lesson Plans for Secondary Physical Education (includes CD-ROM)

Teaching Physical Activity: Change, Challenge, and Choice

Teaching Responsibility Through Physical Activity

Tools for Teaching Health

Walking Games and Activities: 40 new ways to make fitness fun

GRADE

Grade 11

- Adapted Games & Activities: From Tag to Team Building
- Character-Building Activities: Teaching Responsibility, Interaction, and Group Dynamics
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