

Physical Education Subject Guide

Author: Shelley Harrell, Technical Services Librarian
Phone: (626)815-6000 x5265
Email: sharrell@apu.edu

Physical Education is the study of the education process that promotes physical activity to assist people in acquiring skills, knowledge, and manners that promote overall health.

Introductory Resources

- **Subject Introduction**

Introduction to physical education, fitness, and sport

Daryl Siedentop

Boston, MA: McGraw-Hill, 2004

[GV341 .S479 2004](#)

- **Reference Books**

Gray's Anatomy: The Anatomical Basis of Clinical Practice

Susan Standring, ed.

Edinburgh/New York, NY: Elsevier Churchill Livingstone, 2005

[QM23.2 .G73 2005](#)

The Way Things Work Book of the Body

C. Van Amerongen

New York: Simon and Schuster, 1979

[RC81 .V29](#)

Find Books & Media

Resources in the APU University Libraries can be found by using the [APOLIS2](#) online catalog.

- **Subject Headings & Call Number Ranges**

[Biomechanics](#)

[Exercise](#)

[Human Anatomy](#)

[Human Mechanics](#)

[Kinesiology](#)

[Movement Education](#)

[Physical Education & Training](#)

[Physiology](#)

[Sports](#)

[QP 303](#)

[RA 773-788](#), [RM 695-893](#)

[QM 1-695](#)

[QP 303](#)

[QP 303](#)

[GV 201-555](#)

[GV 201-555](#)

[QP 1-981](#)

[GV 557-1198.995](#)

- **Books**

Biomechanics and Motor Control of Human Movement

David A. Winter

New York: Wiley, 1990

[QP303 .W59 1990](#)

Mechanics of Sport: A Practitioner's Guide

Gerry Carr

Champaign, IL: Human Kinetics, 1997

[QP303 .C375 1997](#)

Motivating people to be physically active

Bess H. Marcus, LeighAnn H. Forsyth

Champaign, IL : Human Kinetics, 2003

[RM725 .M373 2003](#)

Foundations of physical education and sport

Deborah A. Wuest, Charles A. Bucher

St. Louis, MO: Mosby Year Book, 1991

[GV341 .B86 1991](#)

- **Media by Subject**

[Biomechanics](#)

[Exercise](#)

[Human Anatomy](#)

[Human Mechanics](#)

[Kinesiology](#)

[Movement Education](#)

[Physical Education & Training](#)

[Physiology](#)

[Sports](#)

- **Subject Bibliographies**

Sports and Physical Education: A Guide to the Reference Resources

Bonnie Gratch, Betty Chan, and Judith Lingenfelter

Westport, CT: Greenwood Press, 1983

[Z7511 .G7 1983](#)

- **Resources in Non-APU Libraries**

[LINK+](#)

LINK+ is a single catalog for 40+ California libraries that have a cooperative borrowing and lending arrangement for books only. This

service is for APU faculty, staff and students, and is free. Items usually come within 2-3 work days.

[WorldCat](#) WorldCat is a single catalog for hundreds of North American and international libraries. Books and other library resources may be requested from this catalog through the [Interlibrary Loan](#) service. This service is for APU faculty, staff and students, and costs \$2.00 per item requested. Items usually come within 7-10 work days.

Find Journal Articles

Resources in the APU University Libraries can be found by using the [APOLIS2](#) online catalog.

- **Journals**

Title	Available Formats
Journal of Physical Education, Recreation & Dance	Print Online
Quest	Print
Teaching Elementary Physical Education	Print
International Journal of Physical Education	Online
Journal of Physical Education & Recreation	Print

- **Print Indexes**

Index of Physical Therapy
Washington, DC: American Physical Therapy Association, 1976-
[RM695 .A53](#)

Physical Education Index
Cape Girardeau, MO: BenOak Pub. Co., 1984-
[GV201 .P534](#)

- **Databases**

[Academic Search Premier](#)
[Alt Health Watch](#)
[CINAHL](#)
[Health Source: Nursing/Academic Edition](#)
[MEDLINE](#)
[Physical Education Index](#)
[SPORTDiscus](#)

- **Getting Journal Articles**

- [Periodical Finder](#)

Sometimes while using a database, article records are found without any corresponding full-text article. Use Periodical Finder to see whether or not the article can be found in full-text in a different database. It can also be used to look up the full-text availability of items found in bibliographies.

- [Articles not at APU](#)

If a journal article is unavailable in either the print journal collection or one of the online databases, it can be requested through the [Interlibrary Loan](#) service.

Find Internet Resources

- **Professional Organizations and/or Government Agency Websites**

- [American Alliance for Health, Physical Education, Recreation, & Dance \(AAHPERD\)](#)

- [National Association for Sport and Physical Education \(NASPE\)](#)

- [American Association for Active Lifestyles and Fitness \(AAALF\)](#)

- [National Association for Kinesiology & Physical Education in Higher Education \(NAKPEHE\)](#)

- **Other Websites**

- [Coaching/Physical Education Resources on the Internet](#)

This is a collection of topical links including coaching & sports, general PE sites, associations & organizations, health & nutrition, sports medicine & kinesiology, and sports centers.

- [PE Central: The Web Site for Health and Physical Education Teachers](#)

PE Central is a web site that provides information about developmentally appropriate physical education practices and programs.

- **Free Online Journals**

- [Advances in Physiology Education](#)

- [Journal of Sports Science & Medicine](#)

- [Sport Journal](#)

- **Blogs/RSS Feeds**

- *PhysicalTherapy.it*

- Site: <http://www.physicaltherapy.it/>

- Feed: <http://www.physicaltherapy.it/rss.xml>

Don't have a feed reader? Try Google Reader (<https://www.google.com/reader/>) or Bloglines (<http://www.bloglines.com/>).