Physical Education Subject Guide

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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
  GV341 .S479 2004

- **Reference Books**

  *Gray's Anatomy: The Anatomical Basis of Clinical Practice*
  Susan Standring, ed.
  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**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Call Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biomechanics</td>
<td>QP 303</td>
</tr>
<tr>
<td>Exercise</td>
<td>RA 773-788, RM 695-893</td>
</tr>
<tr>
<td>Human Anatomy</td>
<td>QM 1-695</td>
</tr>
<tr>
<td>Human Mechanics</td>
<td>QP 303</td>
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<tr>
<td>Kinesiology</td>
<td>QP 303</td>
</tr>
<tr>
<td>Movement Education</td>
<td>GV 201-555</td>
</tr>
<tr>
<td>Physical Education &amp; Training</td>
<td>GV 201-555</td>
</tr>
<tr>
<td>Physiology</td>
<td>QP 1-981</td>
</tr>
<tr>
<td>Sports</td>
<td>GV 557-1198.995</td>
</tr>
</tbody>
</table>
• **Books**

  *Biomechanics and Motor Control of Human Movement*
  David A. Winter
  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**

<table>
<thead>
<tr>
<th>Title</th>
<th>Available Formats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal of Physical Education, Recreation &amp; Dance</td>
<td>Print, Online</td>
</tr>
<tr>
<td><em>Quest</em></td>
<td>Print</td>
</tr>
<tr>
<td>Teaching Elementary Physical Education</td>
<td>Print</td>
</tr>
<tr>
<td>International Journal of Physical Education</td>
<td>Online</td>
</tr>
<tr>
<td>Journal of Physical Education &amp; Recreation</td>
<td>Print</td>
</tr>
</tbody>
</table>

- **Print Indexes**

*Index of Physical Therapy*

*Physical Education Index*

- **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.

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### 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](http://www.physicaltherapy.it/)
    Site:  http://www.physicaltherapy.it/  
    Feed: http://www.physicaltherapy.it/rss.xml