



Colegio de San Juan de Letran
Dominican Avenue, Abucay, Bataan
Library and Media Services

RESEARCH GUIDE:

PHYSICAL EDUCATION AND HEALTH 7

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RESEARCH GUIDES

PHYSICAL EDUCATION AND HEALTH

I. SCOPE NOTE

Health and Physical Education learning area is about taking action to enhance well-being. It encompasses three different but related subjects – health education, physical education, home economics – with a shared conceptual framework and achievement objectives.
seniorsecondary.tki.org

II. SEARCH AIDS (BT: Broader Term, RT: Related Term, NT: Narrow Term)

BT:

- Education
- Health

RT:

- Sports
- Individual Sports
- Dual Sports
- Combative Sports
- Physical Exercise
- Physical Activity
- Well-Being
- Physical Fitness
- Physical Condition
- Dance
- Nutrition
- Health Appraisal
- Disease Prevention and Control
- Disease Transmission
- Environmental Health
- Health Problems
- Community Resources

NT:

- Running
- Swimming
- Rhythmic Gymnastics
- Badminton
- Table Tennis

- Tennis
- Arnis
- Taekwando
- Karate
- Folk Dance
- Indigenous Dance
- Ethnic Dance
- Traditional Dance
- Festive Dance
- Tinikling
- Food Pyramid
- Puberty
- Chain of Infection
- Stages of Infection
- Pollution
- Pests and Rodents
- Skin Diseases

III. INFORMATION RESOURCES

A. LIBRARY RESOURCES

Note: For the appropriate access credentials, please contact the Letran Bataan Library

➤ E-BOOKS

- American Medical Association (2004). Family Medical Guide. Hoboken, NJ: John Wiley & Sons. https://www.proquest.com/publication/publications_54545?accountid=190548
- Caring for Children and Families (2006). Hoboken, NJ: John Wiley & Sons. https://www.proquest.com/publication/publications_54536?accountid=190548
- Weikart, Phyllis S. (1997). Teaching Folk Dance. Successful Steps. Ypsilanti, MI.: High/Scope Educational Research Foundation. <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=ED429050&site=ehost-live>
- Sunderlin, Sylvia, Gray, Nan, (Eds.). (1968). Physical Education for Children's Healthful Living. Bulletin Number 23-A. Washington, DC : Association for Childhood Education International. <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=ED093824&site=ehost-live>
- President's Council on Physical Fitness and Sports, Washington, DC. (1973). Youth Physical Fitness. Suggestions for School Programs. <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=ED096283&site=ehost-live>
- Hawes, Hugh, Scotchmer, Christine. (EdS.). (1993). Children for Health. New York: United Nations Children's Fund. <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=ED369510&site=ehost-live>
- Borozne, Joseph (Ed.). (1977). Safety in Team Sports. Sports Safety Series, Monograph No. 3. Washington, DC : American Alliance for Health, Physical Education, and Recreation.

<http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=ED147268&site=ehost-live>

➤ E-JOURNALS

- Journal of Physical Education, Recreation & Dance.
https://www.proquest.com/publication/publications_40789?accountid=190548
- Childhood Education.
https://www.proquest.com/publication/publications_41055?accountid=190548
- Physical & Health Education Journal.
https://www.proquest.com/publication/publications_42913?accountid=190548
- Nutrition.
https://www.proquest.com/publication/publications_105601?accountid=190548
- Journal of Health Research.
https://www.proquest.com/publication/publications_4931671?accountid=190548
- Journal of Sports Science and Medicine.
https://www.proquest.com/publication/publications_2049609?accountid=190548
- Sustainability.
https://www.proquest.com/publication/publications_2032327?accountid=190548
- Health and Social Care in the Community
https://search.proquest.com/publication/publications_2033291?accountid=190548
- Journal of Science and Medicine in Sports
https://search.proquest.com/publication/publications_27519?accountid=190548
- Research Quarterly for Exercise and Sport
https://search.proquest.com/publication/publications_40785?accountid=190548
- Folk Music Journal
https://search.proquest.com/publication/publications_47463?accountid=190548
- Journal of Environmental Health
https://search.proquest.com/publication/publications_34757?accountid=190548

➤ E-THESES

- Baab, K. (2020). An investigation into the relationships between perfectionism and self-efficacy for learning during online dance classes (Order No. 28314258). Available from ProQuest Central. (2496201287). Retrieved from <https://www.proquest.com/dissertations-theses/investigation-into-relationships-between/docview/2496201287/se-2?accountid=190548>
- Selover, N. J. (2018). Parental influence on physical activity in overweight and obese school-age children (Order No. 13422877). Available from ProQuest Central. (2166883668). Retrieved from <https://www.proquest.com/dissertations-theses/parental-influence-on-physical-activity/docview/2166883668/se-2?accountid=190548>
- Xie, X. (2018). Effects of situated game teaching through set plays on secondary students' tactical knowledge and situational interest in physical education (Order No. 10985358). Available from ProQuest Central. (2124413449). Retrieved from <https://www.proquest.com/dissertations-theses/effects-situated-game-teaching-through-set-plays/docview/2124413449/se-2?accountid=190548>

- Wescott, J. F., Jr. (2017). High school physical education teachers' perceptions of their role in impacting childhood obesity (Order No. 10273324). Available from ProQuest Central. (1894180126). Retrieved from <https://www.proquest.com/dissertations-theses/high-school-physical-education-teachers/docview/1894180126/se-2?accountid=190548>
- Henning, M. S. (2017). Framework, application, and need for tailored fit nutrition curriculum programs for high school female athletes (Order No. 10635403). Available from ProQuest Central. (1978512382). Retrieved from <https://www.proquest.com/dissertations-theses/framework-application-need-tailored-fit-nutrition/docview/1978512382/se-2?accountid=190548>
- Backer, M. A. (2014). The relationship between physical fitness and academic achievement among middle school students in Delaware (Order No. 3665914). Available from ProQuest Central. (1640914881). Retrieved from <https://www.proquest.com/dissertations-theses/relationship-between-physical-fitness-academic/docview/1640914881/se-2?accountid=190548>
- Samuelson, K. H. (2011). Interscholastic sports, academic performance, and attendance of middle school student athletes and nonathletes (Order No. 3493348). Available from ProQuest Central. (918227235). Retrieved from <https://www.proquest.com/dissertations-theses/interscholastic-sports-academic-performance/docview/918227235/se-2?accountid=190548>
- Kurrus, K. (2011). Middle school sports participation, sense of school membership, and student delinquency (Order No. 3461846). Available from ProQuest Central. (881789332). Retrieved from <https://www.proquest.com/dissertations-theses/middle-school-sports-participation-sense/docview/881789332/se-2?accountid=190548>
- Zhang, Zhao. (2015). The influence of body positioning, trunk rotation (X-factor) and training effect on quality of the badminton forehand overhead smash. (Order No. 1603329). Available from ProQuest Central. (304836727). Retrieved from <https://search.proquest.com/docview/1732676858/EDAB4185735B462DPQ/1?accountid=190548>
- Smith, Melinda. (2016). Predicting injuries in gymnastics using the functional movement screen. (Order No. 10110226). Available from ProQuest Central. (1797410424). Retrieved from <https://search.proquest.com/docview/1797410424/D1AFCCEDC1A54A08PQ/10?accountid=190548>
- Xu, Xiaohui. (2007). Linking environmental exposures and health effects using existing data to explore the relationships between environment and chronic diseases (Order No. 3284649). Available from ProQuest Central. (304836727). Retrieved from <https://search.proquest.com/docview/304836727/E7009625642640F6PQ/66?accountid=190548>
- Roesner, Petra M. (2012). Beyond the dojang: A phenomenological perspective on transferring the virtues of Taekwondo into daily life. (Order No. 3545473). Available from ProQuest Central. (1797410424). Retrieved from <https://search.proquest.com/docview/1238233377/5B94961E2BAE4431PQ/3?accountid=190548>
- Walker, Sarah Jayne. (2006). Effect of an after school education and gardening program on nutrition and physical activity behaviors in school age youth, grades 3–8. (Order No. 1433574). Available from ProQuest Central. (1797410424). Retrieved from <https://search.proquest.com/docview/304946870/5462F8E0DFFD413DPQ/36?accountid=190548>

- Kane, Gregory M. (2008). Perceived effects of martial arts training on mood. (Order No. 3340459). Available from ProQuest Central. (304627740). Retrieved from <https://search.proquest.com/docview/304627740/FD57B60395974AC0PQ/2?accountid=190548>

B. OPEN ACCESS

➤ FREE E-BOOKS

- Zaidi, Zohra, Hussain, Khalid, Sudhakaran, Simi (2019). *Treatment of Skin Diseases: A Practical Guide*. Switzerland: Springer. <https://www.pdfdrive.com/treatment-of-skin-diseases-a-practical-guide-d187299575.html>
- Astro, Christi-Anne (2011). *Musical Renderings of the Philippine Nation*. Oxford: Oxford University Press. <https://www.pdfdrive.com/musical-renderings-of-the-philippine-nation-d174768735.html>
- Longe, Jacqueline (Ed.). (2008). *The Gale Encyclopedia of Diets: A Guide to Health and Nutrition*. Detroit: Thomson Gale. <https://www.pdfdrive.com/encyclopedia-of-diets-a-guide-to-health-and-nutrition-d29325634.html>
- Maffetone, Phillip (2009). *Fitness and Health: A Practical Guide to Nutrition Exercise and Avoiding Disease*. Rev. and expanded 5th ed. <https://www.pdfdrive.com/fitness-and-health-a-practical-guide-to-nutrition-exercise-and-avoiding-disease-e21491206.html>
- Essential book of martial arts kicks : 89 kicks from karate, taekwondo, muay thai, jeet kune do, and others. (2012). <https://www.pdfdrive.com/essential-book-of-martial-arts-kicks-89-kicks-from-karate-taekwondo-muay-thai-jeet-kune-do-and-others-d157900247.html>
- Encyclopedia of Foods. A Guide to Healthy Nutrition. (2001). California: Academic Press. <https://www.pdfdrive.com/encyclopedia-of-foods-a-guide-to-healthy-nutrition-d158400089.html>
- Faigenbaum, Avery, Westcott, Wayne L. (2009). Youth Strength Training. <https://www.pdfdrive.com/youth-strength-training-programs-for-health-fitness-and-sport-e175239919.html>
- Grosser, Manfred, Kraft, Heinz & Schönborn, Richard. (2000). Speed training in tennis: improve your performance around the court. Meyer & Meyer Sport. <https://www.pdfdrive.com/speed-training-in-tennis-improve-your-performance-around-the-court-e170561686.html>
- Running Form: How to Run Faster and Prevent Injury. (2019). <https://www.pdfdrive.com/running-form-how-to-run-faster-and-prevent-injury-e158449943.html>

➤ FREE E-JOURNALS

- Nutrition Research. <https://www.sciencedirect.com/journal/nutrition-research>
- Nutrition : X. <https://www.sciencedirect.com/journal/nutrition-x>
- Healthcare. <https://www.sciencedirect.com/journal/healthcare>

➤ FREE E-THESES

- Slone, M. J. (2018). Supporting Students: The Role of High School Athletics. (Thesis). Alliant International University. Retrieved from <https://www.proquest.com/dissertations-theses/supporting-students-role-high-school-athletics/docview/2041936179/se-2?accountid=190548>
- Kay, V. A. (2018). Promoting equity, environmental sustainability and health: frameworks for action and advocacy. (Thesis). Monash University. Retrieved from <http://hdl.handle.net/10.4225/03/5ae7cda429348>
- Nidd, A. T. (2016). Aggression in high school sports : a qualitative study of coaches' perspectives. (Thesis). University of KwaZulu-Natal. Retrieved from <http://hdl.handle.net/10413/13036>
- Miller, R. N. (2016). Pace and variability in the badminton jump smash and the tennis serve. (Thesis). Loughborough University. Retrieved from <http://hdl.handle.net/2134/25528>
- Neely, E. M. (2015). Moving beyond nutrients : nurturing young people's social health and school connectedness through food. (Doctoral Dissertation). Massey University. Retrieved from <http://hdl.handle.net/10179/7405>
- Cole, A. R. (2014). Sports Participation and Academic Achievement: Does Self-Efficacy Play a Role? (Doctoral Dissertation). University of Arizona. Retrieved from <http://hdl.handle.net/10150/318829>
- Juneby, H. B. (2012). Sunlight - Essential for Health. (Thesis). Umeå University. Retrieved from <http://urn.kb.se/resolve?urn=urn:nbn:se:umu:diva-54040>
- Britto, D. (2011). What Impact Does a Coordinated School Health Program Have on Health Behaviors in Rhode Island High School Students? (Thesis). Rhode Island College. Retrieved from <https://digitalcommons.ric.edu/etd/203>
- Namiki, K. (2007). *Sayaw Filipino: A Study of contrasting representations of Philippine culture by the Ramon Obusan Folkloric Group and the Bayanihan Philippine National Folkdance Company*. (Thesis). National University of Singapore. Retrieved from <http://scholarbank.nus.edu.sg/handle/10635/13008>
- Bergeson, Sarah D. (2015). Treasures From the Earth: Food as Nourishment for Body and Soul. (Thesis). Pacifica Graduate Institute. Retrieved from <https://www.proquest.com/dissertations-theses/treasures-earth-food-as-nourishment-body-soul/docview/1675264021/se-2?accountid=190548>
- DiFiore, John G. (2010). The shape of physical education, health & wellness programs in high-need middle schools. (Dissertation). New York University. Retrieved from <https://www.proquest.com/dissertations-theses/shape-physical-education-health-amp-wellness/docview/527764704/se-2?accountid=190548>
- Catchings, Myralynn B. (2011). The Effects of an Integrated Health and Physical Education Program on Student Achievement. (Dissertation). Walden University. Retrieved from <https://www.proquest.com/dissertations-theses/effects-integrated-health-physical-education/docview/914710582/se-2?accountid=190548>
- Spurrkland, Kristin. (2018). Framing Physical Activity: Weight Control Frames and Physical Activity Motivation. (Dissertation). Portland State University. Retrieved from <https://www.proquest.com/dissertations-theses/framing-physical-activity-weight-control-frames/docview/2089435245/se-2?accountid=190548>

C. PROFESSIONAL ORGANIZATIONS

- National Council for Physical Educators of the Philippines. <http://www.findglocal.com/>
- Sport Management Council of the Philippines. <https://www.sportphil.com/>
- Federation of School Sports Association of the Philippines. <http://www.fessap.net/>

- Nutritionist-Dietitians' Association of the Philippines. <https://ndap.org.ph/>
- American Society for Nutrition. <https://nutrition.org/>
- Shape America. <https://www.shapeamerica.org//>
- Sports Management Council. <http://sportphil.com/>
- International Council of Sport Science and Physical Education. <https://www.icsspe.org/>
- Action for Healthy Kids. <https://www.actionforhealthykids.org/>
- CARE Philippines. <https://care-philippines.org/>

D. OTHER RELATED WEB PORTALS

- PE Central. <https://www.pecentral.org/>
- Physical Education Lesson Plan Page. <http://pazz.tripod.com/lesson.html>
- Sophia. <https://www.sophia.org/subjects/physical-education>

E. RELATED RESEARCH GUIDES

- Kent State University. <https://libguides.library.kent.edu/pep>
- Clark College Libraries. <https://clark.libguides.com/c.php?g=662973&p=4659334>
- The University of Melbourne. https://unimelb.libguides.com/health_PE/databases
- TRU Libraries. <https://libguides.tru.ca/physicaleducation>
- University of Central Florida. <https://guides.ucf.edu/physicaleducation>

IV. TUTORIALS

- Physical Education 7. Module 1. <https://www.youtube.com/watch?v=1rAwJi6VmDk>
- Grade 7 MAPEH – Physical Activity and Physical Fitness Assessment. <https://www.youtube.com/watch?v=qFY4p9K7v0>
- Introduction to Physical Education – Grade 7. <https://www.youtube.com/watch?v=UrzG2glay4Q>
- P.E. Folk Dance / Fundamental Positions of Arms and Feet in Dancing Grade 7. <https://www.youtube.com/watch?v=Ajka9r2Ci6U>
- Nutrition (Nutritional Guidelines, Eating Disorders)/Health 7. https://www.youtube.com/watch?v=WoWH8T_IUzg
- How the Six Basic Nutrients Affects Your Body. https://www.youtube.com/watch?v=inEPIZZ_SfA
- MAPEH Health - Grade 7. <https://www.youtube.com/watch?v=C0tC8iR6H9Q>
- Grade 7 P.E. and Health: Right Food During Adolescence. <https://www.youtube.com/watch?v=OCaNYOMW8zQ>
- Communicable & Non-Communicable diseases / Health 7. https://www.youtube.com/watch?v=cA4N3Vnh_Hk
- Takik. <https://www.youtube.com/watch?v=iWFCoM8IFIs>
- Tinikling Tutorial. <https://www.youtube.com/watch?v=T-6bxOS9mFs>
- Basic Badminton for Beginners. <https://www.youtube.com/watch?v=1UIhKZCPMYM>
- Arnis. <https://www.youtube.com/watch?v=3UtLStoyBYk>
- Taekwondo. <https://www.youtube.com/watch?v=etgxusKS0Do>