



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

RESEARCH GUIDE: PHYSICAL EDUCATION AND HEALTH 8

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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:

- Education
- Health

RT:

- Sports
- Physical Exercise
- Physical Activity
- Well-Being
- Physical Fitness
- Physical Condition
- Health Appraisal
- Team Sports
- Training Guidelines
- FITT Principles
- Folk Dances
- Human Sexuality
- Sexually Transmitted Infections
- Communicable Diseases
- Relationships
- Mental Health
- Emotional Health

NT:

- Basketball
- Volleyball
- Football
- Softball
- Baseball
- Pangalay

- Sakuting
- Sua-ku-sua
- Binislakan
- HIV
- AIDS
- Characteristics of Mental/Emotional Health
- Influence of Friends
- Aging
- Death
- Anger Management
- Intentional Injuries
- Coping Skills

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
- Davis, Cathy; Martin, Graham; Kosky, Robert; O'Hanlon, Anne. (2000). Early Intervention in the Mental Health of Young People: A Literature Review. South Australia.: Australian Early Intervention Network for MentalHealth in Young People. http://web.a.ebscohost.com/src_ic/detail/detail?vid=4&sid=c954a586-a85e-4b03-bc16-1205217e367a%40sessionmgr4006&bdata=#AN=ED455469&db=eric
- 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://web.b.ebscohost.com/ehk5/detail/detail?vid=17&sid=84b67416-5b2f-44f6-8c6aabed05fc60e7%40pdc-v-sessmgr02&bdata=#AN=ED147268&db=eric>
- 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://web.b.ebscohost.com/ehk5/detail/detail?vid=4&sid=84b67416-5b2f-44f6-8c6aabed05fc60e7%40pdc-v-sessmgr02&bdata=#AN=ED093824&db=eric>
- Healey, William A.; Hartley, Joseph W. (1982). Twelve Great Basketball Offenses. Reston, VA.: National Association for Sport and Physical Education. http://web.a.ebscohost.com/src_ic/detail/detail?vid=14&sid=c954a586-a85e-4b03bc16-1205217e367a%40sessionmgr4006&bdata=#AN=ED217005&db=eric

➤ E-JOURNALS

- Journal of Sports Sciences. https://www.proquest.com/publication/publications_53185
- International Journal of Child and Adolescent Health. https://www.proquest.com/publication/publications_2034872
- Nature. https://www.proquest.com/publication/publications_40569
- Archives of Sexual Behavior. https://www.proquest.com/publication/publications_48144
- Cogent Education. https://www.proquest.com/publication/publications_204329
- Journal of Rational - Emotive & Cognitive - Behavior Therapy. https://www.proquest.com/publication/publications_37558
- 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
- The Journal of School Health. https://search.proquest.com/publication/publications_2368?accountid=190548
- Archives of Sexual Behavior. https://search.proquest.com/publication/publications_48144?accountid=190548
- Child and Family Behavior Therapy. https://search.proquest.com/publication/publications_47006?accountid=190548

➤ E-THESES

- Tansey, C. P. (2019). Opposite action as a brief intervention for anger (Order No. 27672572). Available from ProQuest Central. (2363273578). Retrieved from <https://www.proquest.com/dissertations-theses/opposite-action-as-brief-intervention-anger/docview/2363273578/se-2?accountid=190548>
- Walder, M. R. (2018). A case study investigating the academic preparation of urban high school football players (Order No. 10831270). Available from ProQuest Central. (2085203133). Retrieved from <https://www.proquest.com/dissertations-theses/case-study-investigating-academic-preparation/docview/2085203133/se-2?accountid=190548>
- Loos-Bartlett, N. (2017). Does hand hygiene decrease illness related school absences?(Order No. 10258922). Available from ProQuest Central. (1880134907). Retrieved from <https://www.proquest.com/dissertations-theses/does-hand-hygiene-decrease-illness-related-school/docview/1880134907/se-2?accountid=190548>
- Hogue-Vincent, C. (2017). The impact of education and gender on the facilitation of the duluth model anger management course (OrderNo. 10258821). Available from ProQuest Central. (1873028066). Retrieved from <https://www.proquest.com/dissertations-theses/impact-education-gender-on-facilitation-duluth/docview/1873028066/se-2?accountid=190548>

- St. Charles, O. (2017). Addressing the behavioral and contextual factors that put males, aged 15-18 at risk for exposure to sexually transmitted infections in Georgetown, Guyana (Order No. 10636247). Available from ProQuest Central. (1970397662). Retrieved from <https://www.proquest.com/dissertations-theses/addressing-behavioral-contextual-factors-that-put/docview/1970397662/se-2?accountid=190548>
- Nowinski, C. (2017). Cognitive and emotional effects of one season of head impact exposure in high school contact sport athletes (Order No. 10264578). Available from ProQuest Central. (1932214865). Retrieved from <https://www.proquest.com/dissertations-theses/cognitive-emotional-effects-one-season-head/docview/1932214865/se-2?accountid=190548>
- Zeybekoglu, Erol. (2016). The Status Dynamics of Anger Management. (Order No. 10191758). Available from ProQuest Central. (1848174846). Retrieved from <https://search.proquest.com/docview/1848174846/4E9C6B75C7344C2PQ/5?accountid=190548>
- Odeyemi, John Segun. (2016). Understanding human sexuality in John Paul II's theology of the body: An analysis of the historical development of doctrine in the Catholic tradition. (Order No. 10110347). Available from ProQuest Central. (1848174846). Retrieved from <https://search.proquest.com/docview/1797426795/4D074C4F27AF4AE4PQ/14?accountid=190548>
- Eglund, Roger Gillman. (2000). A comparison of landing strategies in volleyball players based on quadriceps strength. (Order No. 9988918). Available from ProQuest Central. (304603277). Retrieved from <https://search.proquest.com/docview/304603277/AC2F67837AAF476DPQ/3?accountid=190548>
- Badiane, Louise Marie Christine. (2005). The impact of gender, sexuality, and social institutions on sexual behavior and reproductive health among youth in Bohol, Philippines. (Order No. 3180183). Available from ProQuest Central. (305009253). Retrieved from <https://search.proquest.com/docview/305009253/6138C3AD93194C29PQ/69?accountid=190548>
- Minson, James. (2014). The Influence of HIV Stigma and Disclosure on Psychosocial Behavior. (Order No. 3639888). Available from ProQuest Central. (1620735754). Retrieved from <https://search.proquest.com/docview/1620735754/11234E20F0504420PQ/27?accountid=190548>

B. OPEN ACCESS

➤ FREE E-BOOKS

- Dearing, Joel (2018). Volleyball Fundamentals (2nded.). Champaign, IL: Human Kinetics. <https://www.pdfdrive.com/volleyball-fundamentals-2nd-edition-e187782589.html>

- Frydenberg, Erika (2017). Coping and the Challenge of Resilience. London: Springer Nature. <https://www.pdfdrive.com/coping-and-the-challenge-of-resilience-e186758636.html>
- Macklem, Gayle (2014). Preventive Mental Health at School: Evidence-Based Services for Students. New York: Springer. <https://www.pdfdrive.com/preventive-mental-health-at-school-evidence-based-services-for-students-e185275273.html>
- Macklem, Gayle (2011). Evidence-based School Mental Health School Services. New York: Springer. <https://www.pdfdrive.com/evidence-based-school-mental-health-services-affect-education-emotion-regulation-training-and-cognitive-behavioral-therapy-e185648800.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>
- Razok, Liza (2008). Health and Fitness Standards. (n.p.) <https://www.pdfdrive.com/health-and-fitness-standards-e27906808.html>
- Through Healthy Food and Fitness Policies Safe Routes to School (Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide) (2006). Sacramento, CA: California School Boards Association. <https://www.pdfdrive.com/through-healthy-food-and-fitness-policies-safe-routes-to-school-e13619181.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>
- Power, Ray. (2014). Making the Ball Roll: A Complete Guide to Youth Football for the Aspiring Soccer Coach. <https://www.pdfdrive.com/a-complete-guide-to-youth-football-for-the-aspiring-soccer-coach-e52063370.html>
- Bellenir, Karen. (2010). Mental Health Information for Teens. 3rd ed. Omnigraphics. <https://www.pdfdrive.com/mental-health-information-for-teens-health-tips-about-mental-wellness-and-mental-illness-e58392099.html>
- Krause, Jerry, Meyer, Don & Meyer, Jerry. (2008). Basketball skills & drills. U.S. : Kinetics. <https://www.pdfdrive.com/basketball-skills-drills-e157785671.html>
- Enok, Oskar. (2018). Understanding sexuality: perspective and challenges of the 21st century. New York: Nova Science Publishers, Inc. <https://www.pdfdrive.com/understanding-sexuality-perspectives-and-challenges-of-the-21st-century-d184699131.html>

➤ FREE E-JOURNALS

- International Journal of Sport and Health Science. <https://www.istage.ist.go.jp/>
- Journal of Physical Education and Sport. <https://efsupit.ro/>
- Nutrition Research. <https://www.sciencedirect.com/journal/nutrition-research>
- Nutrition:X. <https://www.sciencedirect.com/journal/nutrition-x>
- Food Science and Human Wellness. <https://www.sciencedirect.com/journal/food-science-and-human-wellness>

- Healthcare. <https://www.sciencedirect.com/journal/healthcare>
- Journal of Adolescence. <https://www.sciencedirect.com/journal/journal-of-adolescence>

➤ FREE E-THESES

- Fredrick, R. N. (2019). The relationship between urban middle school Physical Education teachers' attitudes toward fitness testing and student performance on fitness tests. (Doctoral Dissertation). Columbia University. Retrieved from <https://doi.org/10.7916/d8-zshs-5k45>
- Thorn, L. A. (2018). School academic optimism and physical fitness. (Doctoral Dissertation). University of Alabama. Retrieved from <http://ir.ua.edu/handle/123456789/5273>
- Williams, C. (2016). HIV/AIDS prevention: educating future generations. (Thesis). Governors State University. Retrieved from <https://opus.govst.edu/theses/86>
- Bambery, J. (2016). Mental Health Workout: Lifting Stigma. (Thesis). University of San Francisco. Retrieved from <https://repository.usfca.edu/capstone/388>
- Gibbs, H. M. (2015). Does health-related fitness influence health status? (Thesis). Iowa State University. Retrieved from <https://lib.dr.iastate.edu/etd/14360>
- Mayimbo, S. (2013). HIV and AIDS risk awareness and sexual behavior among young women (15-24 years) in Mufulira urban. (Thesis). University of Zambia. Retrieved from <http://hdl.handle.net/123456789/2035>
- 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>
- Palaniyandi, Nishandan. (2014). The mental well being of Asian adolescents and their help seeking behavior. (Dissertation). California State University. Retrieved from <https://www.proquest.com/dissertations-theses/mental-well-being-asian-adolescents-their-help/docview/1552917280/se-2?accountid=190548>
- Trost, Jennifer A. (2013). "It's not all fun and games": A look at young adults' participation in recreational sport teams and subsequent engagement in healthy lifestyle behaviors. (Dissertation). California State University. Retrieved from <https://www.proquest.com/dissertations-theses/not-all-fun-games-look-at-young-adults/docview/1508568900/se-2?accountid=190548>
- Amaro, Mark Stephen. (2014). Voices of Former High School Athletes: Benefits and Drawbacks of Participation. (Dissertation). Saint Mary's College of California. Retrieved from <https://www.proquest.com/dissertations-theses/voices-former-high-school-athletes-benefits/docview/1665235938/se-2?accountid=190548>
- Brotman, Jennie Suzanne. (2009). Urban high school students' talk about HIV/AIDS decision-making: Learning, identities, and the influence of school. (Dissertation). Columbia University. Retrieved from <https://www.proquest.com/dissertations-theses/urban-high-school-students-talk-about-hiv-aids/docview/304865157/se-2?accountid=190548>

C. PROFESSIONAL ORGANIZATIONS

- Philippine Society of Sports Nutrition. <https://www.sportsnutritionph.org/>
- National Association for Sport and Physical Education. <https://www.pgpedia.com/>
- SHAPE America Society of Health and Physical Educators. <https://www.shapeamerica.org/>
- Sport 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

- Folk Dances with Asian Influences. <https://www.youtube.com/watch?v=PdVfsbtkJKc>
- Volleyball: History, Facilities and Equipment.
<https://www.youtube.com/watch?v=wZYLJE5AeQQ>
- Introduction to Team Sports. <https://www.youtube.com/watch?v=XKBLRjRtebs>
- Go for Fitness Goal. <https://www.youtube.com/watch?v=OPvMy4hj5hE>
- Importance of Sexuality to Family Health. https://www.youtube.com/watch?v=Tn3N24V_cs4
- Disease in Human History.
<https://www.khanacademy.org/humanities/whp-origins/era-5-the-first-global-age/52-old-world-webs-betaa/v/disease-crash-course-world-history-203>
- Coming Out: Queer Erasure and Censorship From the Middle Ages to Modernity.
<https://www.khanacademy.org/humanities/medieval-world/beginners-guide-to-medieval-europe/basics-medieval/a/coming-out-queer-erasure-and-censorship-from-the-middle-ages-to-modernity>
- Football. https://www.youtube.com/watch?v=pH_G1f6Kzfl
- Basketball. <https://www.khanacademy.org/science/high-school-biology/hs-human-bodysystems/hs-the-musculoskeletal-system/v/lebron-asks-what-muscles-do-we-use-when-shooting-a-basket>

- Sua-Ku-Sua. <https://www.youtube.com/watch?v=TclsJOJzsMk>
- Pangalay. <https://www.youtube.com/watch?v=LighhjtwtTU>
- Sakuting. <https://www.youtube.com/watch?v=b8QrE4VC5L8>
- Volleyball. https://www.youtube.com/watch?v=CRYhZw_swuc

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