



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

RESEARCH GUIDE: PHYSICAL EDUCATION AND HEALTH 9

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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:

- Physical Education
- Health Education

RT:

- Aerobics
- Physical Training
- Fitness Education
- Athletics
- Calisthenics
- Physical Exercise
- Physical Health
- Physical Activity
- Body Conditioning
- Wellness
- Well-being
- Physical Wellness
- Environmental Health
- Prevention and control
- Sports
- Recreational Activities

NT:

- Substance use and abuse
- Drugs
- First Aid
- Dressing and bandages
- Intentional Injuries
- Unintentional Injuries
- Fitness
- Exercise
- Badminton
- Ballroom Dancing
- Grip

- Positioning
- Footwork
- Stance

III. INFORMATION RESOURCES

A. LIBRARY RESOURCES

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

➤ E-JOURNALS

- Journal of Environmental Health.
https://www.proquest.com/publication/publications_34757
- British Journal of Sports Medicine.
https://www.proquest.com/publication/publications_2041038
- Physical Educator. https://www.proquest.com/publication/publications_35035
- Journal of Physical Education and Sport.
https://www.proquest.com/publication/publications_1006394
- Injury Prevention. https://www.proquest.com/publication/publications_2041067
- EJSS. European Journal for Sport and Society.
https://www.proquest.com/publication/publications_1066350
- Health Education Research.
<https://search.proquest.com/docview/199524276/D1C1DA1688DA40F5PQ/5?accountid=190548>
- Sport, Education and Society.
<https://search.proquest.com/docview/2015510525/D1C1DA1688DA40F5PQ/6?accountid=190548>
- Journal of School Health.
<https://search.proquest.com/docview/1013612498/D1C1DA1688DA40F5PQ/8?accountid=190548>
- Research Quarterly for Exercise and Sports.
<https://search.proquest.com/docview/1621832826/D1C1DA1688DA40F5PQ/9?accountid=190548>
- Journal of Physical Education, Recreation, and Dance.
<https://search.proquest.com/docview/893671467/D1C1DA1688DA40F5PQ/12?accountid=190548>

➤ E-THESES

- Abooli, S. (2019). Sport for change: A theory and practice exploration (Order No. 22615833). Available from ProQuest Central. (2297181513). Retrieved from <https://www.proquest.com/dissertations-theses/sport-change-theory-practice-exploration/docview/2297181513/se-2?accountid=190548>
- Marlow, C. T. (2019). "Oi! dancing boy!": How adolescent boys recuperate masculinity and (hetero) sexuality in dance schools and secondary schools (Order No. 28277489). Available from ProQuest Central. (2471698277). Retrieved from

<https://www.proquest.com/dissertations-theses/oi-dancing-boy-how-adolescent-boys-recuperate/docview/2471698277/se-2?accountid=190548>

- Harmon, K. J. (2018). Emergency department visits in a pediatric population: An examination of sports and recreation-related injuries and traumatic brain injuries among school-age children in North Carolina (Order No. 10843134). Available from ProQuest Central. (2109845482). Retrieved from <https://www.proquest.com/dissertations-theses/emergency-department-visits-pediatric-population/docview/2109845482/se-2?accountid=190548>
- Pfeifer, C. E. (2017). Functional motor competence, health-related fitness, and injury in youth sport (Order No. 10272137). Available from ProQuest Central. (1986017060). Retrieved from <https://www.proquest.com/dissertations-theses/functional-motor-competence-health-related/docview/1986017060/se-2?accountid=190548>
- Khoddam, R. (2017). Adolescent conduct problems and substance use: An examination of the risk pathway across the transition to high school (Order No. 10801874). Available from ProQuest Central. (2112754390). Retrieved from <https://www.proquest.com/dissertations-theses/adolescent-conduct-problems-substance-use/docview/2112754390/se-2?accountid=190548>
- Bell, S. A. (2017). A secondary data analysis of academic and fitness benefits for Colorado high/middle school students (Order No. 10839045). Available from ProQuest Central. (2075815925). Retrieved from <https://www.proquest.com/dissertations-theses/secondary-data-analysis-academic-fitness-benefits/docview/2075815925/se-2?accountid=190548>
- Emery, C. A. (2004). Injury prevention in adolescent sport (Order No. NQ96263). Available from ProQuest Central. (305095683). Retrieved from <https://www.proquest.com/dissertations-theses/injury-prevention-adolescent-sport/docview/305095683/se-2?accountid=190548>
- Theis, Jessica.Roosevelt. (2017).The Benefits of Ballroom Dance for Older Adults: Improving Mood, Cognitive Functioning, and Social Isolation. (Order No. 10617154). Available from ProQuest Central. (887889946). Retrieved from <https://search.proquest.com/docview/1951788281/FB19E75DB4E74D7FPQ/6?accountid=190548>
- Destani, Fitni. (2011). Relationships among the physical education climate and physical activity in junior high school physical education: A mediational analysis. (Order No. 3468222). Available from ProQuest Central. (887889946). Retrieved from <https://search.proquest.com/docview/887889946/5A1EE35A4E0B414EPQ/1?accountid=190548>
- Banks, C. Edward. (2006). The effects of early substance use initiation on measures of social control, delinquency, and future substance use. (Order No. 3216111). Available from ProQuestCentral. (305307491). Retrieved from <https://search.proquest.com/docview/305307491/3B588C99271A4A61PQ/7?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 ProQuestCentral. (1732676858). Retrieved from <https://search.proquest.com/docview/1732676858/4055D8D501B4CAAPQ/3?accountid=190548>

- Tauscher, Virginia A. (1996). First aid and emergency preparedness for elementary school children. (Order No. 1381168). Available from ProQuestCentral. (). Retrieved from <https://search.proquest.com/docview/304333905/abstract/A62C74B4D73B4C7CPQ/1?accountid=190548>

B. OPEN ACCESS

➤ FREE E- BOOKS

- Armstrong, Neil & van Mechelen, Willem (2017). Oxford textbook of children's sport and exercise medicine. Oxford: Oxford University Press. <https://www.pdfdrive.com/oxford-textbook-of-childrens-sport-and-exercise-medicine-d182501285.html>
- Bhrams, Bernd-Volker (2014). Badminton handbook: training, tactics, competition (2nd ed.). (Heather Ross, trans.). Maidenhead: Meyer & Meyer (UK). Johnston, Owen (2014/5). Minimalist guide to functional strength (3rd ed.). <https://www.pdfdrive.com/minimalist-guide-to-functional-strength-e180505648.html>
- Hoeger, Werner W.K. & Hoeger, Sharon A. (2011). Lifetime physical fitness and wellness: a personalized program. Australia: Wadsworth Cengage Learning. <https://www.pdfdrive.com/lifetime-physical-fitness-and-wellness-a-personalized-program-available-titles-cengagenow-d156661100.html>
- Frumkin, Howard (Ed.) (2005). Environmental health from global to local public health. San Francisco, CA: Jossey-Bass. <https://www.pdfdrive.com/environmental-health-from-global-to-local-public-health-environmental-health-d186105732.html>
- Howard, Guy (1998). Technique of ballroom dancing. England: International Dance Publications. <https://www.pdfdrive.com/technique-of-ballroom-dancing-d186563756.html>
- Martin, Suzanne, Baker, Eflua (n.d.). 15-Minute fitness (n.p). <https://www.pdfdrive.com/15-minute-fitness-8-quick-and-easy-exercises-strengthen-and-tone-improve-core-fitness-fat-burning-aerobic-workouts-e183891639.html>
- Physical Education for Lifelong Fitness. (2011). U.S.: National Association for Sports and Physical Education. <https://www.pdfdrive.com/physical-education-for-lifelong-fitness-the-physical-best-teachers-guide-d157699949.html>
- Maffetone, Philip. (2009). Fitness and Health. 5th, revised ed. Printed in the U.S. <https://www.pdfdrive.com/fitness-and-health-a-practical-guide-to-nutrition-exercise-and-avoiding-disease-e21491206.html>
- Bandaging and Splinting. (1957). Department of the Army. <https://www.pdfdrive.com/bandaging-and-splinting-d6339206.html>
- Smith, Karen Lyn. (2010). Popular dance: From Ballroom to Hip-hop. New York: Infobase Publishing. <https://www.pdfdrive.com/popular-dance-from-ballroom-to-hip-hop-world-of-dance-e186044825.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](#)

- Health Education Research. <https://academic.oup.com/her/article/20/1/14/632614>
- Health Care. <https://www.sciencedirect.com/journal/healthcare>

➤ **FREE E-THESES**

- Potter, C. J. (2020). Understanding Wellness Goal Achievement: Applying Achievement Goal Theory to the Pursuit of Wellness Goals. (Doctoral Dissertation). The Ohio State University. Retrieved from http://rave.ohiolink.edu/etdc/view?acc_num=osu1585240857141769
- Cull, B. J. (2017). Youth wellness promotion for development of positive dietary and physical activity behaviors. (Doctoral Dissertation). Kansas State University. Retrieved from <http://hdl.handle.net/2097/35734>
- Williams, C. D. (2016). Rubrics for Practical Ballroom Dance Assessments. (Thesis). Utah Valley University. Retrieved from <http://contentdm.uvu.edu:81/u?/UVUTheses,692>
- Kotarsky, C. J. (2016). Effect of Progressive Calisthenic Push-up Training on Muscle Strength and Thickness. (Thesis). North Dakota State University. Retrieved from <http://hdl.handle.net/10365/28060>
- Science, U. o. L. F. o. A. a. (2015). The influence of body positioning, trunk rotation (x-factor) and training effect on quality of the badminton forehand overhead smash. (Thesis). University of Lethbridge. Retrieved from <http://hdl.handle.net/10133/3758>
- Leonard, S. E. (2015). The Benefits of Recreational Fishing in Adolescence. (Thesis). University of New Hampshire. Retrieved from <https://scholars.unh.edu/thesis/1017>
- Lin, R. Z. (2014). Neuromuscular fatigue following a singles badminton match. (Thesis). Edith Cowan University. Retrieved from <https://ro.ecu.edu.au/theses/1279>
- Rachele, J. N. (2014). School-based physical activity programs for adolescent wellness improvement: an investigation of the association between wellness and physical activity. (Thesis). Queensland University of Technology. Retrieved from <https://eprints.qut.edu.au/71809/>
- Chen, A. (2012). Exercise facilitates memory: Implications for helping youngsters learn in school. (Thesis). NC Docks. Retrieved from http://libres.uncg.edu/ir/uncg/f/A_Chen_Exercise_2012.pdf
- Buchanan Farmer, Melani. (2016). "When you grow stronger, you grow up to be a beautiful healthy person": Developing an awareness of wellness with early adolescent girls using action research. (Dissertation). California Institute of Integral Studies Retrieved from <https://www.proquest.com/dissertations-theses/when-you-grow-stronger-up-beautiful-healthy/docview/1803307054/se-2?accountid=190548>
- Spurkland, 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>
- Yesalonia, Susan. (2009). Understanding middle school students' perspectives regarding physical activity and fitness. (Dissertation). Walden University. Retrieved from <https://www.proquest.com/dissertations-theses/understanding-middle-school-students-perspectives/docview/305077996/se-2?accountid=190548>
- Gupta, Shelly. (2018). Inclusion in Recreational Programs: A Case Study of Youth with Intellectual Disabilities Participating in Kids Included Together (KIT) Affiliated Programs.

California Institute of Integral Studies. Retrieved from <https://www.proquest.com/dissertations-theses/inclusion-recreational-programs-case-study-youth/docview/2051304671/se-2?accountid=190548>

C. PROFESSIONAL ORGANIZATIONS

- National Association for Sport and Physical Education. <https://www.pgpedia.com/>
- SHAPE America Society of Health and Physical Educators. <https://www.shapeamerica.org/>
- American Sports Medicine Institute. <http://www.asmi.org/>
- National Athletic Trainers' Association. <https://www.nata.org/>
- International Society of Biomechanics. <https://isbweb.org/>
- University Athletic Association of the Philippines. <https://www.facebook.com/uaap.ph/>
- Philippine Olympic Committee. <https://www.olympic.ph/>
- International Paralympic Committee. <https://www.paralympic.org/philippines>

D. OTHER RELATED WEB PORTALS

- 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](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

- Lessons in Physical Education. <https://www.youtube.com/watch?v=7utXxICFmd8>
- Drug Abuse and Drug Addictions. <https://www.khanacademy.org/science/health-and-medicine/mental-health/drug-abuse-and-drug-addictions/a/drug-abuse-and-drug-addiction?modal=1>
- The Development of Substance Use: Why Do People Use Legal and Illegal Substances. <https://www.khanacademy.org/science/health-and-medicine/mental-health/drug-abuse-and-drug-addictions/v/the-development-of-substance-use-why-do-people-use-legal-and-illegal-substances?modal=1>
- Introduction to Social Dances. <https://www.youtube.com/watch?v=Ea48dkgMMts>
- Classifications of Social Dances and Dance Etiquettes. <https://www.youtube.com/watch?v=ebi59HYDs3E>
- Active Recreation. <https://www.youtube.com/watch?v=qh24EcN6oS0>
- Recreational Activities: Outdoor Recreation. <https://www.youtube.com/watch?v=Tk2HrBkXFLU>

- First Aid. <https://www.youtube.com/watch?v=rHqYg7nY3UY>
- Unintentional Injury Prevention, Safety, and First Aid. https://www.youtube.com/watch?v=-2fDly_uzhk
- Community and Environmental Health. <https://www.youtube.com/watch?v=O61tk0kdUvE>
- Study. <https://study.com/academy/topic/basics-of-physical-education.html>
- Substance Use Disorders. <https://www.khanacademy.org/science/in-in-class-12-biology-india/xc09ed98f7a9e671b:in-in-human-health-and-disease/xc09ed98f7a9e671b:in-in-addiction-and-dependence/v/substance-use-disorders>
- Basic Elements for Ballroom Dancing. <https://www.youtube.com/watch?v=5zUiy2CnVnE>
- Different Recreational Activities for Every Walk of Life. <https://www.youtube.com/watch?v=92gFx4Cb4us>
- How to do the Primary Survey – First Aid Training – St. John Ambulance. <https://www.youtube.com/watch?v=ea1RJUOiNfQ>

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