



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

RESEARCH GUIDE:

PHYSICAL EDUCATION AND HEALTH 10

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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
- Physical Exercise
- Physical Activity
- Well-Being
- Physical Fitness
- Physical Condition
- Health Appraisal
- Lifestyle
- Weight Management
- Individual Sports
- Dual Sports
- Team Sports
- Dance Forms
- Safety
- First Aid
- Family Health
- Health Trends
- Health Issues

NT:

- Yoga
- Running
- Walking for Fitness
- Hip hop
- Street Dance
- Cheer Dance
- Contemporary Dance
- Unintentional Injuries

- Prevention/Control of Unintentional Injuries
- Courtship
- Dating
- Marriage
- Responsible Parenthood
- Pregnancy Safety
- Pre-natal Safety
- Breastfeeding
- Child Rearing
- Maternal Nutrition
- Water/Food Safety
- Environmental Sanitation
- Transportation Safety
- Malnutrition
- Drugs
- HIV/AIDS
- Population
- Disaster Risk Reduction/Mitigation
- Health Laws
- Health/Medical Care
- Personal Health
- Career Plan

III. INFORMATION RESOURCES

A. LIBRARY RESOURCES

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

➤ E-BOOKS

- American Medical Association Family Medical Guide (2004). Hoboken: John Wiley & Sons, Inc. https://www.proquest.com/publication/publications_54545
- 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-44f6-8c6a-abad05fc60e7%40pdc-v-sessmgr02&bdata=#AN=ED093824&db=er>
- Weikart, Phyllis S. (1997). Teaching Folk Dance. Successful Steps. Ypsilanti, MI.: High/Scope Educational Research Foundation.
http://web.b.ebscohost.com/src_ic/detail/detail?vid=4&sid=a7ab871b-705a-4954-9dc8-7e5d49823f9e%40pdc-v-sessmgr03&bdata=#AN=ED429050&db=eric
- "Tradition and Change in Marriage and Family Life" in Future of Population in Asia (p.29-39).(2002).
http://web.a.ebscohost.com/src_ic/pdfviewer/pdfviewer?vid=6&sid=4a1081c3-67fb-

[4833-9da4-2db554115319%40sessionmgr4007](https://www.proquest.com/publication/publications_30883)

- Bruce, Judith. (1995). Families in Focus: New Perspectives on Mothers, Fathers, and Children. New York : Population Council.
http://web.a.ebscohost.com/src_ic/detail/detail?vid=8&sid=4a1081c3-67fb-4833-9da4-2db554115319%40sessionmgr4007&bdata=#AN=ED394729&db=eric

➤ E-JOURNALS

- Studies in Family Planning.
https://www.proquest.com/publication/publications_30883
- Substance Use & Misuse. https://www.proquest.com/publication/publications_53065
- The Health Education Journal.
https://www.proquest.com/publication/publications_105541
- Dance Chronicle. https://www.proquest.com/publication/publications_35988
- Health Policy and Planning.
https://www.proquest.com/publication/publications_34190
- Dance Research Journal. https://www.proquest.com/publication/publications_3465
- Sociology of Sport Journal.
https://www.proquest.com/publication/publications_45615
- Journal of Sport and Health Science. <https://www.sciencedirect.com/journal/journal-of-sport-and-health-science>
- 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

➤ E-THESES

- Vaughan, L. M. (2020). Aspects of disaster risk reduction and hazard mitigation planning in emergency management (Order No. 27738477). Available from ProQuest Central. (2375527454). Retrieved from <https://www.proquest.com/dissertations-theses/aspects-disaster-risk-reduction-hazard-mitigation/docview/2375527454/se-2?accountid=190548>
- Khaine, A. A. (2019). The value of nutrition-sensitive programs in improving the nutritional outcomes of young children: Evidence from myanmar (Order No. 13862990). Available from ProQuest Central. (2238790754). Retrieved from <https://www.proquest.com/dissertations-theses/value-nutrition-sensitive-programs-improving/docview/2238790754/se-2?accountid=190548>
- Wouk, K. G. (2018). The role of positive emotions in perinatal mental health and breastfeeding (Order No. 10842221). Available from ProQuest Central. (2115217397). Retrieved from <https://www.proquest.com/dissertations-theses/role-positive-emotions-perinatal-mental-health/docview/2115217397/se-2?accountid=190548>

- Mays, A. (2018). Explorations of students' dating and courtship rituals and the impact on academic achievement (Order No. 10977679). Available from ProQuest Central. (2162594673). Retrieved from <https://www.proquest.com/dissertations-theses/explorations-students-dating-courtship-rituals/docview/2162594673/se-2?accountid=190548>
- Green, C. S. (2017). Dance and lead: An artistic journey to leadership (Order No. 10244403). Available from ProQuest Central. (1930953134). Retrieved from <https://www.proquest.com/dissertations-theses/dance-lead-artistic-journey-leadership/docview/1930953134/se-2?accountid=190548>
- Fitzwater Gonzales, L. B. (2017). Doing what's best for baby: How new mothers and fathers negotiate breastfeeding over time (Order No. 10708353). Available from ProQuest Central. (1994459276). Retrieved from <https://www.proquest.com/dissertations-theses/doing-whats-best-baby-how-new-mothers-fathers/docview/1994459276/se-2?accountid=190548>
- Manincor, M. J. d. (2017). Yoga for mental health: Evaluation of yoga interventions for reducing depression and anxiety, and improving well-being (Order No. 10703572). Available from ProQuest Central. (1960669850). Retrieved from <https://www.proquest.com/dissertations-theses/yoga-mental-health-evaluation-interventions/docview/1960669850/se-2?accountid=190548>
- Coleman, G. (2017). Education experiences and training for people living with HIV (Order No. 10638765). Available from ProQuest Central. (1968594313). Retrieved from <https://www.proquest.com/dissertations-theses/education-experiences-training-people-living-with/docview/1968594313/se-2?accountid=190548>
- Mays, Anthony. (2018). Explorations of Students' Dating and Courtship Rituals and the Impact on Academic Achievement.(Order No. 10977679). Available from ProQuest Central. (305428490). Retrieved from <https://search.proquest.com/docview/2162594673/55030792ECC54A15PQ/13?accountid=190548>
- Marchan, Mary Frances. (2016). "Ma Luoy Man Me": Reproductive health and family planning in Siquijor, Siquijor, Philippines. (Order No. 10147111). Available from ProQuest Central. (305428490). Retrieved from <https://search.proquest.com/docview/1829621699/2EA44C1DCBA9491CPQ/1?accountid=190548>
- Campbell, Hannah K. (2015). The Comparative Effects of Hot Yoga and Thermoneutral Yoga on Flexibility, Heart Rate, Sweat Rate, and Mood. (Order No. 1596177). Available from ProQuest Central. (305428490). Retrieved from <https://search.proquest.com/docview/1706342361/C2AE1D225E354DCAPQ/11?accountid=190548>
- Boyer, Elizabeth Rose. (2015). Rearfoot, mid/forefoot, and barefoot running: Biomechanical differences related to injury. (Order No. 3728775). from ProQuest Central. (305428490). Retrieved from <https://search.proquest.com/docview/1733954903/CE72C2C2680B4832PQ/7?accountid=190548>
- Krell, Raina Dayan. (2005). Early adolescent drug use among multiethnic males: A prospective examination of the influences of psychological distress, relationship with family and school, law abidance, guilt and peer drug use. (Order No. 3196832). Available from ProQuest Central. (305428490). Retrieved from

<https://search.proquest.com/docview/305428490/7D5A25C04E2B4254PQ/6?accountid=190548>

B. OPEN ACCESS

➤ FREE E-BOOKS

- Anderson, Owen (2019). Running form: How to run faster and prevent injury. Champaign, IL: Human Kinetics. <https://www.pdfdrive.com/running-form-how-to-run-faster-and-prevent-injury-e158449943.html>
- Barough, Nina (2017). Walking for fitness: Make every step count. New York: DK Publishing. <https://www.pdfdrive.com/walking-for-fitness-make-every-step-count-e187942847.html>
- Disaster risk reduction: Self study course (2009). Madison, WI: University of Wisconsin. <https://www.pdfdrive.com/disaster-risk-reduction-e44655286.html>
- Peters, Michael, Smith, Tony (Eds.) (2005). BMA complete family health guide. London: Dorling Kindersley. <https://www.pdfdrive.com/bma-complete-family-health-guide-bma-family-e157147194.html>
- Eggerichs, Emerson (2004). Love and respect: The love she most desire, the respect he desperately needs. Nashville, TN: Thomas Nelson. <https://www.pdfdrive.com/love-the-respect-he-desperately-needs-e187993275.html>
- Cloud, Henry, Townsend, John (2000). Boundaries in dating: How healthy choices grow healthy relationships. Grand Rapids, MI: Zondervan. <https://www.pdfdrive.com/boundaries-in-dating-making-dating-work-e156835155.html>
- Harper, Jennifer Cohen (n.d.). Little flower yoga for kids: A yoga and mindfulness program to help your child improve attention and emotional balance. S.I. : New Herbinger Publications. <https://www.pdfdrive.com/little-flower-yoga-for-kids-a-yoga-and-mindfulness-program-to-help-your-child-improve-attention-and-emotional-balance-e200368736.html>
- Alter, Michael J. (1998). Sport Stretch: 311 Stretches for 41 Sports. USA: Human Kinetics. <https://www.pdfdrive.com/sport-stretch-311-stretches-for-41-sports-e158382911.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>
- Munr, Myles. (2004). Waiting and Dating: A Sensible Guide to a Fulfilling Love Relationship. PA: Destiny Image Publishers. <https://www.pdfdrive.com/waiting-and-dating-a-sensible-guide-to-a-fulfilling-love-relationship-e51188466.html>

➤ FREE E-JOURNALS

- International Journal of Sport and Health Science. <https://www.jstage.jst.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](#)

- Journal of Behavior, Health and Social Issues. <https://www.sciencedirect.com/journal/journal-of-behavior-health-and-social-issues>
- Journal of Reproductive Health and Medicine. <https://www.sciencedirect.com/journal/journal-of-reproductive-health-and-medicine>
- Journal of Substance Abuse. <https://www.sciencedirect.com/journal/journal-of-substance-abuse>

➤ **FREE E-THESES**

- Jungmalm, J. (2021). Running-related injuries among recreational runners. (Thesis). University of Gothenburg. Retrieved from <http://hdl.handle.net/2077/67446>
- Allamsetti, H. (2020). Cooperative driving of connected autonomous vehicles using responsibility sensitive safety rules. (Masters Thesis). Arizona State University. Retrieved from <http://repository.asu.edu/items/62658>
- Han, A. (2019). A study of leisure walking on mental health and health perception among older adults. (Masters Thesis). Texas State University – San Marcos. Retrieved from <https://digital.library.txstate.edu/handle/10877/9003>
- Diplock, K. (2018). Food safety and Ontario high school students: Assessing education needs and the utility of existing food handler training in improving behaviours. (Thesis). University of Waterloo. Retrieved from <http://hdl.handle.net/10012/13296>
- Holmberg, C. (2018). Food, body weight, and health among adolescents in the digital age: An explorative study from a health promotion perspective. (Thesis). University of Gothenburg / Göteborgs Universitet. Retrieved from <http://hdl.handle.net/2077/55588>
- Fortier, E. (2017). Exploring the knowledge, attitudes, and experiences of young mothers in Ottawa: A qualitative study dedicated to “rapid repeat” pregnancy. (Thesis). University of Ottawa. Retrieved from <http://hdl.handle.net/10393/36670>
- Schaeffbauer, A. (2017). The effect of good form running gait retraining on lower extremity kinematics and ground reaction forces. (Thesis). Grand Valley State University. Retrieved from <https://scholarworks.gvsu.edu/theses/863>
- Dessalegn, a. (2015). Assessment of the magnitude of double burden of malnutrition and its associated factors among selected in-school adolescents in Arba Minch Town, Southern Ethiopia: school based cross sectional study. (Thesis). Addis Ababa University. Retrieved from <http://etd.aau.edu.et/dspace/handle/123456789/6621>
- Scholl, M. F. (2012). What about the dads| A case study of young fathers of babies born to adolescent mothers. (Thesis). George Mason University. Retrieved from <http://pqdtopen.proquest.com/#viewpdf?dispub=3526176>
- Punsalan, Lorelei. (2017). Impact of Brisk Walking on Gait and Falls in Individuals with Idiopathic Parkinson's Disease. (Dissertation). Brandman University. Retrieved from <https://www.proquest.com/dissertations-theses/impact-brisk-walking-on-gait-falls-individuals/docview/1975367635/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>
- Svendsen, Gina A. (2011). How does the fictional TV marriage influence a young adult's own perceptions about marriage? (Dissertation). University of Nebraska at Omaha.

Retrieved from <https://www.proquest.com/dissertations-theses/how-does-fictional-tv-marriage-influence-young/docview/884979977/se-2?accountid=190548>

- Neustadter, Sarah. (2011). Transpersonal mate selection: An investigation of spiritual and extraordinary factors that influence the decision to marry one's partner. (Dissertation). Institute of Transpersonal Psychology. Retrieved from <https://www.proquest.com/dissertations-theses/transpersonal-mate-selection-investigation/docview/858204925/se-2?accountid=190548>
- Rakusin, Lisa L. (2010), Intervening to reduce adolescent substance abuse: A grant proposal. (Dissertation). California State University. Retrieved from <https://www.proquest.com/dissertations-theses/intervening-reduce-adolescent-substance-abuse/docview/860134422/se-2?accountid=190548>

C. PROFESSIONAL ORGANIZATIONS

- Philippine Society of Public Health Physicians. <http://psphp.org/>
- National Dance Education Organization. <https://www.ndeo.org/>
- American School Health Association. <https://www.ashaweb.org/>
- National Commission for Health Education Credentialing. <https://www.nchec.org/>
- Nutritionist-Dieticians' Association of the Philippines. <https://ndap.org.ph/>
- Sport Management Council. <http://sportphil.com/>
- International Council of Sport Science and Physical Education. <https://www.icsspe.org/>
- Youth Organizations for Drug Actions. <http://euro-yoda.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

- Active and healthy lifestyle. <https://www.youtube.com/watch?v=aP4hnCXlpQA>
- Proper nutrition and exercise. <https://www.youtube.com/watch?v=4RwXDy72qI>
- Basic hip hop dance steps. <https://www.youtube.com/watch?v=MWsn0xGKXXI>
- Active recreation: Yoga and hip hop dancing. <https://www.youtube.com/watch?v=zUt3xFHYf1g>
- Eating disorders. <https://www.youtube.com/watch?v=0gw2I2PBq7c>
- Cheer dance. <https://www.youtube.com/watch?v=XWejVC15vcg>
- Lifestyle and weight management. <https://www.youtube.com/watch?v=64oongjsWok>
- Health related laws. <https://www.youtube.com/watch?v=nV4ufGGGGTk>

- Running. <https://www.youtube.com/watch?v=gsUL3a1CxUQ>
- Hip Hop. <https://www.youtube.com/watch?v=LETsrDLloto>
- Hip Hop. <https://www.youtube.com/watch?v=-uR2AnfCKrw>
- Yoga. <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- Cheer Dance. <https://www.youtube.com/watch?v=xTnSPqbqVjo>

Prepared by:

Mr. Marvin A. Milla

Layout

mamilla@letranbataan.edu.ph

Ms. Maria Rosiel C. Ordenes

Subject Librarian

mrcordenes@letranbataan.edu.ph

Asst. Prof. Norady Mercado Pere

Chief Librarian

ndmercado@letranbataan.edu.ph

For more inquiries, kindly e-mail us at library@letranbataan.edu.ph