

Physical Education Grades 11 and 12 Collection

Curriculum Organizers	Active Living	Movement	Personal and Social Responsibility	Personal and Social Responsibility
Sub-organizers			Personal Behaviours and Safety Practices	Leadership and Community Involvement
Comprehensive Resources				
The Fitness Knowledge Course	✓	✓	✓	✓
Quality Lesson Plans for Secondary Physical Education	✓	✓	✓	✓
Additional Resources – Print				
The Comprehensive Manual of Taping and Wrapping Techniques			✓	
Great Careers for People Interested in Sports and Fitness				✓
Sports Injury Handbook	✓	✓	✓	
Additional Resources – Video				
Slim Hopes: Advertising and the Obsession with Thinness	✓			
Training for Excellence	✓	✓	✓	✓

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The Comprehensive Manual of Taping and Wrapping Techniques

Author(s): *Wright, Kenneth E.; Whitehall, William R.*

General Description: Manual presents a comprehensive guide to taping and wrapping techniques. Clear photos illustrate taping techniques. Purpose of all these procedures is to provide support and stabilization to the affected body part. Students should have some prior practice before actually taping. Training is available through *Cornerstone In-service*.

Audience: *General*

Category: *Student, Teacher Resource*

Curriculum Organizer(s): *Personal and Social Responsibility*

Supplier: *Cornerstone Health Care Systems*
3122 Babich Street
Abbotsford, BC V2S 5H7

Tel: 1-888-545-6364 Fax: (604) 859-6364

Price: \$42.00

ISBN/Order No: (not available)

Copyright Year: 1991



The Fitness Knowledge Course

General Description: Comprehensive fitness knowledge course covers anatomy, physiology, muscular strength, muscular endurance, flexibility, fitness concepts, training programs and methods of evaluation, nutrition, safety, common injuries (treatments and causes), and leadership skills. Chapters include clearly stated objectives, as well as summaries, activities, diagrams, and quizzes. The comprehensive Program Educator Kit is a helpful and valuable teaching tool, put together in a do-it-yourself kit style. Students may write an open book exam to acquire Fitness Knowledge Course certification upon course completion. This course and resource have been provincially recognized by and registered with the BC Recreation and Parks Association. Also suitable for students doing advanced directed studies or who are enrolled in career preparation recreational leadership programs.

Audience: *General*

Category: *Student, Teacher Resource*

Curriculum Organizer(s): *Active Living
Movement
Personal and Social Responsibility*

Supplier: *Canadian Fitness Education Services - CFES*
P.O. Box 138
Summerland, BC V0H 1Z0

Tel: 1-877-494-5355 Fax: (250) 494-9355

Price: Student Resource Manual: \$45.00
Program Educator Kit: \$150.00 (one time fee)

ISBN/Order No: (not available)

Copyright Year: 1993



Great Careers for People Interested in Sports and Fitness

Author(s): *Edwards, L.*

General Description: Book provides career information using interview-style profiles of people employed in sports-related careers such as soccer coach, fitness club co-ordinator, sports nutritionist, kinesiologist, sports broadcaster, and so on. Includes planning activities to encourage further exploration and concludes with an open-ended activity. Also useful for recreational leadership programs.

Audience: *General*

Category: *Student, Teacher Resource*

Curriculum Organizer(s): *Personal and Social Responsibility*

Supplier: *Weigl Educational Publishers Ltd.*
6325-10th Street SE
Calgary, AB T2H 2Z9

Tel: 1-800-668-0766 Fax: (403) 233-7769

Price: \$13.95

ISBN/Order No: 1-895579-16-3

Copyright Year: 1994

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Quality Lesson Plans for Secondary Physical Education

Author(s): *Zakrajsek, D.; Carnes, L.; Pettigrew, F.*

General Description: Book has 150 lessons for a wide range of physical activity and sports. Each lesson contains sections on purpose, equipment and facilities, warm-up, skill cues, teaching cues, activities, and closure.

Caution: *Imperial measurements used for courts, fields, and weights.*

Audience: *General*

Category: *Teacher Resource*

Curriculum Organizer(s): *Active Living
Movement
Personal and Social Responsibility*

Supplier: *Human Kinetics Canada*
475 Devonshire Road
Windsor, ON N8Y 2L5

Tel: 1-800-465-7301 Fax: (519) 971-9797

Price: \$43.95

ISBN/Order No: 0873226712/BZAK0671

Copyright Year: 1994



Slim Hopes: Advertising and the Obsession with Thinness

General Description: Thirty-minute video offers an in-depth analysis of the role female bodies play in advertising imagery and the resulting devastating effects on women's health, both physical and mental. The program is divided into seven main parts: impossible beauty; the waif look; constructed bodies; food and sex; food and control; the weight loss industry; and freeing imaginations. It offers a well-documented critical perspective on the social impact of advertising.

Audience: *General*

Category: *Student, Teacher Resource*

Curriculum Organizer(s): *Active Living*

Supplier: *B.C. Learning Connection Inc.*
#4-8755 Ash Street
Vancouver, BC V6P 6T3

Tel: 1-800-884-2366 Fax: (604) 324-1844

Price: \$21.00

ISBN/Order No: HE0102

Copyright Year: 1995



Sports Injury Handbook

Author(s): *Levy, Allan; Fuerst, Mark*

General Description: Handbook describes how to prevent or treat the most common injuries in more than two dozen sports. It covers injury prevention through conditioning and nutrition, analysis of common injuries and rehabilitative exercises, and sport-specific injuries. Specifically addresses the female, young, and elderly athlete.

Audience: *General*

Category: *Professional Reference*

Curriculum Organizer(s): *Active Living
Movement
Personal and Social Responsibility*

Supplier: *John Wiley & Sons Canada Ltd.*
22 Worcester Road
Rexdale, ON M9W 1L1

Tel: 1-800-567-4797

Price: \$27.95

ISBN/Order No: 0-471-54737-9

Copyright Year: 1993

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Training For Excellence

General Description: Thirty-five-minute video, narrated by the trainer for the L.A. Lakers, primarily focusses on a full-body strength training workout using free weights and machines. Also describes aerobic conditioning, flexibility, nutrition, pre-game meals, and dehydration. Lack of female representation is noted.

Caution: *Teachers should add emphasis to spotting techniques while viewing the free weight instruction.*

Audience: *General*

Category: *Student, Teacher Resource*

Curriculum Organizer(s): *Active Living
Movement
Personal and Social Responsibility*

Supplier: *B.C. Learning Connection Inc.
#4-8755 Ash Street
Vancouver, BC V6P 6T3*

Tel: 1-800-884-2366 Fax: (604) 324-1844

Price: \$22.00

ISBN/Order No: PE0102

Copyright Year: 1992
