VCE Physical Education
Units 1–4: 2017–2024

Resources

Some of the print resources contained in this list may be out of print. They have been included because they may still be available from libraries, bookshops and private collections.

At the time of publication the URLs (website addresses) cited were checked for accuracy and appropriateness of content. However, due to the transient nature of material placed on the web, their continuing accuracy cannot be verified. Teachers are strongly advised to prepare their own indexes of sites that are suitable and applicable to the courses they teach, and to check these addresses prior to allowing student access.

Books

American College of Sports Medicine 2014, *ACSM's Guidelines for exercise testing and prescription,* 9th edn. Baltimore, MD: Lippincott Williams & Wilkins.

Arnheim, DD & Prentice, WE 2008, *Principles of Athletic Training*, 13th edn, McGraw-Hill, USA.

Australian Bureau of Statistics 2011, *Australian Social Trends June 2011: Sport and Physical Recreation,* Commonwealth of Australia, Canberra. [www.ausstats.abs.gov.au/ausstats/subscriber.nsf/LookupAttach/4102.0Publication29.06.114/$File/41020\_Sport\_Jun2011.pdf](http://thepegeek.com/)

Baechle, T R & Earle, RW 2008, *Essentials of strength training and conditioning*. National Strength and Conditioning Association, Human Kinetics.

Bompa, T 2009, *Periodisation: Theory and Methodology of Training*, 5th edn, Kendell/Hunt, USA.

Carr, G 2009, *Sport Mechanics for Coaches*, 3rd edn, Human Kinetics, Australia.

Clark, N 2008, *Sports Nutrition Guidebook*, 4th edn, Human Kinetics, Australia.

Cleary, V 2010, *VCE Physical Education Units 3 and4 Study On,* John Wiley and Sons Australia Ltd, Milton.

Delavier, F 2010, *Strength Training Anatomy*, 3rd edn, Human Kinetics, Australia.

Dick, FW 2007, *Sports Training Principles*, 5th edn, A & C Black, London.

Kenney, W Larry, Wilmore, JH & Costill, DL. 2015, *Physiology of sport and exercise* (6th edn), Champaign, IL, Human Kinetics.

Kleiner, S 2007, *Power Eating*, 3rd edn, Human Kinetics, Australia.

Marcus, B & Forsyth, L 2009, *Motivating People to be Physically Active*, 2nd edn, Human Kinetics, Australia.

McArdle, W et al. 2006, *Essentials of Exercise Physiology*, 3rd edn, Lea & Febiger, USA.

McArdle, W et al. 2015, *Exercise Physiology, Energy, Nutrition & Performance*, 8th edn, Lippincott Williams, USA.

McArdle, W et al. 2008, *Sports & Exercise Nutrition*, 3rd edn,Lippincott Williams, USA.

McGinnis, P 2005, *Biomechanics of Sport and Exercise*, 2nd edn, Human Kinetics, Australia.

Orlick, T 2008, *In Pursuit of Excellence*, 4th edn, Human Kinetics, Australia.

Pangrazzi, R, Beighle, A & Sidman, C 2007, *Pedometer Power*, 2nd edn, Human Kinetics, Australia.

Powers, S & Howley, E 2008, *Exercise Physiology – Theory and its Application to Fitness and Performance*, 7th edn, McGraw-Hill, USA.

Salmon, J, Telford, A & Crawford, D 2004, *The Children’s Leisure Activities Study – Summary Report*, Centre for Physical Activity and Nutrition Research.

Schmidt, R 2008, *Motor Learning and Performance*, 4th edn, Human Kinetics, Australia.

Sharkey, B 2007, *Fitness & Health*, 6th edn, Human Kinetics, Australia.

Watkins, J 2007, *An introduction to biomechanics of sport and exercise*. New York: Churchill Livingstone.

Welk, GJ 2002, *Physical Activity Assessment for Health Related Research*, Human Kinematics, Australia.

Wheadon, D 2010, *Drills and Skills in Australian Football,* Australian Football league, Melbourne.

Willmore, J & Costill, D 2008, *Physiology of Sport and Exercise*, 4th edn, Human Kinetics, Australia.

Zatsiosky, VM 2006, *Science and Practice of Strength Training*, 2nd edn, Human Kinetics, USA.

Journals and periodicals

*Active and Healthy Magazine*, Australian Council for Health, Physical Education and Recreation, Hindmarsh.

*Athletic Insight: The online Journal of Sports Psychology,* Nova Science Publishing, New York. [www.athleticinsight.com/](http://www.det.wa.edu.au/curriculumsupport/physicalactivity/detcms/navigation/teaching-and-learning-support/choose-active-transport--k-7-/)

*Biophysical Journal*, Biophysical Society, Maryland.
[www.cell.com/biophysj/home](http://health.howstuffworks.com/human-body/systems)

*Canadian Journal of Applied Physiology, Nutrition and Metabolism*, Canadian Society for Exercise Physiology, Ottawa.
[www.nrcresearchpress.com/journal/apnm](http://www.nrcresearchpress.com/journal/apnm)

*European Journal of Applied Physiology*, Springer Science & Business Media B.V., Netherlands.
[www.springer.com/biomed/human+physiology/journal/421](http://www.springer.com/biomed/human%2Bphysiology/journal/421)

*Healthy Lifestyles Journal*, Australian Council for Health, Physical Education and Recreation, Hindmarsh.

*International Journal of Applied Sports Sciences*, Korea Institute of Sport Science, Seoul Korea.

*International Journal of Behavioral Nutrition and Physical Activity,* BioMed Central, London.
[www.ijbnpa.org/home](http://www.ijbnpa.org/home)

*International Journal of Coaching Science,* International Council for Coach Education, Ottawa Canada.

*International Journal of Exercise Science,* Western Kentucky University, Department of Kinesiology, Recreation & Sport, Kentucky, USA.
[http://digitalcommons.wku.edu/ijes/](https://www.strengthandconditioning.org/publications/journals)

*International Journal of Sport Nutrition and Exercise Metabolism*, Human Kinetics, Torrens Park, South Australia.
[http://journals.humankinetics.com/IJSNEM](http://www.youtube.com/watch)

*International Journal of Sports Medicine,* Georg Thieme Verlag Stuttgart, New York, USA. [https://www.thieme-connect.com/products/ejournals/journal/10.1055/s-00000028](http://www.youtube.com/watch)

*Journal of Applied Biomechanics*, Human Kinetics, Torrens Park, South Australia.
[http://journals.humankinetics.com/JAB](http://www.youtube.com/watch)

*Journal of Applied Physiology*, American Physiological Society.
[http://jap.physiology.org/](http://www.youtube.com/watch)

*Journal of Australian Strength & Conditioning*, Australian Strength & Conditioning Association, Beenleigh [https://www.strengthandconditioning.org/publications/journals](http://www.youtube.com/watch)

*Journal of Essential Sport and Exercise Psychology*, Human Kinetics, Torrens Park, South Australia.

*Journal of Exercise Physiology Online*, American Society of Exercise Physiologists, Minnesota, USA.
[https://www.asep.org/index.php/resources/jep-online/](http://www.sport.vic.gov.au)

*Journal of Physical Activity and Health*, Human Kinetics, Torrens Park, South Australia.
<http://journals.humankinetics.com/jpah>

*Journal of Science and Medicine in Sport*, Sports Medicine Australia, Belconnen, ACT.
[www.sciencedirect.com/science/journal/14402440](http://www.sciencedirect.com/science/journal/14402440)

*Journal of Sports Sciences,* Routledge, Abington, UK.
[www.tandfonline.com/toc/rjsp20/current](http://www.tandfonline.com/toc/rjsp20/current)

*Journal of Strength and Conditioning Research*, National Strength and Conditioning Association, Philadelphia, USA.
<http://journals.lww.com/nsca-jscr/pages/default.aspx>

*Journal of Teaching Physical Education*, Human Kinetics, Torrens Park, South Australia.
[http://journals.humankinetics.com/JTPE](http://www.dartfish.com.au)

*Medicine & Science in Sports & Exercise*, Lippincott Williams & Wilkins, Maryland, USA.
[http://journals.lww.com/acsm-msse/pages/issuelist.aspx](http://www.dpcd.vic.gov.au)

*Modern Athlete and Coach*, Athelstone, South Australia.

*Motor Control*, Human Kinetics, Torrens Park, South Australia.
[http://journals.humankinetics.com/MC](http://www.wada-ama.org/en/)

*Physical Activity and Health*, Human Kinetics, Torrens Park, South Australia.
[http://journals.humankinetics.com/jpah](http://www.who.int)

*Physiology,* American Physiology Society, USA.
[http://physiologyonline.physiology.org/](http://www.brianmac.co.uk/trainprog.htm)

*Runners World (Australia)*, Runners World Magazine, Hawthorn, Victoria.

*Sport & Exercise Scientist,* British Association of Sport and Exercise Sciences.
[www.bases.org.uk/The-Sport-and-Exercise-Scientist](http://digitalcommons.wku.edu/ijes/)

*Sports Coach*, Australian Coaching Council, Belconnen, ACT.

*Sporthealth*, Sports Medicine Australia, Belconnen, ACT.
[http://sma.org.au/publications/sport-health/](http://www.cell.com/biophysj/home)

*Sports Medicine,* ADIS International Limited, USA.
<http://adisonline.com/sportsmedicine/pages/default.aspx>

*Sport Nutrition and Exercise Metabolism*, Human Kinetics, Torrens Park, South Australia.
<http://journals.humankinetics.com/ijsnem>

*Sports Science Electronic Journal.*[www.sportsci.org](http://www.sportsci.org)

*Sportsview*, Vicsport, Jolimont, Victoria.
[www.vicsport.com.au/Sportsview-Enews/](http://www.bases.org.uk/The-Sport-and-Exercise-Scientist)

*The Journal of Physical Education, Recreation and Dance,* American Alliance for Health, Physical Education, Recreation and Dance.
[www.aahperd.org/publications/journals/joperd/index.cfm](http://journals.humankinetics.com/IJSNEM)

*The Sport Psychologist*, Human Kinetics, Torrens Park, South Australia. [http://journals.humankinetics.com/tsp](https://www.thieme-connect.com/products/ejournals/journal/10.1055/s-00000028)

*VicHealth Letter,* VicHealth Melbourne.
[www.vichealth.vic.gov.au/en/Publications/VicHealth-Letter.aspx](http://journals.humankinetics.com/JAB)

*Women’s Health and Fitness*, Blitz Publications, Mulgrave, Victoria.

Websites

Physical education information and organisations

10,000 Steps
[www.10000steps.org.au/](http://jap.physiology.org/)

About.com Sports Medicine
[http://sportsmedicine.about.com/](http://physiologyonline.physiology.org/)

Overtraining Issues and Injuries
[http://sportsmedicine.about.com/od/overtraining/Overtraining.htm](https://www.asep.org/index.php/resources/jep-online/)

Active Healthy Kids Canada
[www.activehealthykids.ca/](http://www.activehealthykids.ca/)

America on the Move
[www.americaonthemove.org](http://www.americaonthemove.org)

American College of Sports Medicine
[www.acsm.org](http://www.acsm.org)

Athletics Australia
[www.athletics.com.au/](http://www.athletics.com.au/)

Australian Broadcasting Corporation
[www.abc.net.au](http://journals.humankinetics.com/JTPE)

ABC Health and Wellbeing
[www.abc.net.au/health/](http://journals.lww.com/acsm-msse/pages/issuelist.aspx)

To stretch or not to stretch

[www.abc.net.au/health/talkinghealth/factbuster/stories/2014/09/18/4090397.htm](http://journals.humankinetics.com/MC)

Australian Bureau of Statistics
[www.abs.gov.au](http://journals.humankinetics.com/jpah)

Sports and Physical Recreation; A Statistical Overview, Australia 2011
[www.abs.gov.au/ausstats/abs@.nsf/mf/4156.0](http://www.10000steps.org.au/)

Australian Council for Health, Physical Education and Recreation, Victorian Branch Inc.

[www.achper.vic.edu.au](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/LookupAttach/4102.0Publication29.06.114/%24File/41020_Sport_Jun2011.pdf)

The ACHPER Hub Learning Community

[http://achpervic.ning.com/](http://sma.org.au/publications/sport-health/)

Australian Football League
[www.afl.com.au](http://www.afl.com.au)

Australian Government Department of Health and Aging
[www.health.gov.au](http://www.health.gov.au)

2007 Australian National Children’s Nutrition and Physical Survey

[www.health.gov.au/internet/main/publishing.nsf/content/phd-nutrition-childrens-survey](http://www.health.gov.au/internet/main/publishing.nsf/content/phd-nutrition-childrens-survey)

Healthy and Active Australia

[www.healthyactive.gov.au](http://www.vicsport.com.au/Sportsview-Enews/)

National Physical Activity Guidelines
[www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines](http://www.aahperd.org/publications/journals/joperd/index.cfm)

Nutrition and Physical Activity

[www.health.gov.au/internet/main/publishing.nsf/Content/Nutrition+and+Physical+Activity-1](http://journals.humankinetics.com/tsp)

Research and Statistics

[www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-active-evidence.htm](http://www.vichealth.vic.gov.au/en/Publications/VicHealth-Letter.aspx)

Australian Institute of Health and Welfare

[www.aihw.gov.au](http://www.essa.org.au)

The Active Australia Survey
[www.aihw.gov.au/publications/index.cfm/title/8559](http://www.policecareer.vic.gov.au/police/apply/hints-and-tips)

Australian Institute of Sport
[www.ausport.gov.au/ais/](http://sportsmedicine.about.com/od/overtraining/Overtraining.htm)

Nutrition
<http://www.ausport.gov.au/ais/nutrition>

Performance Recovery
<http://www.ausport.gov.au/ais/performance_support/physiology/fatigue_and_recovery>

Psychology
<http://www.ausport.gov.au/ais/performance_support/psychology>

Performance recovery Research
<http://www.ausport.gov.au/ais/performance_support/physiology/research>

Strength and Conditioning
[http://www.ausport.gov.au/ais/performance\_support/strength\_and\_conditioning](http://www.abc.net.au)

Australian Olympic Committee
[www.olympics.com.au](http://www.abc.net.au/health/)

Australian Physiotherapy Association
[www.physiotherapy.asn.au](http://www.abc.net.au/health/talkinghealth/factbuster/stories/2014/09/18/4090397.htm)

Australian Psychological Society
[www.psychology.org.au/](http://www.heartfoundation.org.au)

Australian Sports Commission

[www.ausport.gov.au/](http://achpervic.ning.com/)

Tapering: The Real Art and Science of Coaching

[www.ausport.gov.au/sportscoachmag/planning/tapering\_the\_real\_art\_and\_science\_of\_coaching](http://www.ausport.gov.au/sportscoachmag/planning/tapering_the_real_art_and_science_of_coaching)

Traditional Indigenous games

[www.ausport.gov.au/\_\_data/assets/pdf\_file/0017/402191/SP\_31864\_TIG\_resource\_FINAL.pdf](http://www.ausport.gov.au/__data/assets/pdf_file/0017/402191/SP_31864_TIG_resource_FINAL.pdf)

Balanced Body
[www.pilates.com/BBAPP/V/index.html](http://www.pilates.com/BBAPP/V/index.html)

Pilates Origins
[www.pilates.com/BBAPP/V/pilates/origins-of-pilates.html](http://www.healthyactive.gov.au)

Be Active
[www.beactive.com.au/](http://www.ausport.gov.au/)

Better Health Channel
[www.betterhealth.vic.gov.au](http://www.health.gov.au/internet/main/publishing.nsf/Content/Nutrition%2Band%2BPhysical%2BActivity-1)

Bike World News
[www.bikeworldnews.com/](https://www.youtube.com/watch)

BMC Tests Rider Power
[www.bikeworldnews.com/2011/01/18/bmc-tests-rider-power/](http://www.aihw.gov.au)

Biology – how to make a model lung

[http://biology.about.com/od/biologylabhowtos/ht/lungmodel.htm](http://www.aihw.gov.au/publications/index.cfm/title/8559)

Body and Soul
[www.bodyandsoul.com.au](http://www.ausport.gov.au/ais/)

Why Our Kids Must Get Moving
[www.bodyandsoul.com.au/parenting+pregnancy/kids+health/why+our+kids+must+get+moving,11735](http://www.bodyandsoul.com.au/parenting%2Bpregnancy/kids%2Bhealth/why%2Bour%2Bkids%2Bmust%2Bget%2Bmoving%2C11735)

Brainmac Sports Coach
[www.brainmac.co.uk](http://www.brainmac.co.uk)

Conditioning
[www.brianmac.co.uk/conditon.htm](http://www.brianmac.co.uk/conditon.htm)

Energy Pathways
[www.brianmac.demon.co.uk/energy.htm](http://www.brianmac.demon.co.uk/energy.htm)

Performance Evaluation Tests
[www.brianmac.co.uk/eval.htm](http://www.bodyandsoul.com.au)

Personal Exercise Plan
[www.brianmac.co.uk/pep.htm](http://www.olympics.com.au)

Planning the training
[www.brianmac.co.uk/plan.htm](http://www.peakcentre.ca/)

Training Principles
[www.brianmac.co.uk/trnprin.htm](http://www.psychology.org.au/)

Training Programs
[www.brianmac.co.uk/trainprog.htm](http://www.asada.gov.au)

British Broadcasting Corporation
[www.bbc.co.uk](http://asada.skillsoptimiser.com/)

Human Body and Mind: Body Systems
[www.bbc.co.uk/science/humanbody](http://www.beactive.com.au/)

The THG Scandal Explained
<http://news.bbc.co.uk/sport2/hi/athletics/3210876.stm>

Bicycle Victoria

[www.bv.com.au](http://www.bv.com.au)

Cancer Council Victoria (Anti-Cancer Council of Victoria)
[www.cancervic.org.au](http://www.cancervic.org.au)

Prevalence of Meeting Physical Activity Recommendations in Australian Secondary Students
[www.cancervic.org.au/downloads/cbrc\_research\_papers/Obesity\_research/Physical\_activity\_research\_memo\_NaSSDA.pdf](http://www.bbc.co.uk)

Centre for Disease Control
[www.cdc.gov](http://www.bbc.co.uk/science/humanbody)

Physical Activity Resources for Health Professionals
[www.cdc.gov/physicalactivity/professionals/index.html](http://www.pilates.com/BBAPP/V/pilates/origins-of-pilates.html)

Chronic Disease Prevention and Health Promotion
[www.cdc.gov/nccdphp](http://www.cdc.gov)

Champion Data
[www.championdata.com/](http://www.betterhealth.vic.gov.au)

Clearing House for Sport

[https://www.clearinghouseforsport.gov.au/](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-active-evidence.htm)

CSIRO
[www.csiro.com.au](http://www.abs.gov.au/ausstats/abs%40.nsf/mf/4156.0)

Coachesinfo.com
[www.coachesinfo.com/](http://www.cdc.gov/physicalactivity/professionals/index.html)

Cricket Australia
[www.cricket.com.au](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines)

Blogs and Diaries
<http://cricket.com.au/default.aspx?s=diaries-blogs>

Cricket Victoria – Blind cricket

[www.cricketvictoria.com.au/get-involved/blind-cricket](http://www.cricketvictoria.com.au/get-involved/blind-cricket)

Diabetes Australia (Vic)
[www.diabetesvic.org.au](http://www.diabetesvic.org.au)

Dieticians Association of Australia
[www.daa.asn.au/](http://www.daa.asn.au/)

Disability Sport and recreation

[www.dsr.org.au/?gclid=CP3Q74Xf6soCFQwjvQodWQAGdA](http://www.brianmac.co.uk/eval.htm?gclid=CP3Q74Xf6soCFQwjvQodWQAGdA)

Dr Greg Wells
[www.drgregwells.com/](http://www.brianmac.co.uk/pep.htm)

EliteTrack
[www.elitetrack.com/](http://www.physiotherapy.asn.au)

Exercise and Sports Science Australia

[www.essa.org.au](http://www.abs.gov.au)

Exercise Research Australia
[www.exerciseresearch.com.au/](http://sportsmedicine.about.com/)

ExRx Fitness Testing
[www.exrx.net/Testing.html](http://www.ausport.gov.au/ais/performance_support/strength_and_conditioning)

Find Thirty
[www.findthirty.com.au/](http://www.findthirty.com.au/)

Fitness Australia
[www.fitness.org.au](http://www.fitness.org.au)

Gatorade Sports Science Institute
[www.gssiweb.com/](http://www.gssiweb.com/)

Glycemic Index
[www.glycemicindex.com/](http://www.glycemicindex.com/)

Greatist
[www.greatist.com/](http://www.cancervic.org.au/downloads/cbrc_research_papers/Obesity_research/Physical_activity_research_memo_NaSSDA.pdf)

Complete Guide to Workout Nutrition
[www.greatist.com/health/the-complete-guide-to-workout-nutrition/](http://www.cdc.gov/nccdphp)

Can Caffeine Boost Exercise Endurance?
[www.greatist.com/fitness/caffeine-boosts-exercise-endurance/](http://www.championdata.com/)

Heart Foundation of Australia
[www.heartfoundation.org.au](https://www.clearinghouseforsport.gov.au/)

The Benefits of High Intensity Interval Training

[http://theconversation.com/video-the-benefits-of-high-intensity-workouts-26326?utm\_medium=email&utm\_campaign=Latest+from+The+Conversation+for+8+May+2014&utm\_content=Latest+from+The+Conversation+for+8+May+2014+CID\_d6af2402f605ca5d736d8491a69fab31&utm\_source=campaign\_monitor&utm\_term=VIDEO%20The%20benefits%20of%20high-intensity%20workouts](http://www.csiro.com.au?utm_medium=email&utm_campaign=Latest+from+The+Conversation+for+8+May+2014&utm_content=Latest+from+The+Conversation+for+8+May+2014+CID_d6af2402f605ca5d736d8491a69fab31&utm_source=campaign_monitor&utm_term=VIDEO%20The%20benefits%20of%20high-intensity%20workouts?utm_medium=email&utm_campaign=Latest+from+The+Conversation+for+8+May+2014&utm_content=Latest+from+The+Conversation+for+8+May+2014+CID_d6af2402f605ca5d736d8491a69fab31&utm_source=campaign_monitor&utm_term=VIDEO%20The%20benefits%20of%20high-intensity%20workouts)

How Stuff Works
[www.howstuffworks.com/](http://www.coachesinfo.com/)

Body Systems
[http://health.howstuffworks.com/human-body/systems](http://www.cricket.com.au)

How Exercise Works
<http://health.howstuffworks.com/wellness/diet-fitness/exercise/sports-physiology.htm>

Inner Body
[www.innerbody.com](http://www.innerbody.com)

Body Systems
[www.innerbody.com/htm/body.html](http://www.innerbody.com/htm/body.html)

International Association of Athletics Federation
[www.iaaf.org/](http://www.iaaf.org/)

International Council of Sport Sciences and Physical Education
[www.icsspe.org/](http://www.dsr.org.au/)

International Physical Activity Questionnaire
[https://sites.google.com/site/theipaq/](http://www.drgregwells.com/)

Likeagirl campaign

[https://www.youtube.com/watch?v=XjJQBjWYDTs](http://www.elitetrack.com/?v=XjJQBjWYDTs)

National Public Health Partnership
[www.nphp.gov.au](http://www.bikeworldnews.com/2011/01/18/bmc-tests-rider-power/)

Strategic Inter-Governmental Forum on Physical Activity and Health
[www.nphp.gov.au/workprog/sigpah/](http://www.exerciseresearch.com.au/)

National Sports Museum
[www.nsm.org.au](http://www.exrx.net/Testing.html)

New South Wales Government Department of Health
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

NSW Schools Physical Activity and Nutrition Survey (SPANS) 2010
<http://sydney.edu.au/medicine/public-health/prevention-research/pdf/SPANS_FullReport_2010.pdf>

New York Times – Steps to a better recovery
[www.nytimes.com/interactive/2008/05/30/sports/playmagazine/20080531\_RECOVERY\_GRAPHIC.html#step1](http://www.nytimes.com/interactive/2008/05/30/sports/playmagazine/20080531_RECOVERY_GRAPHIC.html#step1)

New Zealand Herald - Interview with Tyler Hamilton – drug use in cycling

<http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=11433116>

Nicholas Institute of Sports Medicine and Athletic Trauma
[www.nismat.org](http://www.greatist.com/)

Nutrition Australia
[www.nutritionaustralia.org/](http://www.greatist.com/health/the-complete-guide-to-workout-nutrition/)

Peak Centre for Human Performance
[www.peakcentre.ca/](http://www.greatist.com/fitness/caffeine-boosts-exercise-endurance/)

Peak Performance
[www.pponline.co.uk/](http://www.brianmac.co.uk/trnprin.htm)

Peak Performance Sports
[www.peaksports.com/](http://theconversation.com/video-the-benefits-of-high-intensity-workouts-26326)

Peak Phys Ed
[www.peakphysed.com.au](http://www.howstuffworks.com/)

PhysioRoom
[www.physioroom.com/](http://www.nutritionaustralia.org/)

Work Rate – Review of Training Methods Used in Association Football
[www.physioroom.com/research/training\_methods\_1.php](http://www.physioroom.com/research/training_methods_1.php)

Psych Web
[www.psywww.com/index.html](http://www.psywww.com/index.html)

Sport Psychology
[www.psywww.com/sports/index.htm](http://www.psywww.com/sports/index.htm)

PT Central
[www.ptcentral.com/](http://www.ptcentral.com/)

Muscles
[www.ptcentral.com/muscles/](http://www.icsspe.org/)

Real Body Work – anatomy game

[www.realbodywork.com/articles/game-muscles-1/](https://sites.google.com/site/theipaq/)

Real world physics of sport

[www.real-world-physics-problems.com/physics-of-sports.html](http://www.bikeworldnews.com/)

Runners World
[www.runnersworld.com](http://www.nphp.gov.au)

Smartplay
[www.smartplay.com.au](http://www.nphp.gov.au/workprog/sigpah/)

Sport and Recreation Victoria
[www.sport.vic.gov.au](http://www.nsm.org.au)

Sport England – Go where women are: engaging women and girls in sport and exercise

[www.sportengland.org/media/806351/gowherewomenare\_final\_01062015final.pdf](http://www.sportengland.org/media/806351/gowherewomenare_final_01062015final.pdf)

‘This girl can’ campaign

[www.thisgirlcan.co.uk/](http://www.thisgirlcan.co.uk/)

Sports Fitness Advisor
[www.sport-fitness-advisor.com/](http://www.nismat.org)

Exercise Physiology
[www.sport-fitness-advisor.com/exercise-physiology.html](http://www.physioroom.com/)

Sport Integrity Australia
[www.sportintegrity.gov.au/](https://www.sportintegrity.gov.au/)

[Education page](https://www.sportintegrity.gov.au/what-we-do/education)
[eLearning page](https://elearning.sportintegrity.gov.au/)
[Resource kit](https://www.sportintegrity.gov.au/sites/default/files/Sport%20Integrity%20Australia%20-%20Secondary%20Schools%20Resource%20Kit%20-%2029Oct2020%20-....pdf)

Sport Medicine Australia
[www.sma.org.au](http://www.sma.org.au)

SportScience
[www.sportsci.org/](http://www.sportsci.org/)

StrengthCoach.com
[www.sportspecific.com/](http://www.brianmac.co.uk/plan.htm)

The Lung Association
[www.lung.ca](http://www.pponline.co.uk/)

Inside the Human Body – The Respiratory System
[www.lung.ca/children/index\_kids.html](http://www.peaksports.com/)

The PE Geek
[http://thepegeek.com/](http://www.peakphysed.com.au)

Topend Sports
[www.topendsports.com/](http://www.sport-fitness-advisor.com/exercise-physiology.html)

Fitness Testing
[www.topendsports.com/testing/](http://www.topendsports.com/testing/)

United States National Physical Activity Plan
[www.physicalactivityplan.org/](http://www.physicalactivityplan.org/)

University of Illinois – Sports and Nutrition
<http://urbanext.illinois.edu/hsnut/>

University of Western Australia School of Biomedical, Biomolecular and Chemical Sciences
[www.biomedchem.uwa.edu.au/](http://www.biomedchem.uwa.edu.au/)

University of Wollongong Active Health
[www.activehealth.uow.edu.au](http://www.ptcentral.com/muscles/)

VicHealth
[www.vichealth.vic.gov.au](http://www.realbodywork.com/articles/game-muscles-1/)

Parental fear a barrier to kid’s physical activity
[www.vichealth.vic.gov.au/Media-Centre/Media-Releases-by-Topic/Physical-activity/Survey-shows-parental-fear-hinders-kids-physical-activity.aspx](http://www.real-world-physics-problems.com/physics-of-sports.html)

Physical Activity
[www.vichealth.vic.gov.au/en/Programs-and-Projects/Physical-Activity.aspx](http://www.runnersworld.com)

Victoria Police – Take the Fitness Test
[www.policecareer.vic.gov.au/police/apply/hints-and-tips](http://www.smartplay.com.au)

Victorian Department of Human Services
[www.dhs.vic.gov.au](http://www.activehealth.uow.edu.au)

Victorian Department of Planning and Community Development
[www.dpcd.vic.gov.au](http://www.athleticinsight.com/)

Victorian Institute of Sport
[www.vis.org.au](http://www.vis.org.au)

Victorian Olympic Council
<http://corporate.olympics.com.au/vic/>

VicSport
[www.vicsport.asn.au](http://www.vicsport.asn.au)

Western Australia Department of Education
[www.det.wa.edu.au/](http://www.sport-fitness-advisor.com/)

Active Transport Resource
[www.det.wa.edu.au/curriculumsupport/physicalactivity/detcms/navigation/teaching-and-learning-support/choose-active-transport--k-7-/?oid=Category-id-11385798](http://www.topendsports.com/?oid=Category-id-11385798)

World Anti-Doping Agency

[www.wada-ama.org/en/](http://www.sportspecific.com/)

World Health Organization
[www.who.int](http://www.lung.ca)

Global Recommendations on Diet, Physical activity and Health
[www.who.int/dietphysicalactivity/factsheet\_recommendations/en/index.html](http://www.lung.ca/children/index_kids.html)

Information and communications technology (ICT) and applications

Subject specific software

Dartfish
[www.dartfish.com.au](http://www.det.wa.edu.au/)

Kinovea
[www.kinovea.org/en/](http://aso.gov.au/education/)

The PE Geek Apps
<http://thepegeek.com/apps/>

Surveymonkey

[www.surveymonkey.com/](http://www.surveymonkey.com/)

Visualcoaching Pro
[www.visualcoaching.com](http://www.visualcoaching.com)

Webbsoft Technologies
[www.webbsoft.biz](http://www.webbsoft.biz)

Sound, images and video

Australian Screen

[http://aso.gov.au/education/](http://www.dhs.vic.gov.au)

Australian Sports Commission

[www.ausport.gov.au/](http://www.vichealth.vic.gov.au)

Innovations in Medical Education Video Library
[http://videos.med.wisc.edu/videos/recent/](http://www.vichealth.vic.gov.au/Media-Centre/Media-Releases-by-Topic/Physical-activity/Survey-shows-parental-fear-hinders-kids-physical-activity.aspx)

Social Ecological Model

<http://videos.med.wisc.edu/videoInfo.php?videoid=5742>

SBS Sports View Podcasting
[www.sbs.com.au/podcasts/sport/](http://www.vichealth.vic.gov.au/en/Programs-and-Projects/Physical-Activity.aspx)

You Tube
[www.youtube.com](http://biology.about.com/od/biologylabhowtos/ht/lungmodel.htm)

23 and ½ hours: what is the single best thing we can do for our health?
[www.youtube.com/watch?v=aUaInS6HIGo&feature=youtu.be](http://www.ausport.gov.au/?v=aUaInS6HIGo&feature=youtu.be)

Dem bones you tube clip

[www.youtube.com/watch?v=cLi55MV04a8](http://videos.med.wisc.edu/videos/recent/?v=cLi55MV04a8)

Loyola Women’s Lacrosse – Jen Adams Mic’d Up
[www.youtube.com/watch?v=joh03fn-06g&playnext=1&list=PL38211797FD9ED17B](http://www.sbs.com.au/podcasts/sport/?v=joh03fn-06g&playnext=1&list=PL38211797FD9ED17B)

NZ coach approach – Coaching Styles
[www.youtube.com/watch?v=xQi\_i-YqkQQ](http://www.youtube.com?v=xQi_i-YqkQQ?v=xQi_i-YqkQQ)

Out of Control – Coach’s Curse
[www.youtube.com/watch?v=-k2SXcnkNtM](http://www.kinovea.org/en/?v=-k2SXcnkNtM)

Race Food Wrap Up with Dr Allen Lim
[www.youtube.com/watch?v=bcjhlpv4wWk](http://www.youtube.com/watch?v=bcjhlpv4wWk)

What’s for Dinner with Allen Lim
[www.youtube.com/watch?v=VoiH8Y-yLgw](http://www.youtube.com/watch?v=VoiH8Y-yLgw)