

Resources for a “Teaching Fitness Education” class.

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Books

Ayers, S. & Sariscsany, M. J. (2011). **Physical Education for Lifelong Fitness**. Champaign, IL: Human Kinetics.

Borsdorf, L. L. & Boeyink, L. A. (eds.). (2011).). **Physical Best Activity Guide: Elementary School Levels**. (3rd ed.). Champaign, IL: Human Kinetics.

Carpenter, J. & Sinclair, C. (eds.). (2011). **Physical Best Activity Guide: Middle and High School Levels**. (3rd ed.). Champaign, IL: Human Kinetics.

Corbin, C. B., & Le Masurier, G. C. (2014). ***Fitness for Life (6e)***. Champaign, IL: Human Kinetics.

Corbin, C. B. et al. (2010). ***Fitness for Life: Elementary School***. Champaign, IL: Human Kinetics, nine books with DVDs.

Corbin, C. B., Le Masurier, G. C., & Lambdin, D. D. (2007). ***Fitness for Life: Middle School***. Champaign, IL: Human Kinetics.

Corbin, C. B., & Le Masurier, G. C. (2014). ***Fitness for Life (6e)***. Champaign, IL: Human Kinetics.

Meredith, M. D. & Welk, G. J. (eds.). (2010). **Fitnessgram & Activitygram Test Administration Manual-Updated 4th ed.** Champaign, IL: Human Kinetics.

Online Resources

Le Masurier, G. C., McConnell (2014). **Teacher Web Resource for *Fitness for Life (6e)***. Champaign, IL: Human Kinetics.

Online Resources (free)

www.fitnessforlife.org

Fitness for Life Program Foundations (all K-12 programs)

- Theoretical Basis. <http://www.fitnessforlife.org/theoretical-basis>
- Evidence Based Research. <http://www.fitnessforlife.org/evidence-based-research>
- Journal Articles. <http://www.fitnessforlife.org/journal-articles>
- K-12 articulation. <http://www.fitnessforlife.org/fitness-for-life-k-12-articulation>
- Making a Case Videos. <http://www.fitnessforlife.org/making-the-case-for-fitness-for-life>

Fitness for Life Elementary School (K-6)

- Program Description. <http://www.fitnessforlife.org/elementary-school-table-of-contents>

- Sample of Classroom Exercise Videos, Signs, Worksheets, Newsletters. <http://www.fitnessforlife.org/classroom-teacher-resources>
- Teacher Training Webinar. <http://www.fitnessforlife.org/elementary-program-teacher-resources>

Fitness for Life Middle School (6-8)

- Program Description. <http://www.fitnessforlife.org/middle-school-program-description>
Student Resources, Web Icon Topics. <http://www.fitnessforlife.org/middleschool>
- Teacher Training Webinar and Reinforcement Online Games. <http://www.fitnessforlife.org/middle-school-teacher-resources>
- Ask the Authors.

Fitness for Life 6e (9-12)

- Program Description. <http://www.fitnessforlife.org/high-school-program-description>
- Flyer. www.fitnessforlife.org/AcuCustom/Sitename/DAM/119/Fitness_for_Life_Title_Sheet1.pdf?virtual=1
- Student Resources, Web Icon Topics. <http://courses.humankinetics.com/shell.cfm?siteCourseID=738>
- Webinars. <http://www.fitnessforlife.org/high-school-sixth-edition-teacher-resources>
 - Fitness Education for PETE Webinar
 - FFL Instructor Training Webinar 1.
 - FFL Instructor Training Webinar 2.
 - Le Masurier Keynote to National PE Institute
- Fitness for Life 6e Teacher Resources. <http://www.fitnessforlife.org/high-school-sixth-edition-teacher-resources>
- FFL Frequently Asked Questions. <http://www.fitnessforlife.org/fitness-for-life-faqs>

President's Youth Fitness Program

<http://www.pyfp.org/assessment/free-materials.shtml>

- Test Administration Manual
- Adapted Test Administration Manual (Brockport)
- Parent Resource Guide
- FITNESSGRAM/ACTIVITYGRAM® Reference Guide (4th edition)
- FITNESSGRAM® conversion tables.

FITNESSGRAM/ACTIVITYGRAM® Resources.

- FITNESSGRAM/ACTIVITYGRAM® Reference Guide (4th edition), Free online. <http://www.cooperinstitute.org/vault/2440/web/files/662.pdf>
- FITNESSGRAM® 10 SOFTWARE, <http://www.fitnessgram.net/fitnessgram-10>
- FITNESSGRAM/ACTIVITYGRAM® Test Administration Course (updated 4th ed.), free online. <http://courses.humankinetics.com/splash.cfm?courseID=653&custnum=D2A1EA2E1745F558>