

FITNESS & HEALTH PROMOTION RECREATION & LEISURE SERVICES



LIBRARY RESOURCES

BOOKS

ACSM's exercise management for persons with chronic diseases and disabilities	RM 725 .A3 2009
ACSM's worksite health handbook: a guide to building healthy and productive...	RC 969 .H43 A825 2009
Anatomy of exercise: [a trainer's inside guide to your workout]	GV 461.M36 2008
Complete nutrition guide for women: staying healthy with diet	RA 778.B4135 2010
Developing effective physical activity programs	GV 481 .D46 2009
Diabetic athlete's handbook	RC 660 .C4747 2009
Effective functional progressions in sport rehabilitation	RD 97 .E45 2009
The end of overeating: taking control of the insatiable American appetite	QP 141.K48 2009b
Exercise and wellness for older adults: practical programming strategies	GV 482.6.V36 2010
Group dynamics in recreation and leisure	GV 14.45 .O36 2009
Health fitness management: a comprehensive resource for managing and operating...	GV 428.5 .H43 2008
Inclusion in physical education: fitness, motor, and social skills for students of all abilities	GV 445 .R69 2009
Nutrition: concepts and controversies	QP 141.S52812 2009
Outdoor medical emergency handbook: first aid for travelers, backpackers, adventurers	RC 88.9.O95 B748 2009
Recreation services: law and risk management	KE 3788 .R63 2009
Sport First Aid	RD 97 .F525 2008
Strategic customer service: managing the customer experience to increase ...	HF 5415.5.G672 2009
Vegetarian sports nutrition	TX 361.A8 L37 2007
Wheelchair sport: a complete guide for athletes, coaches, and teachers	GV 709.3.G66 2010
Youth strength training: programs for health, fitness, and sport	RJ 133.F35 2009

JOURNALS

Adapted Physical Activity Quarterly
Applied Physiology, Nutrition & Metabolism
Cycle Canada
Golf Digest
Hockey News
Journal of Athletic Training
Journal of Leisure Research
Leisure (Can. Association for Leisure Studies)

Muscle & Fitness
Physiotherapy Canada
Prevention Magazine
Research Quarterly for Exercise and Sport
Runner's World
Ski Canada
Sports Illustrated
Therapeutic Recreation Journal

AUDIO VISUAL PROGRAMS

Art of Listening
Hyper Parents & coddled kids
Lost adventures of childhood
Overweight and obese: why are we getting so fat?
We are the Ones
XS Stress : Teens Take Control

BF 323.L5.A772 2007
HQ 755.8.H97 2010
HQ 782 .L678 2009
RC628.O9285 2006
Vdisc #131 (2007)
BF 724.3 S86 X772 2004

RECOMMENDED WEB SITES

Canadian Centre for Ethics in Sport
Canadian Fitness & Lifestyle Research Institute
Canadian Heritage – Sport Canada
Health Canada
Ontario Fitness Council
Statistics Canada
World Leisure & Recreation Association

www.cces.ca
www.cflri.ca
<http://www.pch.gc.ca/sportcanada/index-eng.cfm>
www.hc-sc.gc.ca
www.ofc-fpao.com
www.statcan.gc.ca
www.worldleisure.org

E-LAWS

www.e-laws.gov.on.ca

Current consolidated versions of most of the Ontario's public statutes and regulations, updated within 10 business days of the enactment of a new law or the amendment of an existing law. Included are links to bills which have been introduced for debate in the Legislative Assembly of Ontario.

ONLINE DATABASES

The library website www.loyalistlibrary.com provides students and staff electronic databases to research articles from journals and newspapers. Your student/library number will be required to sign in to our databases off campus.

RefWorks

RefWorks is web-based software that allows you to create a personal database of the references you've used for your research. It will also allow you to format papers, and generate bibliographies in standard output styles such as APA, MLA, and others. To create a free RefWorks account visit www.loyalistlibrary.com and click on the RefWorks link.