

Knowledge Books and Software

Health and Physical Education Newsletter

Indigenous Sports and Communities

Family and Communities

Up to date cross-curricular content is included in this new book.

This book looks at the indigenous concepts of family relations and concepts such as kinship. The responsibilities and obligations that these relationships bring with them are treated from an indigenous perspective.

Product Code: P036

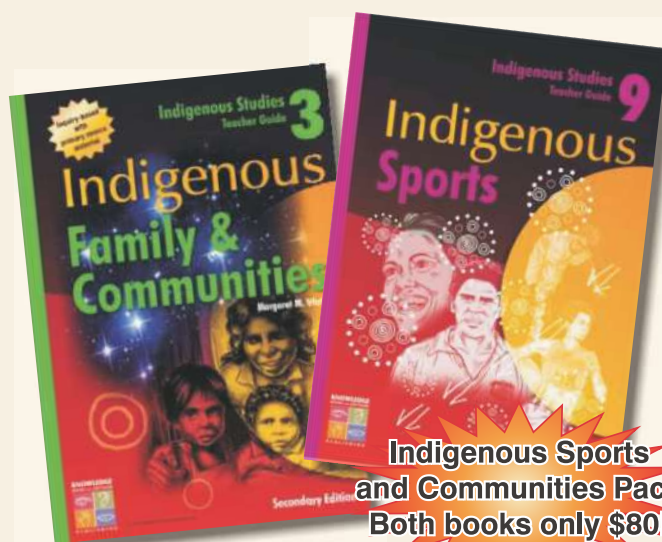
Price: **\$46.95**

Sports Biographies

Australians love their sport both playing it and watching it. In this unique book many of the different indigenous sportsman and sportswomen are highlighted.

Product Code: PE023

Price: **\$46.95**



Sports Science Series



Managing Soft Tissue Injuries Bruise Busting

Most athletes and people in general, have very little idea on how to manage soft tissue injuries. Incorrectly treated, a simple sprained ankle, torn muscle or painful back can cause months or even years of painful concern that will not only hinder optimum sporting performance but can cause significant deterioration in the quality of life. One of the purposes of this book is to demonstrate to the patient how effective home treatments of heat or ice can be.

Product Code PE019

Price **\$56.95**

Strengthening for Sport

This is an excellent manual for those who require the knowledge for different sports to strengthen the different muscles in your body. Particularly useful to those schools who have access to gyms and require the how to steps instruction.

Product Code PE 018

Price **\$56.95**

Drugs in Sport Workbook

This book examines the problem of performance enhancing and recreational drugs used by athletes. Both the short and long-term effects and risks are examined and explained in this book. The diagrams and illustrations complement the easy to use text making this an essential resource.

Product code: PE010

Price: **\$56.95**

Sports Injuries Workbook Anatomy, Types Management and Prevention of Injuries

The content covers anatomy: muscles, bones and anatomical position; soft tissue and bones: skin, muscle, tendons, ligaments, joints and cartilage, fascia, bursa and nerves. The text examines common sports injuries - elbow, lower leg, knee, shoulder, wrist, neck and groin. Further sections look at high risk sports, injury management and strategies for injury prevention in sport.

Product code PE009

Price **\$56.**

Personal Development

Bullying

This book identifies and selects strategies that enhance student's ability to cope and feel supported. The book has two major aims: to increase awareness of bullying for both educators and students. Verbal bullying and indirect bullying and all their subtle elements are discussed and exercises are presented as to how these can be remedied.

Product Code P 010

Price \$56.95

Life Moves

This book identifies a sense of self and describes and analyses the influences on a sense of self. The series of self-assessment exercises in Life Moves helps the reader define personal success by making them think about what it is they want - and don't want - out of life. These exercises also make you appreciate more the strengths and weaknesses in your own, and others', personalities. Along the way you will get to know yourself (and others) better than ever before and learn how to make the moves that will create happiness and success for you.

Product Code P024

Price \$56.95

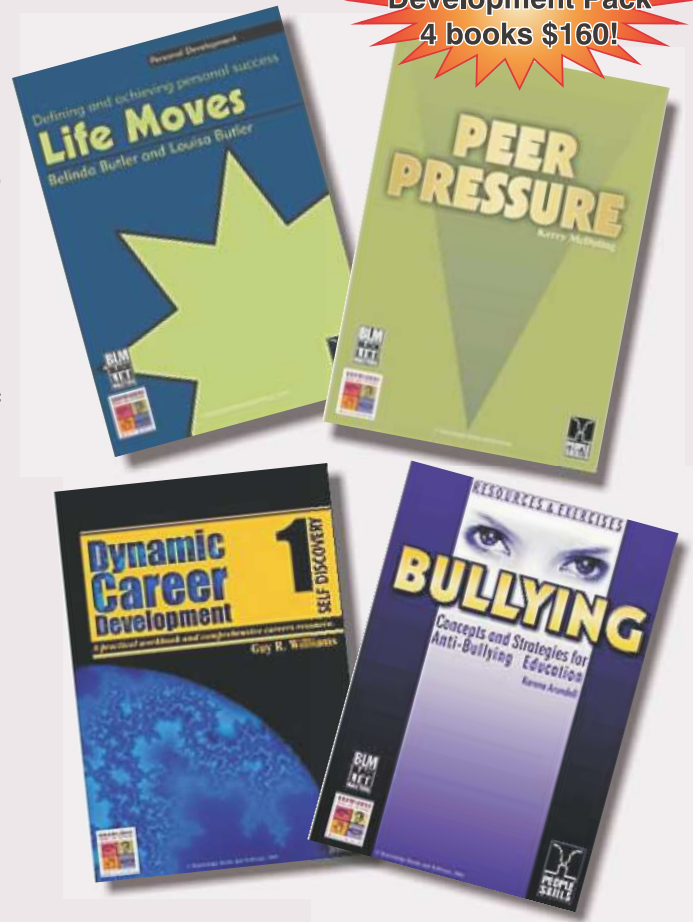
Peer Pressure

The purpose of this book is to equip students with the skills of judgment needed for deciding which behaviours and attitudes to adopt, and the courage to say 'no' to behaviour they do not find acceptable. The problem is, it is difficult, and often just impossible, to say 'no' when confronted with a peer group because the perceived consequences are often worse than simply giving in.

Product Code P425

Price \$56.95

Personal Development Pack
4 books \$160!



Self-Discovery

Product Code P015

This book looks at self-development with an innovative and creative attitude. It includes case studies and easily applied exercises that encourage the development of goals. This book includes strategies for defining your dream and setting goals.

Price \$44.00

Better Health with Nutrition & Diet

POOR NUTRITION

Poor nutrition is a leading cause of illness and death. It is the result of eating too much of the wrong foods, or not enough of the right ones. This can lead to a variety of health problems, including obesity, heart disease, diabetes, and cancer. Poor nutrition can also affect your mood and energy levels.



WHAT IS GOOD NUTRITION?

Good nutrition is the result of eating a variety of foods in the right amounts. It includes:

- **Carbohydrates:** These provide energy for your body.
- **Proteins:** These help build and repair your body.
- **Fats:** These help absorb vitamins and keep your skin healthy.
- **Vitamins and Minerals:** These help your body function properly.

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ACTIVITY SHEET

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Pharmacokinetics

1. The following diagrams below will help you to understand the pharmacokinetics of drugs. What are they?

2. Place the pharmacokinetics terms from Question 1 next to the appropriate description. The correct answer is under the diagram. What are they?

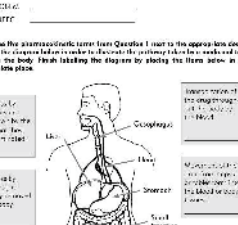


Figure 1: The Pharmacokinetics of Drugs

The diagram shows the path of a drug from ingestion to excretion. The drug enters the body through the mouth, travels through the stomach and small intestine, and is absorbed into the bloodstream. It then travels through the liver and kidneys, and is eventually excreted from the body through the urine or feces.

Diet and Nutrition

SNACK PACK SPECIAL
3 books \$132!



Healthy Food Habits

This new book provides an outline as to how students can identify healthy food habits and nutritional requirements. It recognizes the cultural and social influences on food choices. Students can also view case studies describing the short term and long term effects of tobacco, alcohol and cannabis.

Product Code HEC88

Price \$56.95

Diet and Nutrition

Diet and Nutrition encourages students to examine their different nutritional requirements and assess their dietary intake. Using examples from their daily lives, students can quickly gain an understanding of the importance of ensuring their diet is able to supply their daily energy requirements.

Product Code HEC 77

Price \$56.95

Better Health

with Good Food and Personal Development

This is an exciting new book encouraging students to identify what is good nutrition and what is poor nutrition. It looks in detail at nutritional requirements for different age groups, and different sports, different methods of food preparation and meal planning. All the food groups are included and handy experiments to identify various foods make this an excellent resource for those who want a fun approach to learning about food.

Product Code HEC84

Price \$56.95

Sports Science DVD Series

Basic Strapping DVD

Correct strapping provides support that greatly lessens the chance of aggravating an existing injury or of receiving a new one. In this comprehensive introduction to strapping all major support areas are considered. Norm Covich explains the mechanics behind, and the methods of strapping the wrist, ankle, thumb, knee, elbow and shoulder.

Product Code PE 012

Price \$82.50



Sports Science DVD Pack
3 DVDS \$199!

Warm-ups DVD

A proper warm up before any sporting activity is essential for reducing injury risk and optimising performance. Unfortunately, many athletes do not complete a satisfactory warm-up and are putting themselves at serious risk of injury. Major routines are demonstrated and explained to prepare legs, arms, torso, back and neck for the strain of vigorous sporting activity. This includes both general warm up routines and specific exercises to target individual areas.

Product code PE 002

Price \$82.50

What Colour is Your Sports Drink? DVD

Essential viewing for any sports coaches, teachers, students and sports people who are interested in their general well-being whilst playing sport. Presented by Associate Professor William George Young, considers the type of formulated sports drinks available commercially. 'What Colour is Your Sports Drink?' is divided into the following sections: About water; sugars and carbohydrate drinks; acid drinks and gels; acid sports drinks and teeth and minerals are explained! The use of caffeine in sports drinks is outlined!

Product Code PE010

Price \$82.50

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