

# APPENDIX H

## ADAPTED PHYSICAL EDUCATION PUBLICATION

## ADAPTED PHYSICAL EDUCATION RESOURCES

(The \* items are particularly good resources for community college students in the adapted physical education setting.)

\*Allen, Lynn, SGMA. **Active Older Adults: Ideas for Action.** 1999 *ISBN: 073600128X*

\*American College of Sports Medicine. **Exercise Management for Persons with Chronic Diseases and Disabilities.** 1997 Human Kinetics: Champaign, Illinois. *ISBN: 873227980*

\*American Council on Exercise. **Exercise for Older Adults.** 1998. *ISBN: 088011942X*

Auxter, David and Pfyer, Jean. **Principles and Methods of Adapted Physical Education and Recreation, 8th edition.** Mosby-Year Book. 1996. *ISBN: 0815108915*

\*Daniels, Dianne. **Exercises for osteoporosis: over 100 exercises to improve strength, balance, and flexibility.** Hatherleigh Press: New York. 2000.

\*DePauw, Karen and Gavron, Susan. **Disability and Sport.** Human Kinetics: Champaign, Illinois. 1995 *ISBN: 0873228480*

Dunn, John M. **Special Physical Education : Adapted, Individualized, Developmental** 7th edition. McGraw-Hill Companies. 1996. *ISBN: 0072505265*

Eichstaedt, Carl B., Kalakian, Leonard H., Castel, Ann (Editor), Molly Kyle (Editor).  
**Developmental/Adapted Physical Education: Making Ability Count .**  
Simon & Schuster Trade. 1993. *ISBN: 0023317019*

Eichstaedt, Carl and Lavay, Barry. **Physical Activity for Individuals With Mental Retardation: Infancy Through Adulthood.** Human Kinetics: Champaign: Illinois 1992. *ISBN: 0873223616*

\*Gordon, Neil. **Diabetes: Your Complete Exercise Guide.** The Cooper Clinic and Research Institute Fitness Series. Human Kinetics Press: Champaign, Illinois. 1993. *ISBN: 0873224272*

\*Gordon, Neil. **Arthritis: Your Complete Exercise Guide.** The Cooper Clinic and Research Institute Fitness Series. Human Kinetics Press: Champaign, Illinois. 1993. *ISBN: 0873224272*

\*Gordon, Neil. **Stroke: Your Complete Exercise Guide.** The Cooper Clinic and Research Institute Fitness Series. Human Kinetics Press: Champaign, Illinois. 1996. *ASIN: 0873224280*

\*Jemmett, Rick. **Spinal Stabilization: The New Science of Back Pain.** RMJ Fitness & Rehabilitation Consultants. 2001 *ISBN: 096887150X*

\*Kisner, Carolyn, and Colby, Lynn Allen. **Therapeutic Exercise: Foundations and Techniques.** Davis F A Publishers. 1996. *ISBN: 0803600380*

\*Lasko-McCarthy, Peggy and Knopf, Karl G.. **Adapted Physical Education for Adults with Disabilities,** 3' edition. Eddie Bowers Publishing Company, Incorporated. 1992. *ISBN: 0945483139*

\*Lepore, Monica, Gayle, G. , Stevens, S. **Adapted Aquatics Programming: A Professional Guide.** 1998. Human Kinetics: Champaign Illinois. *ISBN: 0880116951*

\*Lockette, Kevin F., Keyes, Ann M. **Conditioning with Physical Disabilities.** 1994. Human Kinetics: Champaign Illinois. *ISBN. 0873226143*

\*Miller, Patricia. **Fitness Programming and Physical Disability.** National Handicapped Sports. 1995. *ISBN: 0873224345*

\*Muse, Mark, LeFew, Bruce, and Shafiei, M.. **Exercise for the chronic pain patient.** Mouvement Publ: New York. 1984.

Osness, Wayne H. (Editor). **Exercise and Fitness for the Older Adult.** Amer Alliance for Health Physical: 1998. *ISBN: 0787210048*

\*Pollack, Michael L. **Exercise in health and disease: evaluation and prescription and rehabilitation.** W.B. Saunders: Philadelphia, 1984.

Sherrill, Claudine. **Adapted Physical Activity, Recreation and Sport,** 4th edition.

Brown & Benchmark. 1996. *ISBN: 069738831X*

Sherrill, Claudine. **Adapted Physical Activity, Recreation and Sport: Cross Disciplinary and Lifespan 5<sup>th</sup> ed.**, Brown & Benchmark. 1997. *ISBN: 0697258874*

\*Van Norman, Kay. **Exercise Programming for Older Adults.** 1995. *ISBN: 0873226577*

\*Westcott, Wayne and Baechle, Thomas. **Strength Training for Seniors: IG for Developing Safe & Effective Programs.** Human Kinetics: Champaign: Illinois. 1999. *ISBN: 0873229525*

Winnick, Joseph. **Adapted Physical Education and Sport-3rd.** Human Kinetics: Champaign, Illinois. 2000. *ISBN: 0736033246*