

PHYSICAL EDUCATION MEDIAGRAPHY

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Updated 08/2005

CHOLESTEROL AND HEART DISEASE

1 videocassette. VHS. 30 min. 1988.

Discusses controlling your cholesterol to prevent heart disease.

616.12 C547an

FIT OR FAT FOR THE 90'S

1 videocassette. VHS. 77min. 1991.

Translating the complex mechanisms of muscle chemistry and fat metabolism into terms the average person can understand, Covert Bailey shows how the right combination of diet and exercise can bring about permanent weight loss and contribute to physical fitness.

613.71 F544o

FITNESS AND THE ATHLETIC EXPERIENCE: WITH DR. GEORGE A. SHEEHAN

1 videocassette. VHS. 52 min. 1986.

Dr. Sheehan and other professionals confirm that fitness does lead to an increase in self-esteem, higher confidence levels, reduced strain, and a more satisfying and productive life.

613.7 F546an

IMPROVE YOUR GOLF GAME

1 videocassette. 51 min. 1985.

Pro golfer Billy Casper demonstrates the fundamentals of good golf from the grip to the swing. Slow motion and stop action photography help the viewer to see how to hit the ball with every club. All aspects of the game are covered for a complete golf lesson.

796.352 G625L

AN INTRODUCTION TO TAI CHI CHUAN

1 videocassette. VHS. 120 min. 1989.

Contains demonstrations of the Tai chi Yang short form training and exercise.

613.7 T129c

THE LIBRARY OF NUTRITION & CANCER

4 videocassettes. VHS. 89 min. 1995-1997.

This is a scientific yet easy-to-grasp program that explains what cancer is, how it spreads and how nutrients work to prevent and reverse the progress of cancer.

616.994 L687o

A MATTER OF FAT

1 videocassette. VHS. 26 min. 1988.

Examines the biochemical and genetic explanations for obesity, the "seesaw" relationship between dieting and regaining weight lost, and the "set point" theory. Also shows ongoing research into the biochemistry of weight gain.

616.398 M435o

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OLYMPIA

2 videocassettes. VHS. 215 min. 1984.

Highlights of the 1936 Olympic Games, held in Berlin, Germany.

791.4372 O53aa**PASS PROTECTION: FUNDAMENTALS AND BLITZ/STUNT PICKUP WITH DAN YOUNG**

1 videocassette. VHS. 42 min. 1996.

This video gives the viewer everything from the individual responsibilities of blitzes to off-season drills. The drills are the mirror, reaction, balance, hand position, and counter.

796.332 P285p**RUNNING GAME FUNDAMENTALS FOR THE OFFENSIVE LINE WITH MILT TENOPIR**

1 videocassette. VHS. 45 min. 1996.

This video will teach you the footwork to get in position to block. The lock-on, the pin, the double team, the combo, and chip and seal blocks are all demonstrated on field. The techniques shown are pull, trap and influence trap.

796.332 R943g**THE WAY OF T'AI CHI CH'UAN: GENTLE EXERCISE FOR HEALTH AND INNER PEACE**

1 videocassette. VHS. 60 min. 1986.

An uplifting instructional video of Yang style T'ai chi ch'uan for beginning and advanced students of all ages. A complete exercise program from ancient China, gentle yet strengthens the cardiovascular system, muscles, and joints.

613.7 W357o**WHEN WE WERE KINGS**

1 videocassette. VHS. 94 min. 1997.

A remarkable look at the true story of the Rumble in the Jungle, a monumental Muhammad Ali-George Foreman fight that remains a moment in history. The video offers a ringside seat to witness every breath and drop of sweat between two all-time heavyweight champions.

796.83 W567w