

UNLV LIBRARY
MEDIA RESOURCES CATALOG
**HEALTH, PHYSICAL EDUCATION, &
RECREATION**
Summer 2009

Access for all People - A Major Issue for the 1990s.

NRPA (1990)

Describes how new legislation, and social, demographic, economic and environmental factors will affect the way park managers address the issue in the 90s.

Video Cassette (1 hr. 59 min.)

GV 183.5 A33

The ADA: Implications for Change Recreation & Park Agencies.

NRPA (1991)

Discusses the impact of ADA on recreation program planning and facility design and maintenance.

Video Cassette (1 hr. 44 min.)

GV 183.5 A34

Adaptive Equipment.

RTV (1996)

Explores types of adaptive equipment that are available and items that can be made by recreation therapists.

Video Cassette (22 min.)

RM 736.7 A33

All Fit.

Human Kinetics (1987)

Vol. 1: Lifetime fitness, cardiorespiratory fitness, strength & endurance, flexibility, body composition.

Vol. 2: Fitness, training principles, warm-up/cool down, speed & power, coordination & agility.

Vol. 3: all fit workout, body design, balance, posture, stress & relaxation.

3 Video Cassettes (3 hr. 35 min.)

Guide (46 p.)

RA 781 A54 vol. 1-3

Anabolic Steroids: Quest for Superman.

Human Relations Media (1990)

Defines anabolic steroids and presents a brief history of their use among athletes past and present. Interviews physicians, athletes, and those involved in preventing steroid abuse.

Video Cassette (29 min.)

Guide (23 p.)

RC 1230 A48

The Ancient Olympics Athletes, Games & Heroes.

IMS (1996)

Dr. David Gilman Romano's lecture presents a multi-faceted view of the heroes of ancient times.

Video Cassette (55 min.)

GV 23 A52

Arches National Park: Windows in Stone.

Finley Holiday Films (1990)

Explores the scenery and history of Arches National Park.

Video Cassette (30 min.)

F 832 A7 A72

Athletes & Addiction: It's Not a Game.

MTI/Film & Video (1990)

Portrays a realistic picture that explains why the constant pressure to perform can cause athletes to succumb to the lure of alcohol and drugs. Recovering athlete addicts and alcoholics talk about their struggles with substance abuse and viewers glimpse life in a treatment center.

Video Cassette (55 min.)

Discussion Guide (8 p.)

HV 5801A84

Athletics and Academics: An Uneasy Alliance.

PBS (1992)

Features a 15 member panel of college coaches, university presidents, sports journalists and others in a spirited dialogue about the role of big money college sports on campuses and the effect it has on academics and standards.

Video Cassette (1 hr. 30 min.)

GV 351 A73

Athletics and Statistics.

Films for the Humanities (1996)

Shows the statistical methods that are currently used to find the world's top athlete and questions whether the statistics provide a fair test. Illustrates standardization, principle components analysis, and Mahalanobis distances.

Video Cassette (25 min.)

GV 741 A77

Badminton by Jim Poole.

Champions on Film & Video

pt. 1. The serve, overhead forehand and backhand strokes.

pt. 2. Underhand net strokes, drives, around the head strokes and footwork.

Video Cassette (14 min.)

GV1007 .B22

Baseball.

PBS Video (1994)

1. Our Game: The 1840s to 1900.

Tells the story of the origins of the game. Introduces the first baseball magnate, explores the game's first gambling scandal, and shows attempts by women to play the game. (63 min.)

2. Bottom of the First Inning.

Traces the rise of baseball, from a gentleman's hobby to a national sport played and watched by millions. Viewers meet Michael "King" Kelly, Cap Anson, Denton T. "Cy" Young, and John McGraw. (50 min.)

3. Something Like a War: 1900-1910. Baseball divided into two and succeeded beyond anyone's wildest dreams. Early giants of the game: Christy Mathewson and John McGraw. (50 min.)

4. Bottom of the Second Inning.

The major leagues saw some of the most extraordinary players: Walter Johnson and Ty Cobb. Cobb and Wagner met in the 1909 World Series. (54 min.)

5. The Faith of Fifty Million People: 1910-1920. Players from small town America and immigrant men filled the rosters. Baseball moved into new stadiums in Boston and Brooklyn. Features the 1912 World Series.

Baseball (con't)**6. Bottom of the Third Inning: 1910**

1920. Teams were created in factories and companies across America. Many players went off to war. Eight members of the Chicago White Sox took money to throw the 1919 World Series. (65 min.)

7. A National Heirloom: 1920-1930.

The early twenties saw baseball transformed into a game of power hitters. None was more important than Babe Ruth. In 1921, the first major league game was broadcast on radio. The Negro National League was formed. (55 min.)

8. Bottom of the Fourth Inning: 1920-1930. Negro League teams traveled throughout the country. Branch Rickey developed baseball's first farm system. The New York Yankees established their legendary invincibility. Lou Gehrig made his debut. (59 min.)

9. Shadow Ball: 1930-1940. As baseball struggled through the Depression, owners struggled to adapt, introducing night baseball, the first All-Star game, and the Hall of Fame. The Negro Leagues thrived in the shadow of the all-white leagues. (78 min.)

10. Bottom of the Fifth Inning: 1930-1940. Babe Ruth's fading career gave way to rising stars Joe DiMaggio, Hank Greenberg, and Bob Feller. Satchel Paige pitched to Josh Gibson, "the black Babe Ruth", in the Negro League World Series. (45 min.)

11. The National Pastime: 1940-1950. Focuses on the season of 1941, when DiMaggio hit in 56 straight games, Ted Williams became the last man to bat .400, and the Brooklyn Dodgers won their first pennant in 20 years. (65 min.)

12. Bottom of the Sixth Inning: 1940-1950. Branch Rickey integrated the major leagues on April 15, 1947. (83 min.)

13. The Capital of Baseball: 1950-1960. Focuses on the glorious heyday of New York City baseball, where for 10 years, a local team always played in the World Series and usually won. (89 min.)

14. Bottom of the Seventh Inning: 1950-1960. In the mid 1950s baseball was at its zenith. Jackie Robinson and Roy Campanella led the Brooklyn Dodgers to their first World Series win. Two years later the team moved to a new city 3000 miles away. (42 min.)

Baseball. (con't)

PBS Video (1994)

15. A Whole New Ballgame: 1960-1970. The beginning of the end of the New York Yankees' dynasty. Roger Maris broke Babe Ruth's record by hitting 61 home runs. Sandy Koufax dominated most of the decade. Casey Stengel managed the New York Mets. (56 min.)

16. Bottom of the Eighth Inning: 1960-1970. In 1967, Carl Yastrzemski led the Red Sox to the pennant race. Bob Gibson dominated pitching with the Cardinals. The first successful attempt by the players to organize a union. Curt Flood's attempt to escape the reserve clause was doomed to failure. (58 min.)

17. 1970- The Present. Great performances by Brooks Robinson, Roberto Clemente, and Hank Aaron. Game six of the 1975 World Series reawakened the country's love for the game. (87 min.)

18. Bottom of the Ninth Inning: 1970-Present. Free agency threatened America's affection for the game. However, baseball became more competitive than ever. Ten different teams won the World Series in a ten year period. Ends with a retrospective of the game and its place in American history. (58 min.)

18 Video Cassettes

Research Supplement (98 p.)

Index (80 p.)

Planning Book (70 p.)

Handouts

GV 863 A1 B366 vol. 1-18

Badminton Canada: Skills Award Program.

Canadian Sport & Fitness Centre (1991)

Video Cassette (39 min.)

GV 1007 C35

The Blue Ridge Parkway Video Guide.

Pearlman Audio & Video (1989)

Spans the parkway's full length beginning in Waynesboro, Va. and ending in North Carolina at the Oconaluftee Visitors' Center and the entrance to the Great Smoky Mountains National Park.

Video Cassette (43 min.)

F 217 B6 B58

Body Addicts.

Filmakers Library

Shows why some people are so driven that exercise becomes a harmful addiction.

Video Cassette (28 min.)

RC 569.5 E94 B63

A Body to Die For : The Aaron Henry Story.

Ambrose Video Publishing (1994)

Based on high school football player, Aaron Henry's true story concerning his involvement with steroid use. Chronicles the physical and mental effects of steroids upon an athlete and teaches that steroid use is ultimately harmful.

Video Cassette (34 min.)

Guide (6 p.)

RC1230 .B63 1994

Brief Contact Interventions in Sport Psychology.

Virtual Brands (2002)

Gives examples of brief, not scheduled counseling sessions with athletes to help the athlete get back to pre-crisis equilibrium or to interrupt a period of non-productive thinking. Includes analysis of the sessions by psychologists.

Video Cassette (46 min.)

GV706.4 .B75 2002

Bryce, Zion and the North Rim of the Grand Canyon.

Finley Holiday Films (1989)

Video Cassette (45 min.)

F 832 B9 B78

A Budding Champion.

Films for the Humanities (1992)

The qualities that enable a youngster to excel at sports are often the same ones that enable him or her to do well academically. At 14, Mark is an outstanding prospect for Britain's Olympic squad. Follows his attempt to win his first national title -- a challenge that calls upon his reserves of discipline, self-confidence and strength.

Video Cassette (26 min.)

BF 723 G5 B83

Building a Championship Defense.

Allied Video Corp. (1990)

Coach Tara VanDerveer coaches pressure man-to-man and 1-3-1 trap defenses. Each player's assignments are reviewed in detail.

Video Cassette (55 min.)

GV 888 B85

Building a Championship Offense.

Allied Video (1990)

Coach Tara VanDerveer highlights the high-low offense, which is broken down into its many components and rebuilt. Includes various combinations of shooting, running, passing, dribbling and conditioning.

Video Cassette (57 min.)

GV 889 B45

The Challenge: Women in College Sports.

College Sports Placement (199?)

Designed to help students and parents face the challenge of college and college athletics.

Video Cassette (25 min.)

GV 709 S66

Citizens Protecting America's Parks.

Natl. Parks & Conservation Assoc. (1991)

Encourages Americans to work together to protect and preserve our nation's parks and reserves.

Video Cassette (12 min.)

SB 482 A4 C57

The Complete Yellowstone Video.

Finley-Holiday Film Corp. (1988)

Tours the park and features all the scenic and thermal wonders.

Video Cassette (1 hr.)

F 722 Y44

Converting Your Traditional Pool Into a Family Aquatic Center.

Mac Video Dup. Services (1991)

Discusses what a family aquatic center is, why it is important, and how it is different from a municipal pool.

Video Cassette (3 hr. 15 min.)

GV 770.7 C65

Cowgirls.

Filmmakers Library (2001)

Discusses women who compete in rodeos and in rodeo queen contests. Also explains how certain rodeo events are run and discusses womanhood and feminism.

1 Video Cassette (29 min.)

GV1834.43 .C68 2001

Creating Environments and Programs Which Motivate Seniors.

National Recreation & Park Assn. (1987)

Deals with designing environments where older adults feel involved and discusses activities and programs which promote participation.

Video Cassette (2 hr. 47 min.)

GV 184 C74

Cross Court: Inside a Champion.

Athletes in Action (2000)

Interview with tennis player, Michael Chang regarding his rise to fame, tennis, his faith, and his life.

1 Video Cassette (ca. 30 min.)

GV994.C43 C76 2000

Death Valley.

Audio (1991)

Discusses the history, people, geology, and animal and plant life of Death Valley.

Cassette (1 hr. 8 min.)

F 868 D2 D26

Delegation for Greater Productivity.

Management Learning Laboratories (197?)

Cassette

HD 50 B36

Developing the Big Man.

Allied Video Corp. (1989)

Coach Lute Olson teaches the procedure, psychology, and physical and skill development for the big man in today's basketball. Techniques are coached in a practice environment and reinforced by actual game examples.

Video Cassette (57 min.)

GV 885.3 D46

Developing the Perimeter Player.

Allied Video Corp. (1989)

Coach Lute Olson teaches the philosophy, ball handling drills, and shooting drills for the perimeter offense in basketball. Techniques are coached in a practice environment and reinforced by actual game examples.

Video Cassette (50 min.)

GV 889 D482

Diet for a New America: Your Health, Your Planet.

The Video Project (1991)

Reveals John Robbins theories on the environmental and personal health consequences of a diet based on animal products. Outlines the problems and hope for the future -- people can make a difference by educating themselves and returning to a conscientious lifestyle.

Video Cassette (1 hr.)

TX 555 O54

Diving My Way: Ron O'Brien.

Athletic Institute (1990)

Pt. 1: Body Alignment and Board Work

Pt. 2: Basic Dives & Entries

Pt. 3: Somersaulting & Twisting

Optionals

Pt. 4: Platform Diving

Video Cassette (1 hr. 38 min.)

GV 838.6 D58

Dying To Win.

Filmwest Associates (2000)

Winning a major athletic competition can mean millions of dollars for the athlete. As a result, some are giving in to the pressure to use a growing storehouse of drugs and medical tricks to improve their performance. "This documentary examines the lengths some athletes and coaches will take to cheat the system, and what officials do to catch them"--Container.

1 Video Cassette (46 min.)

RC1230 .D85 2000

Early Elementary Children: Moving & Learning.

Rae Pica (1991)

Combines tailor-made music with movement activities.

5 Cassettes

Notebook (142 p.)

GV452 P514 1991

Eat Smart.

PBS Video (1991)

Takes viewers to Italy and China to examine the diets of two countries that experts believe offer models for healthier eating and lower incidence of cancer and heart disease.

Video Cassette (1hr.)

Book (232 p.)

Manual

RM 216 E28

Education Through the Physical.

Orange Count Dept. of Education (1991)

Designed to provide a general knowledge base concerning the importance of physical education in the classroom.

Consists of three topics: general philosophy, basic class management, and effective teaching as it applies to physical education.

2 Video Cassettes (21 min.)

Teacher's Manual (53 p.)

GV 443 E38

Emergency Action.

ActiVideo (1989)

Shows step-by-step procedures for children and adults. Demonstrates what to do while waiting for medical help to arrive.

Video Cassette (30 min.)

RC 87 E42

Emergency Aquatics.

American Red Cross (1988)

Demonstrates how both swimmers and non-swimmers can rescue people in emergency situations in the water.

Video Cassette (50 min.)

GV 838.75 E44

Environmental Tourist.

PBS (1992)

Shows the delicate balance that parklands must maintain to protect visitors and the visited. Innovative programs are finding a way to accommodate the growing throngs who flock to the wilderness.

Video Cassette (1 hr.)

Guide

QH 75 E58

Epee Fencing School of Mark Berger.

(1997)

Teaches the theory and practice of the Russian method of epee fencing via group lessons.

Video Cassette (1 hr.)

GV 1147 E64

Fastpitch.

Docurama 2001

Jeremy Spear looks at the fastpitch softball, America's last barnstorming sport and goes on the road as part of Ashland, Ohio's team.

1 videodisc (86 min.)

GV863.A1 F37 2001

Fencing School of Mark Berger.

(1992)

Teaches strategy and practices of fencing combat in the classic Russian technique via group lessons.

Video Cassette (1 hr. 13 min.)

GV 1147 F45

50 Plus Seniors Golf.

Signature Prod. (1990)

Covers putting, chipping, pitching, and bunker play.

Video Cassette (1 hr.)

GV 965 A22

The Fitt Kit: Jump Rope Curriculum Guide.

American Heart Assn. (1991)

Designed to show children that exercise is exhilarating, exciting, expressive and more. Promotes aerobic exercise.

Uses a jump rope demonstration and shows a variety of skills for all fitness levels.

Video Cassette (35 min.)

Teacher's Guide (25 p.)

Curriculum Guide (38 p.)

6 Lesson Cards

2 Posters

Wall Chart

GV 443 F534

Forever Baseball.

PBS (1989)

Focuses on the history and meaning of the game as seen through the eyes of writers, artists and historians. The program suggests that baseball reflects both the ideals and the contradictions of American life.

Video Cassette (1 hr.)

GV 863 AI F67

Four Seasons of Yosemite.

Holiday Video Library

Captures the seasons and splendor of Yosemite and explores the park's geologic and natural history.

Video Cassette (45 min.)

F 868 Y6 F68

The Future of Therapeutic Recreation.

Indiana University (1993)

Presents views of experts on the future of therapeutic recreation in terms of practice and education.

Video Cassette (41 min.)

RM 736.7 F87

Garry Wooten's Split Second Self-Defense for Women.

The Woo-Ten Institute (1992)

Includes the 4 basic escape moves, the "natural striking weapons" you can always use, and the 5 key striking areas to cripple your assailant.

Video Cassette (32 min.)

Manual (11 p.)

GV 1111.5 G37

Gateway to Tomorrow: Societal Diversity in America's Recreation & Park System.

NRPA (1991)

Confronting social, political and demographic diversity has become key to understanding changes in North America's park and recreation systems. Examines strategies for managing those changes.

Video Cassette (2 hr.)

GV 181.5 G37

Glacier & Waterton Lakes: A Complete Tour.

Finley-Holiday Films (1995)

Tells the story and captures the beauty of these primitive national parks.

Video Cassette (1 hr.)

F 737 G5 G53

Golf Like a Pro.

Morris Video (1987)

Billy Casper begins with basics and moves on to the swing, clubs, putting, trouble shots, and difficult lies.

Video Cassette (50 min.)

GV 965 I46

Grand Canyon, Petrified Forest & Painted Desert.

Finley-Holiday Films (1995)

Shows scenic highlights, geological mysteries, and Indian artifacts of each park.

Video Cassette (45 min.)

F 788 G72

Grand Teton National Park.

Finley Holiday Films (1989)

Explores the park's scenery, wildlife, and geology.

Video Cassette (30 min.)

F 767 T3 G73

Greener Grass: Cuba, Baseball and the United States.

PBS Home Video, c2000

The film documents how both the United States and Cuba have used baseball as a political tool and how the sport has operated as both bridge and barrier between the two lands. It features interviews with current and former baseball players, media commentators and baseball historians in both countries.

1 videocassette (ca. 60 min.)

GV863.A1 G74 2000

Heart of the Canyon Country.

Finley-Holiday Film Corp. (1989)

Explores the Canyonlands, Capitol Reef and Natural Bridges plus nearby Dead Horse Point State Park.

Video Cassette (45 min.)

F 832 C37 H42

The Heart of the Game.

Miramax Home Entertainment (2007)

This passionate and inspirational documentary goes up close and personal to capture the Roosevelt Roughriders girls' basketball team during six turbulent seasons, taking us far beyond the court to the unbridled desire to make history.

1 videodisc (ca. 98 min.)+leaflet

GV886 .H43 2007

Homes Means Nevada.

Long Distance Production (1990)

Takes you on a back-country tour of Nevada.

Video Cassette (23 min.)

F 841.6 H65

How to Teach.

Natl. Strength & Conditioning Asso. (1990)

Developed to help the strength facility instructor effectively and safely teach strength and conditioning exercises in a systematic way.

Pt. 1 - Exercises for the upper body (33 min.)

Pt. 2 - Exercises for the lower body (20 min.)

Pt. 3 - Power clean and related exercises (31 min.)

3 Video Cassettes

3 Notebooks

GV 546.3 H68

How We Play.

Fanlight Productions (1992)

A survey of recreational activities enjoyed by physically handicapped adults. Shows them playing tennis, swimming, snorkeling, canoeing, and practicing karate.

Video Cassette (11 min.)

GV 183.5 H68

Improving Your Leadership Effectiveness.

Management Learning Laboratories
(1983)

Cassette
HD 57.7 N53

Infant Reflexes.

Altschul Group Corp. (1985)
Explains and illustrates the primitive
and postural infant reflexes.

Video Cassette (1985)
RJ 486 I54

Inner Sports.

Human Kinetics (1997)
Tape 1. Introduction -- Relaxation for
peak performance and wellness -- Inner
massage circuit -- Mental skills applied to
recovery from injury or illness -- Inner
healing.

Tape 2. Mental imagery for peak
performance -- Peak performance recall -
Inner peak performance.

2 sound cassettes (133 min.)
GV 706.4 I38

Interactions with People who have Disabilities.

RTV (1994)
Explores the use of appropriate
terminology, existing misconceptions about
persons with disabilities, and the importance
of effective and respectful interactions with
persons with disabilities.

Video Cassette (23 min.)
RM 736.7 I57

In Too Deep.

Rothhammer International (1991)
Consultants for aquatic safety present
a water safety message.

Video Cassette (20 min.)
GV 770.6 I52

Juggler's Jam.

Jugglebug (1992)
Step by step through twelve music
videos.

Video Cassette (30 min.)
GV 1558 J59

Juggletime.

Jugglebug (1991)
Learn to juggle three scarves step-by-
step with eleven music videos.

Video Cassette (30 min.)
GV 1558 J77

Juggling Star.

Jugglebug (1992)
Learn to juggle three and four balls or
beanbags as you go through twelve music
videos.

Video Cassette (30 min.)
GV 1558 J83

The Jump Rope Primer Video.

Human Kinetics (1991)
Techniques included: short rope, long
rope, and Double Dutch. Techniques are
choreographed into exciting routines.

Video Cassette (32 min.)
GV 498 J84

Jumping Into Plyometrics Video.

Human Kinetics Publishers (1993)
Demonstrates 21 plyometric
exercises designed to improve athletes'
speed, quickness, upper body strength, and
jumping ability while giving them greater
coordination, body control, and balance.
Shows correct timing, sequencing of
movements for each exercise, and explains
techniques for adjusting the intensity to
make the exercises appropriate for any skill
level.

Video Cassette (35 min.)
Guide (3 p.)
GV 711 J84

Keep Movin: Fitness for Older Adults.

Grandview Hospital & Medical Center
(1985)
The Keep Movin exercises are adaptable
and follow your own fitness
path based on your needs. The exercises
are a collection of movements which
exercise all of the joints of the body. Each
movement is clearly demonstrated before
the routine begins.

Video Cassette (27 min.)
Book (60 p.)
GV 481.6 K43

Keys to Weight Training for Men and Women.

KTWT (1991)

Guides you step-by-step through three progressively challenging free-weight routines and a selection of effective machine exercises.

Video Cassette (1 hr. 20 min.)

Guide (20 p.)

GV 546 K48

Know the Score: The Dangers of Performance Enhancing Drugs.

Human Relations Media (2003)

Provides teachers with the facts about performance enhancing drugs and the physical and emotional consequences of their use.

1 videodisc (19 min., 55 sec.) + 1 guide (31 leaves)

HV5822.S68 K56 2003 + guide

Lake Mead.

Real to Reel Series (1985)

Discusses history, development, tourism, and fishing industries.

Video Cassette (30 min.)

F 788 L33

Leap to the Top: Applying Plyometrics.

Athletic Institute (1990)

Pt. 1: Shows how the hops, jumps and skips used in plyometric drills relate to movements top performers execute.

Pt. 2: Advanced training techniques. Each drill is shown using slow motion and stop-action photography.

Video Cassette (1 hr. 4 min.)

GV 505 L42

Leisure Service Delivery for Americans of Cultural Diversity in the Urban Environment.

NRPA (1991)

A presentation of the current status of leisure service delivery specific to urban populations and exploration of potential resources, strategies, and alternative solutions.

Video Cassette (1 hr. 20 min.)

GV 181.5 L43

Let's Move & Learn.

Rae Pica (1982)

Intended to inspire movement without the need for a lot of instruction.

2 Cassettes

Booklet (71 p.)

GV 452 P516

A Life Worth Living.

Dept. of Recreation & Leisure Studies
California State University (1986)

Examines the role of the Activity Director in a skilled nursing facility as a professional team member responsible for an important part of total patient service plan.

Video Cassette (15 min.)

RA 999 R42 L53

Live or Die.

Churchill Films (1990)

Designed to show that whatever we do in life, from what we eat and how we exercise to how we handle our emotions, has an immediate bearing on our chances to live longer or to die at a young age.

Video Cassette (29 min.)

RA 776.9 L58

Make My People Live.

Time-Life Video, c1984.

Many Indian peoples, in exchange for their lands, now receive free medical care through the Indian Health Service. Alcoholism, suicide, diabetes, and tuberculosis among Native Americans are far above the national average. Medical facilities on most reservations and many Indian health clinics in cities are inadequate and faced with budget cuts. The program considers the claims that Indians require special treatment, and that our federal responsibility to them is unique.

1 videodisc (58 min.)

RA448.5 I5 M34 1984

Managing a Therapeutic Recreation Service for Coverage and Reimbursement.

KeyTRA Vision (199?)

Lecture on how groups that provide recreational rehabilitation services and recreational services for people with disabilities should manage insurance coverage and reimbursement.

Video Cassette (1 hr. 8 min.)

RM 736.7 M36

Managing Human Resources.

Management Learning Laboratories (1980)

Cassette

HF 5549 B27

Models of Practice: Health Protection/Health Promotion.

Indiana University (1996)

Explains the purpose and historical evolution of models of practice of recreation therapy.

Video Cassette (21 min.)

RM 736.7 M63

The National Parks: Microcosm of American Life.

National Recreation & Parks Assn. (1975)

Explains that parks and recreation agencies reflect the social and environmental stresses and issues of American society.

Cassette (45 min.)

SB 482 A4 D53

Money and Leisure Services.

National Recreation & Parks Assn. (1975)

Offers advice to those in leisure services.

Cassette (55 min.)

GV 181.6 M65

More Music for Moving & Learning.

Rae Pica (1990)

Each tape is devoted to a theme: quiet times, classical quiet times, role playing, animals, holidays, and multicultural education. Intended to inspire a wide variety of movement responses.

6 Cassettes

Booklet (65 p.)

GV 452 P517

Motor.

High Plains Films; Bullfrog Films

Illustrates the environmental destruction of wild lands and public waters by off-road vehicles (ORVs), all terrain vehicles (ATVs) and personal watercraft (PWCs).

Video Cassette (38 min.)

GV191.66 .M67 2000

Mountain of Ice.

WGBH Video (2003)

Shows an expedition to climb Antarctica's tallest peak, Vinson Massif. Contrasts their experiences with those of Roald Amundsen in the 19th century and of Robert Falcon Scott, who raced to be the first to reach the South pole in 1911.

Video Cassette (60 min.)

GV199.44.A62 V55 2003

National Convention. (April 1978)

Jogging for Beginners: Scientific Basis & Practical Considerations
GV 494 J65

Consideration of Legal Implication for Sponsoring Agencies and Activity Leaders
GV 191.6 V358

Careers in Hospitality & Tourism
GV 160 C37 Pt. 1-2

Recreation & Leisure Research
GV 181.3 A43

Project Adventure: Concepts and Procedures
GV 191.6 W43

Leisure as a Health Related Challenge of Aging
GV 181 L45

Leisure Education
GV 181.3 L45

Leisure & Retirement Counseling for the Aged
GV 181.42 H54

National Issue: The Impact of Substance Use on Parks and Recreation.

NRPA (1989)

Discusses the impact of substance use on the local agency and how recreation can be used as a weapon.

Video Cassette (2 hr.)

SB 481 A2 N37

Nevada State Parks

Real to Reel Series (1984)

Video Cassette (30 min.)

GV 54 N3 N48 pt. 1-2

Not on the Sidelines : Living and playing with a disability

Distributed by Fanlight Productions
(2000)

This video is about four ordinary people whose lives were suddenly changed by injury or illness when they were teens or young adults - and about how their involvement in sports has helped give them the focus and drive to create new, active lives.

Video Cassette (26 min.)
RD 796 A2 N67

Olympia: The Films of the XI Olympic Games.

Timeless Video (1996)

Sports documentary coverage of the 1936 Olympics, held in Berlin. Directed by Third Reich film director Leni Riefenstahl.

2 Video Cassettes (175 min.)
GV 722 1936 O47
GV 722 1936 O48

Olympic National Park.

Finley-Holiday Film Corp.

Shows the essence of Olympic National Park as well as the native plant and animal life.

Video Cassette (30 min.)
F 897 O5 O48

On Target for Fun.

The Athletic Institute (1992)

Introduces the beginning archer to the fundamentals: The Draw, Nock, Set, Pre-Draw, Anchor, Aim, Release, Follow Through. Demonstrates basic archery technique and advanced skills.

Video Cassette (25 min.)
GV 1185 O52

Only the Ball Was White.

MPI Home Video (1992)

The history of black baseball leagues.

Video Cassette (30 min.)
GV 875 A1 O55

Out for a Change: Addressing Homophobia in Women's Sports.

Woman Vision Prod. (1995)

Shows the devastating effect of homophobia on women athletes. Interviews with college students, athletes, coaches, administrators, NCAA officers, and Martina Navratilova.

Video Cassette (27 min.)
GV 708.8 O88

Park Master Planning: A Participatory Process.

National Recreation & Park Asso. (1990)

Daniel Cleland leads a session in which participants break into small groups and develop park plans.

Video Cassette (1 hr.)
SB 481 P37

Personal Space : Exploring Human Proxemics

University of California Extension
Center for Media and Independent
Learning (1999)

Discusses the concept of personal space and the interpersonal and cultural issues that define it.

1 Video Cassette (28 min.) + guide
BF469 .P47 1999

Pizza Pizza Daddy-O.

University of California Berkeley (1980)

Shows African American girls playing, singing 8 games on an L.A. playground.

Video Cassette (18 min.)
Guide (9 p.)
GR 103 P58

Player Down Series.

Sunbelt Video (1992)

Deals with injuries resulting from basketball, football, soccer, field hockey, baseball, softball, volleyball, track & field and wrestling. Explains how to recognize and treat injuries to the ankle, shoulder, knee, head and neck.

Video Cassette (1 hr. 18 min.)

RC 1210 P53

Playground Safety: Design & Maintenance.

Idea Bank (1992)

Tells how to safety-inspect playground surfaces, prevent entrapment injuries, use "no-encroachment" zones, detect protrusion and entanglement dangers, and identify high-risk areas.

Video Cassette (20 min.)

Guide (19 p.)

GV 425 P583

Playing Unfair : The Media Image of the Female Athlete.

Media Education Foundation (2002)

It has been 30 years since Title IX legislation granted women equal playing time, but the male-dominated world of sports journalism has yet to catch up with the law. Coverage of women's sport lags far behind men's, and focuses on female athletes femininity and sexuality over their achievements on the court and field."--

Container

1 Video Cassette (30 min.)

GV709 .P54 2002

Plyometrics: : Explosive Power Training.

Human Kinetics

Discusses plyometrics, which is triggering the stretch reflex to release explosive power in all of the critical movements of a sport. Includes plyometric exercises.

Video Cassette (48 min.)

GV 711.5 P58

Preschoolers: Moving & Learning.

Rae Pica (1982)

Intended to use with children ages 3 to 5. Begins with the simplest locomotor skills of walking and running and becomes progressively more difficult.

5 Cassettes

Notebook (129 p.)

GV 452 P523

Preventive Maintenance in the 1990s - Program Now or Pay Later.

NRPS (1990)

A presentation of different "alternative" programs developed to combat drug abuse, family problems, and crime.

Video Cassette (2 hr.)

GV 181.5 P74

Problem Solving: A Systematic Approach to Decision Making.

Management Learning Laboratories (197?)

Cassette

HD 29 B35

Program Evaluation.

Management Learning Laboratories (1980)

Cassette

GV 181.55 R67

Programming For Leisure Studies.

Management Learning Laboratories (1982)

Cassette

GV 181.43 H69

Pumping Iron II.

Central Park Media (2002)

Focuses on five top female body-builders as they prepare for the Caesars Palace World Cup championship.

1 videodisc (107 min.)

GV546.6.W64 P85 2002

Quality Assurance: A Management Strategy for Recreation & Tourism.

Michigan State University (1990)

Discusses the importance of quality assurance in the recreation and tourism industry. Discusses a comprehensive management strategy to provide quality assurance in the industry.

Video Cassette (1 hr. 5 min.)

Manuscript (49 p.)

G 155 A1 Q32

The Quality of Life.

University of North Carolina-Chapel Hill
(1988?)

Explains Project LIFE and shows how this program helps people with disabilities participate in community recreation programs.

Video Cassette (15 min.)
GV 183.5 Q34

Racquetball: Learn Your Lessons.

Athletic Institute (1992)

Begins with the basics of the game followed by the forehand, backhand, shots of the game, court coverage, serves and defensive maneuvers. Emphasizes proper equipment, conditioning and mental skills.

Video Cassette (27 min.)
GV 1003.34 R32

Recreation: Everyone's Right/A Gift For Life.

Dept. of Recreation & Leisure Studies
California State University (1986)

Discusses how therapeutic recreation is provided for the disabled and discusses adaptive equipment for outdoor sports.

Video Cassette (13 min.)
RM 736.7 G54

Recreational Safety.

AIMS Media

Includes tips on getting there safely, preparing for bad weather, and avoiding fatigue. Also covers first aid procedures, building a campfire, how to avoid poisonous plants, and equipment for safe hiking.

Video Cassette (20 min.)
GV 191.625 R42

Red Rock Canyon.

Audio (1991)

Discusses the history, people, geology, and animal and plant life of Red Rock Canyon.

Cassette (1 hr. 9 min.)
F 847 C5 R43

Roberto.

MLB Prod. (1993)

A tribute to Roberto Clemente.
Video Cassette (40 min.)
GV 865 C45 R62

Rocky Mountain National Park.

Finley Holiday Films (1998)

A tour of the park and a look at the various ecosystems through the seasons of the year.

Video Cassette (1 hr.)
F 782 R59 R62

The Rollie Massimino Basketball Instructional Tape.

RVM Ltd. (198?)

Video Cassette
GV 889 R64

Ropics: Rope Jumping Redefined.

Ropics Inc (1993)

Video Cassette (30 min.)
Booklet (13 p.)
GV 498 R658

Ropics 2.

Ropics Inc. (1991)

Instruction on over 20 basic to advanced intermediate level techniques. A complete 30 minute intermediate level class.

Video Cassette (1hr.)
Booklet (6 p.)
GV 498 R66

Rowing In an 8.

Paul S. Goodman (1998)

Profiles Cornell University women's crew team. Discusses group performance and characteristics that can enhance performance.

1 Video Cassette (13 min.)
1 guide (5 p.)
HD66 .C42 1998

Run Like a Girl.

Films for the Humanities (1999)

"... The unconventional yet extremely demanding sports of rugby, synchronized swimming, and double-Dutch jumping provide the context for teenage girls from a cross-section of ethnic backgrounds to probe the issues of adolescence. They discuss their feelings of liberation within the strict regimentation of competitive sports, their search for identity and self-esteem while revolting against the stereotyped expectations of others, body image, dating, and the importance of mothers and coaches as mentors. They also tackle social concerns, including bulimia, self-injury, suicide, broken homes, teenage pregnancies, and crime ..."--Container label

1 Video Cassette (57 min.)
GV709.18.U6 R85 1999

Safety For Water Attractions.

International Association of Amusement Parks and Attractions (1994)

This program provides information and tips for people and waterpark employees to keep the visitors safe.

1 videocassette (15 min.)
+ 1 guide (8 p)
GV770.7 .S24 1994

Sex Games.

Filmmakers Library (1993)

Raises questions and presents criticisms of chromosome testing of female athletes by the International Olympic Committee and smaller athletic organizations.

Video Cassette (26 min.)
RC 1218 W65 S48

The Shark on Defense.

Allied Video (1990)

Coach Tarkanian teaches defense techniques and drills including stance, guarding the man with the ball, stopping the dribble, denying the ball, closing out, slipping, helping and recovering, and the amoeba defense.

Video Cassette (52 min.)
GV 885.3 S53

The Shark on Offense.

Allied Video (1990)

Coach Tarkanian teaches individual and team offensive techniques and drills including full court running and passing, weaving, fast break, shooting, post play and recognition. Covers team sets and plays.

Video Cassette (55 min.)
GV 885.3 S532

Soccer Fundamentals.

Champions on Film & Video

Video Cassette (25 min.)
GV 943 S62

[Soccer] New Soccer.

Dale Le Fevre

Students demonstrate cooperative games that teach dribbling, kicking, and heading.

Video Cassette (20 min.)
Booklet (7 p.)
GV 943.9 T7 N48

Softball.

Morris Video

Shows the basics of slow pitch softball from hitting to all fields to defensive shifting to pitching.

Video Cassette (45 min.)
GV 881 W55

Softball: Putting it Together.

Linda Wells

Includes introduction, position play, defense, offense, mental practice, practice plays, drills, game day.

Video Cassette (1 hr. 9 min.)
GV 881.3 P87

Speed for Sport and Fitness.

Human Kinetics Video (1998)

Shows how to assess the individual components of speed and demonstrates how to perform speed improvements drills.

Video Cassette (29 min.)
GV 711.5 S63

[Speed] Coaching Speed.

Human Kinetics (1998)

Provides proven training methods that can be used to develop quickness and starting ability, acceleration, speed endurance, stride length and stride rate.

Video Cassette (33 min.)
GV 711 C63

Sport Club Management.

Management Learning Laboratories
(1985)

Cassette (1 hr.)
GV 401 C69

Sports & Drugs.

CNS Productions (1998)

Examines the effects of therapeutic, performance-enhancing, and social/recreational drugs on an athlete's health and performance. Uses live action, animation, graphics, and interviews with athletes, coaches, and medical experts to explore the issues.

1 videocassette (37 min.)
RC1230 .S66 1998

The Sports Cathedral.

A&E Home Video (1994)

"The dome was the first form of shelter built by primitive man. Now it has reemerged in one of the most advanced engineering constructs ever conceived: the domed sports stadium."--Container

1 Video Cassette (50 min.)
TH4714 .S66 1994

Sport Club Management.

Management Learning Laboratories
(1985)

Cassette (1 hr.)
GV 401 C69

Sports Clinic Soccer.

Best Film & Video Corp. (1989)

A complete junior development program. Includes games, exercises, demonstrations and training sessions.

Video Cassette (1 hr. 20 min.)
GV 943.9 T7 S62

Sports Field Safety... A Videoguide for Groundskeepers.

Idea Bank (1989)

Reduce athlete and spectator injuries on your public sports fields. Injury-prevention guidelines are provided for baseball, football, soccer as well as track and field facilities. Special segments include: danger-points to watch for on playing surfaces, bleacher, lighting and fencing safety, irrigation system maintenance, and safety tips for backstops, goals and bases.

Video Cassette (20 min.)
Guide (4 p.)
GV 411 S66

Sports for Sale.

PBS (1991)

Bill Moyers goes on location to top-ranking schools where debates on sports commercialization and academic success are at their most heated. Includes a 90 min. documentary followed by a 30 min. roundtable discussion with Moyers and members of the Knight Commission.

Video Cassette (2 hr.)
GV 718.2 U6 S66

Sports Injury Concerns: The Female Athlete.

The Athletic Institute (1990)

A review of critical injury concerns unique to the female athlete. Includes: The prevalence of amenorrhea and its detrimental effects. The alarming rate and consequences of eating disorders. Special needs in strength training and conditioning. The effect of psychological and sociological factors on performances and injury risk.

Video Cassette (1 hr.)
Notebook (71 p.)
RC 1210 S66

Sports Injury Risk Management and the Keys to Safety.

The Athletic Institute (1990)

Intended to develop a better understanding of risk management and the importance of risk reduction and increased safety in all sports.

Instructor Manual (28 p.)
Video Cassette (1 hr. 38 min.)
GV 344 S64

Sports Liability Video Series.

Natl. Recreation & Park Assn. (1992)

1. Liability of Coaches for Injuries in Sports Activities (58 min.)
 2. Liability for Injuries to Participants in Sports Activities (50 min.)
 3. Liability for Injury to Spectators in Sports Activities (54 min.)
 4. Liability for Injury in Sports & Athletic Facilities (1 hr.)
 - 5-6. Waivers & Liability Releases (58 min. each)
- 6 Video Cassettes
KF 1290 S66 K68 vol. 1-6

Sports on Trial.

Athletic Institute (1990)

Draws attention to the need for risk management by school boards, administrators, and coaches.
Video Cassette (1 hr.)
GV 344 S646

Swimming: Excellence in Swimming Stroke Technique.

An exploration of techniques that a Master Coach uses to impress and improve young swimmers.

- Pt. 1: Freestyle & Backstroke
Pt. 2: Breaststroke & Butterfly
Pt. 3: Starts & Turns
Video Cassette (1 hr. 30 min.)
GV 837.7 E83

Swimming and Diving Skills.

American Red Cross (1992)

Skilled swimmers demonstrate strokes, starts, turns, and basic diving techniques. Computer technology helps you see and study the precise movements that make an efficient stroke.

Video Cassette (1 hr. 34 min.)
GV 837 S85

A Taste of Health.

Documentary Educational Resources (1991)

Examines the link between diet and health, focusing on the deleterious effects of a high-fat diet.

Video Cassette (1 hr.)
TX 553 L5 T38

Teaching Aquatic Skills.

American Red Cross (1992)

Several scenarios present typical class situations and allow instructor candidates to experience common problems faced by Water Safety Instructors. Instructor preparedness, attitude, class management, and teaching progressions are addressed.

Video Cassette (30 min.)
GV 770.6 T42

Teaching Children Dance: Becoming a Master Teacher.

Human Kinetics (1994)

Three condensed lessons. Video is geared toward primary and intermediate levels and includes: balloon dance, shag dance, clouds in the sky dance.

Video Cassette (31 min.)
Text (126 p.)
GV 1799 P87

Teaching Children Fitness: Becoming a Master Teacher.

Human Kinetics (1994)

Three condensed lessons include: being active, cookie lesson, learning about calories, cardiorespiratory fitness.

Video Cassette (30 min.)
Text (119 p.)
GV 443 R28

Teaching Children Games: Becoming a Master Teacher.

Human Kinetics (1994)

Three condensed lessons. Geared toward intermediate levels and includes: hockey octopus, soccer skills, outfox your opponent.

Video Cassette (29 min.)
Text (131 p.)
GV 221 B45

Teaching Children Movement Concepts and Skills Video.

Human Kinetics (1994)

Three condensed lessons include jumping & landing, punting, striking with a racket.

Video Cassette (31 min.)
Text (139 p.)
GV 452 T42

**Teaching Children Physical Education:
Becoming a Master Teacher.**

Human Kinetics Pub. (1993)

Describes and illustrates the teaching skills used by successful physical education teachers to develop appropriate physical education activities for children.

Video Cassette (1 hr. 30 min.)

Study Guide (82 p.)

GV 363 T43

Teaching Kids Basketball with John Wooden.

ESPN Home Video (1986)

Demonstrates passing, dribbling, shooting, rebounding and individual defense. Continues with segments on youth injury prevention, conditioning tips, and drills for coordination.

Video Cassette (1 hr. 16 min.)

GV 885.3 T42

Teaching Kids Soccer with Bob Gansler.

ESPN Home Video (1987)

Explains the basics of the game and demonstrates ball lifting, ball control, dribbling, passing, heading and shooting. Emphasizes how to overcome incorrect tendencies and ways to build confidence and avoid injury.

Video Cassette (1 hr. 15 min.)

GV 943.8 T42

Teaching Kids Tennis with Nick Bollettieri.

ESPN Home Video (1986)

Starts with simple games and exercises that develop hand-eye coordination and continues through grip and court position. Emphasizes how to build confidence in youngsters while maintaining their fun and desire.

Video Cassette (1 hr.)

GV 1001.4 C45 T42

Tennis Biomechanics.

Human Kinetics (1994)

Explains how to apply the fundamentals of biomechanics to improve stroke production from all areas of the court.

Video Cassette (29 min.)

GV 1002.9 T7 T44

Tennis for All Ages.

New Focus (1985)

Dennis Ralston offers guidance with basic tennis strokes and some insights into preparation and strategy.

Video Cassette (25 min.)

GV 995 T37

Tennis Practice with the Pros.

Get Smart Video

Vic Braden explains the physical laws that govern the response of ball to racket. Offers advice in almost every facet of the game.

Video Cassette (28 min.)

GV 1002.9 T7 P73

[Tennis] Fitness Testing for Tennis.

Human Kinetics Pub. (1990)

Shows tennis instructors and coaches how to administer the USTA fitness testing protocol for junior players 8 to 18.

Video Cassette (29 min.)

GV 1002.9 T7 U77

[Tennis] The Forehand.

Vic Braden Sports Instruction (1995)

Shows how to get more power and accuracy.

Video Cassette (55 min.)

GV 1002.9 T7 F67

[Tennis] Ivan Lendl: Tennis My Way.

Video Treasures (1991)

Demonstrates and explains the skills of forehand, backhand, serve, overhead smash, volley, lob and passing shot.

Video Cassette (49 min.)

GV 995 I83

[Tennis] Movement Training for Tennis.

Human Kinetics Pub. (1992)

A progression of sport-specific drills designed to help players add explosive movement to their game.

Video Cassette (35 min.)

GV 1002.9 T7 M68

[Tennis] Playing Better Tennis Under Pressure.

Human Kinetics (1997)
 Shares the findings of sports psychologists and experts at the USTA's Player Development Center to help you recognize common pressure points and develop ways to handle game-time stress.
 Video Cassette (30 min.)
 GV 1002.9 T7 P53

[Tennis] The Science and Myths of Tennis.

Vic Braden Comm. (1992)
 Video Cassette (55 min.)
 GV 995 S35

[Tennis] The Serve.

Vic Braden (1995)
 Shows how to execute a fast and efficient serve and avoid mistakes.
 Video Cassette (55 min.)
 GV 1002.9 S47 S47

[Tennis] Strength Training for Tennis.

Human Kinetics Pub. (1993)
 Shows how to set up a safe and effective strength program that will increase performance and minimize injuries.
 Video Cassette (36 min.)
 GV 1002.9 T7 U777

[Tennis] Teaching Tennis.

Head (1995)
 Explains how students learn and how you can help them better learn and retain your instruction.
 Video Cassette (38 min.)
 GV 991.5 T43

Therapeutic Recreation History.

Indiana University (1995)
 Explores the formative years of recreation therapy. Examines the evolution of the profession and individuals involved in the professionalization of TR.
 Video Cassette (38 min.)
 RM 736.7 T46

Three Approaches to Sport Psychology Consulting.

Virtual Brands (2000)
 Views and compares the styles of three prominent sport psychology consultants: Burt Giges, Kenneth Ravizza, Shane Murphy.
 1 Video Cassette (92 min.)
 GV706.4 .T47 2000

Time Management.

Management Learning Laboratories (1982)
 Cassette
 HD 38 B245

Title IX and Women in Sports: What's Wrong with this Picture?

PBS (1999)
 Speaks with athletes, coaches, educators, federal officials, civil rights activists, and other to find out what seems to have gone wrong and how to fix it.
 Video Cassette (1 hr.)
 LC 213.2 T57

Toddlers: Moving & Learning.

Rae Pica (1987)
 Program is for everyone who works and lives with toddlers and understands the critical role of movement in early childhood. Designed for 18 months to 36 months.
 3 Cassettes
 Notebook (77 p.)
 GV 452 P524

Touring America's Ghost Towns.

Questar Video (1992)
 Visits 11 ghost towns in California, Colorado, Arizona, New Mexico, and Nevada.
 Video Cassettes (1 hr.)
 F 596 T68

TR History: The Formative Years.

RTV (1995)
 A panel explores the formative years of recreation therapy, late 1940s to mid 1960s.
 Video Cassette (37 min.)
 RM 736.7 T46

TR Models.

RTV (1996)

Discusses the components of the Health Protection/Health Promotion Model.

Video Cassette (21 min.)

RM 736.7 M63

Two Ball Games.

Cornell University (1976)

Poses benefits and disadvantages of highly competitive children's sports by contrasting two baseball games --- one played in a little league by the rules' the other played by kids on the block.

Video Cassette (23 min.)

GV 709.2 T68

Ultimate Athlete: Pushing the Limit

Discovery Channel Education (1997)

Examines the lives of young people trying to become the ultimate athlete. Coaches and competitors are interviewed to find out what it takes to succeed.

Video Cassette (51 min)

guide

GV342.22 .U47 1997

An Unauthorized history of the NFL [with Jessica Savitch

WGBH Educational Foundation (1983)

Discusses illegal betting on football, the role of the mob in football betting, and connections between football players, coaches, and owners and organized crime. Includes information on Alan Glick, owner of several Las Vegas casinos.

Video Cassette (1 hr)

HV 6715 U5

Unforgivable Blackness: The Rise and Fall of Jack Johnson.

PBS Home Video (2005)

The story of Jack Johnson, who was the first African American boxer to win the most coveted title in all of sports - Heavyweight Champion of the World.

Includes his struggles in and out of the ring and his desire to live his life as a free man.

2 videodiscs (220 min.)

GV1132.J7 U54 2005

USTA's 10 Keys to Mastering Tennis.

Human Kinetics (1997)

Video Cassette (25 min.)

GV 1002.9 T7 U779

USTA's Winning Patterns of Play.

Human Kinetics (1995)

Shows professional tennis players using some of their favorite strategies on the court.

Video Cassette (21 min.)

GV 1002.9 T7 U78

Valley of Fire.

KLVX TV (1984)

Discusses the Valley of Fire and Valley of Fire State Park, the largest and oldest state park in Nevada. Includes information on the history of the area, The Lost City Museum, and recreational facilities in the park.

Video Cassette (30 min.)

F 847 C5 V34

Volleyball.

Champions on Film & Video

Video Cassette (15 min.)

GV 1015.5 T73 V64

Volleyball Drills with Terry Liskevych.

Sports Asso.

Video Cassette (34 min.)

GV 1015.5 C63 V64

[Volleyball] Do it Better Volleyball.

ESPN Home Video (1989)

Shows how to perfect basic techniques and includes some valuable tips to more successful play.

Video Cassette (45 min.)

GV 1015.5 T73 P53

Warning: It Could Happen to You.

Athletic Institute (1990)

Provides medical, biomechanical and statistical information on the full range of injuries for all sports. Includes comments from injured student athletes and medical experts about the long term effects of permanent injury.

Video Cassette (15 min.)

GV 344 W37

Water is Friendly: The First Step in Learning to Swim.

Human Kinetics (1989)

Video Cassette (34 min.)

GV 836.35 W37

Weight Training Video: Steps to Success.

Human Kinetics (1993)

Demonstrates 19 strength-building exercises that work all the major muscle groups.

Video Cassette (57 min.)

GV 546.3 W45

Wilderness: What Is It? Where Is It? Is There Enough of It?

National Recreation & Parks Assn. (1975)

Discusses the recreational use of wilderness areas.

Cassette (1 hr.)

GV 191.67 W5 W54

Women's Doubles Made Easy the Vic Braden Way.

Vic Braden Comm. (1992)

Video Cassette (55 min.)

GV 1002.8 W64

The World of Volleyball.

Athletic Institute (1992)

Teaches the basic skills of serving, passing, setting, spiking, blocking, digging, and advanced versions of these techniques.

Video Cassette (30 min.)

GV 1015.3 W67

Yellowstone: The First National Park.

The Reader's Digest Assn. (1988)

Visit Mammoth Hot Springs, Old Faithful, Yellowstone Lake, Hayden Valley, and see petrified trees on Specimen Ridge. Scene of the park's greatest thermal activity, Norris Geyser Basin, and the special flora and fauna of Yellowstone are shown. Lets you experience the wild beauty of Yellowstone and the splendor of its seasons and of its wildlife.

Video Cassette (55 min.)

F 722 Y357

Youth Basketball: The Team Practice For Boys.

Athletic Institute (1992)

Addresses how to organize a practice session, warm-up, basic skills, team play, scrimmage and free throw practice. Shows examples of drills and gives tips on how to motivate young athletes.

Video Cassette (30 min.)

GV 886.3 Y38

Youth Basketball: The Team Practice For Girls.

Athletic Institute (1992)

Addresses how to organize a practice session, warm-up, basic skills, team play, scrimmage and free throw practice. Shows examples of drills and gives tips on how to motivate young athletes.

Video Cassette (30 min.)

GV 886.2 Y68

Youth Sports: Is Winning Everything?

Cox Entertainment

Video Cassette (29 min.)

GV 709.2 Y68