Section 3

Resources
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**Authorized Resources**


**Supplementary Resources**


Bodytrends.com. *Body Ball Poster Pack (4 pack)*.

Bodytrends.com. *Stretch Tubing Poster (5 pack)*.


*Jump 2b Fitness*. ISBN: 0000-F-TJFP-E.


Disley, J. *Map and Compass - Orienteering.* Burlington, Canada: Orienteering Services Canada.


Walsh, Joanne. (n.d). The Purpose of Fitness Assessment in a Quality Health and Physical Education Program – Six Key Messages developed by OASPHE. Retrieved March 15th, 2011 from the World Wide Web: https://docs.google.com/viewer?a=v&q=cache:3PvmDVYqhbWj:www.oasphe.ca/documents/J_Walsh_article_OPhea.net+January%2525B1%2525D.doc+purpose+of+fitness+appraisals+and+schoo&hl=en&gl=ca&pid=bl&srcid=ADGEEShJpwbPQXJHCFDlCBsA-0z8AmpwMNXHIGR1hJoexhq0v8lole6l-RHRUD81dYT-dtgE1gR7oOsqYy0t9pMBF5X8nurczWawAomm_3eFKAXNSKSCWeXQXMWN6HufAe8EyK10T9tf9&sig=AHIEtbSVNH2s5xNzyJ0HHuFLvqSzwTZDw


**General Internet Resources**


Provincial/Federal/ Territorial Government Internet Resources


Health and Active Living

Internet Resources


