

LIBRARY SERVICES

Faculty Resources

Health Physical Education

- ❖ **Print and Online Journals. Some titles may have backfiles only.**

[Chronicle of Higher Education](#). Click to Access

Amazing Wellness

Obesity, Fitness and Wellness Week

Physical and Health Education Journal

STRONG Fitness Magazine

- ❖ **[A-Z Database List](#). Remote access requires a Southwest username and password.**

Associates Programs Source Plus

Academic OneFile

Education Database

Health and Wellness (Gale)

- ❖ **Streaming Media**

Analyzing Fitness

New Food Pyramid

Practicing Proactive Consumerism: Healthcare

- ❖ **OER (Open Education. Resources).**

The link below is customized for Health Physical Education

[OER Commons](#)

[Tennessee Open Education Hub](#)

- ❖ **[Faculty Select](#)**

Faculty can search and access quality open textbooks, Open Educational Resources (OER), and request access to unrestricted library e-books from top academic publishers.

CONTACT INFORMATION

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❖ **Books. The list may include print and digital titles.
Browse the shelves to search for items @ GV**

Physical Fitness: Training, Effects and Maintaining. Powell, Mark
Physical fitness comprises two related concepts: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations).

Health Promotion: Mobilizing Strength to Enhance Health, Wellness...
Leedy, Susan

This is a groundbreaking text in the field of nursing, and an important addition to any nurse or student nurse's personal library. Based on the Theory of Healthiness, this innovative text offers a unique perspective on the nurse's role in facilitating health and well-being.

Women's Health and Wellness Across the Lifespan Olshansky, Ellen
Provides a fresh and comprehensive approach to women's healthcare. Combining traditional and complementary medicine, this crucial text offers evidence-based insight on women's health and wellness.

Fitness for Dummies. Schlosberg, Suzanne
Fitness for Dummies is fun and easy to read, and good motivation for beginning a new workout program. It gives the big picture of exercise, with many tips and interesting facts.

Transformative Yoga. Wade, Morisette
This book offers a complete set of beginner, intermediate, and advanced yoga posture sequences with photographs, and includes yoga meditations for boosting energy, releasing stress, and accessing your inner bliss.



<http://www.southwest.tn.edu/library>