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PED 100 – Reference Web Site Index

Essential Rules for Healthy Living →

[http://www.lawrence.edu/committee/wellness/The 5 Essential Rules for Living a Healthy Life.pdf](http://www.lawrence.edu/committee/wellness/The%205%20Essential%20Rules%20for%20Living%20a%20Healthy%20Life.pdf)

- **Exercise Guidelines**
 - <http://exerciseismedicine.org.au/wp-content/uploads/2011/07/PA-guidelines-under65.pdf>
- **Behavior Change Contract**
 - <http://imt.net/~randolfi/resolutions/contract.html>
- **Exercise Log**
 - Term assignment! Allows students to track the results of their exercise programs. Modified for both cardiorespiratory exercise and weight training.



Exercise Log.doc

Reference Web Links

I – Health-Fitness Basic Concepts, Assessment and Scoring Tools

- <http://www.exrx.net/Calculators.html>
 - This site will perform calculations for all of your physical tests, e.g., Rockport Walking, 12 minute run, sit-ups, target heart rate etc.
 - <http://btc.montana.edu/olympics/physiology/pb01.html>
 - <http://btc.montana.edu/olympics/physiology/pb02.html>
 - Good, practical sites that explains Cardiac Output, Maximum Oxygen Uptake and related concepts
 - *E.g., ...* If heart rate is the tachometer, then Max V_{O2} is how much gas per mile you're burning to achieve a certain speed...
 - Cardiorespiratory testing: protocols and scoring mechanisms [FOLDER FOR LABORATORY ASSIGNMENTS]
 - <http://www.exrx.net/Calculators/Rockport.html>

- Allows you to calculate your Maximum Oxygen Uptake (Max Vo₂) from your Rockport Walking Test times and post-exercise heart rates.
- <http://www.exrx.net/Calculators/MinuteRun.html>
 - Using your gender, age and distance covered in this test, you may calculate your Max VO₂ (maximum oxygen uptake).
- <http://www.exrx.net/Calculators/OneAndHalf.html>
 - Using gender, age and time (minutes and seconds), calculate your max VO₂ and fitness rating from this test.
- <http://www.exrx.net/Calculators/Treadmill.html>
 - Treadmill testing protocols
- <http://jan.ucc.nau.edu/~daa/ACSMGuidelines/chapter4/index.htm>
 - Provides information regarding the reasons for exercise testing, testing issues and concerns, pre-post testing instructions, safety issues etc.
- <http://www.halls.md/chart/height-weight.htm>
 - This site provides resources for determining over fat and obesity levels via body mass index (BMI) readings, provides information on scale testing, how to determine one's ideal weight, and other related information and article references.
 - <http://www.healingwithnutrition.com/cdisease/cardiovascular/cardiovascular.html>
 - Fact sheets, morbidity statistics, diseases, prevention, treatments, medications and nutritional support.
- <http://www2.gsu.edu/~wwwfit/bodycomp.html>
 - Georgia State University Site that presents all of the typical methods of determining body fat – Skinfold measurements, underwater weighing, bioelectrical impedance, bod pod (air displacement), Dual energy X-ray absorptiometry (DEXA), and Near infrared interactance (NIR) Futrex 500 – including validity and reliability of measurement, methodology, advantages and disadvantages of use

II – Fitness and Training Principles

- <http://www.sport-fitness-advisor.com/heart-rate-reserve.html>

- **The Karvonen formula → heart rate reserve and how to determine your heart rate training zone.**
- <http://www.myexerciseplan.com/assessment/>
 - **The keys to exercise success: includes sections on pre-exercise health assessments and barriers to exercise. Additional tools include: exercise time finder, self-assessment, how to keep it simple and more.**
- <http://swiftcurrentsoccer.com/SevenLawsOfTraining.htm>
 - **Includes the following principles: individual differences, overcompensation, overload, and specific adaptation to imposed demands (SAID), general adaptation (GAS), use/disuse, and specificity.**
- <http://primusweb.com/fitnesspartner/>
 - **Includes: how to start an exercise program, choosing appropriate exercises, determining a starting point, exercise progressions, types of exercise and ideas for staying motivated.**
- <http://www.clubs.psu.edu/FitnessPrograms/myths.htm>
 - **Includes 12 of the most erroneous concepts that remain rampant regarding exercise and fitness.**
- http://www.acsm.org/AM/Template.cfm?Section=Home_Page&TEMPLATE=CM/HTMLDisplay.cfm&CONTENTID=7764
- <http://www.exrx.net/WeightTraining/Guidelines.html>
 - **Includes the ACSM training guidelines → plus specific information on cardiorespiratory training and exercise prescription, training progressions for healthy participants, specific guidelines for resistance training, health benefits associated with resistance training, guidelines for proper stretching, flexibility training precautions, nutrition guidelines, and dietary recommendations.**
- <http://www.mayoclinic.com/health/strength-training/MY00033>
 - **Strength training videos: exercises that use one's body weight, resistance tubing exercises, free weight exercises and weight machine exercises**
- <http://www.mayoclinic.com/health/fitness-ball/MY00068>
 - **Strength training videos using exercise balls**
- <http://www.unm.edu/~lkravitz/Article%20folder/resistben.html>
 - **Resistance training: Adaptations and health implications**
- <http://www.nscs-lift.org/>

- with an emphasis on resistance exercise and training --> check out standards and guidelines among others
- <http://www.nscs-lift.org/videos/displayvideos.asp>
 - **ADVANCED – INCLUDES OLYMPIC LIFTS AND TRAINING LIFTS:** Back squat with and without spotter, bench press with and without spotter, bent over row, chin-up, clean, clean shrug, clean high pull, close grip bench press with and without spotter, crossover step, dumbbell (DB) lateral lunge, DB lateral raise, DB lunge, DB rear raise, DB reverse lunge, DB row, DB upright row, dip, EZ bar curl, front squat, lying DB triceps extension, heaving snatch balance, hook grip, incline bench press with and without spotter, overhead squat, power jerk, power snatch, push press, pressing snatch balance, Romanian deadlift, reverse grip EZ bar curl, seated overhead press with and without spotter, snatch – grip measurement 1, snatch – grip measurement 2, snatch shrug, snatch high pull, split jerk, split squat supported leg, standing overhead DB press, standing shoulder press, three-point, upright row, wide grip pull-up.
- http://www.preventdisease.com/fundament/articles/types_exercises.shtml
 - Modes of fitness; types of exercises.
- <http://www.fitness.gov/>
 - President’s council on fitness and Nutrition: Works to promote the development of physical fitness, facilities, and programs. Offers a variety of testing, recognition, and incentive programs.

III – Nutrition and Weight Control

- <http://www.mypyramid.gov/>
 - Contains information on the new USDA food pyramid. In addition, helps calculate food intake via individual activity levels. Specific areas of interest include: (1) *My Pyramid for Kids*, (2) *Tour MyPyramid* [Take a tour of the new pyramid in this animated feature.], (3) *Inside the Pyramid* [Explore the pyramid to learn about the food groups and to see how much physical activity you should be getting.], and (4) *Tips and Resources* [Learn how to make MyPyramid work for you. Find a wealth of ideas that can help you get started toward a healthy diet.

There are tips for each food group, physical activity, eating out, a sample menu, and more...]

- Important Nutrition URL Reference Sites
 - <http://www.eatright.org/Public/>
 - American Dietetic Association Web Site: with nearly 65,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. ADA members are the nation's food and nutrition experts, translating the science of nutrition into practical solutions for healthy living.
 - <http://www.healthcentral.com/channel/408/12135.html>
 - The weight loss health center: common weight loss disorders, other.
 - <http://www.ars.usda.gov/Services/docs.htm?docid=17032>
 - What's in the food you eat search tool.
 - <http://www.ific.org/>
 - Sponsored by the International Food Information Council Your Nutrition and Food Safety Resource Web Site provides information on food safety, food ingredients, and nutrition to health professionals and the public.
 - <http://www.fda.gov/>
 - The Food and Drug Administration Web Site sponsored by the Department of Health and Human Services provides comprehensive information and publications on drug and food-related subjects to health professionals and the public. Varied topics include: antiperspirants, deodorants and breast cancer, flu information, weight loss methods, buying medications on-line, counterfeit medicines, counterterrorism, bioterrorism and more.
- <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>
 - How to understand and use the nutrition facts label.
- <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079609.htm>
 - Trans-fat and fats in your diet: What you need to know.
- <http://www.bodyfatguide.com/percentfat.html>

- This web site provides a variety of information about body fat percentage, dietary intake and weight loss. Scroll down to Activity Calorie Tables and Food Calorie Tables to determine activity equivalents in calories and food equivalents in calories.
- <http://www.glycemicindex.com/>
 - Not all carbohydrate foods are created equal, in fact they behave quite differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small fluctuations in our blood glucose and insulin levels - is the secret to long-term health reducing your risk of heart disease and diabetes and is the key to sustainable weight loss.
- <http://www.fastfoodfacts.info/>
 - Choose the fast food restaurant, the specific item in a restaurant or whatever. This web site will break down fast food items into caloric contents - fat, cholesterol, protein, etc.
- <http://www.oceansalive.org/home.cfm>
 - Information on safe versus questionable seafood dishes. Also eco-information on oceans, endangered fish and concerns about ocean life in the future
- <http://www.caloriecountercharts.com>
 - This web site posts the caloric equivalent for most foods. It helps you sort food content alphabetically, by fat content, by protein content, by carbohydrate content, etc.
- <http://www.healthy.net/scr/article.aspx?Id=2104>
 - There are definitely specific requirements for proteins, though the exact amount is somewhat questionable. The Recommended Daily Allowance (RDA) of protein according to U.S. government standards is 0.8 gram per kilogram (1 kilogram equals 2.2 pounds) of ideal body weight for the adult. Ideal body weight is used in the calculation because amino acids are not needed by fat cells, only by the lean body mass. So an adult male who should weigh about 154 pounds, or 70 kilograms, requires 56 grams of protein daily. A female whose best weight is 110 pounds, or 50 kilograms, needs 40 grams a day. The RDA increases by 30 grams per day during pregnancy and 20 grams per day during lactation. During growth, different amounts are needed. For example, 2.2 grams of protein are needed per kilogram

- of body weight each day in the first six months of life, and 2.0 grams per kilogram for the next six months.
- <http://health.discovery.com/tools/calculators/basal/basal.html> You expend energy no matter what you're doing, even when sleeping. Thus your *Basal Metabolic Rate* is the number of calories you'd burn if you stayed in bed all day - a tempting idea for some. If you've noticed that every year, it becomes harder to eat whatever you want and stay slim, you've also learned that your Basal Metabolic Rate decreases as you age. Likewise, depriving yourself of food in hopes of losing weight also decreases your BMR, a foil to your intentions. However, a regular routine of cardiovascular exercise can increase your BMR, improving your health and fitness when your body's ability to burn energy gradually slows down. This site will allow you to calculate a good approximation of your Basal Metabolic Rate.
 - <http://www.nlm.nih.gov/medlineplus/weightcontrol.html>
 - Choosing a weight-loss program may be a difficult task. You may not know what to look for in a weight-loss program or what questions to ask. This fact sheet can help you talk to your health care professional about weight loss and get the best information before choosing a program – See *Choosing a Safe and Successful Weight Loss Program* under: From the National Institutes of Health
 - <http://www.medicinenet.com/script/main/art.asp?articlekey=23152>
 - What is a calorie? Eat too many... gain weight. Eat fewer calories... lose weight. Not so complicated, right? Wrong, for those who believe weight loss is more than a calorie equation. Everywhere you turn there are so-called new-and-improved ways to lose weight. Americans spend \$33 billion annually on weight loss foods, products and services, according to the American Dietetic Association. With that amount of spending, it's no surprise there are an overwhelming number of "fad" diets and other weight-loss products on the market.

When considering a weight-loss plan, start with this proven formula: Successful weight-loss programs incorporate changes to achieve long-term healthy lifestyle behaviors, including eating practices and daily physical activity. Consult your physician and registered dietitian. They will help design a plan that is safe and

meets your needs. In general, be wary of diets that offer the following:

- Fast weight loss
- A quick fix
- Claims that sound too good to be true
- Foods defined as "good" and "bad"
- Less than 1,000 calories daily
- A required vitamin/mineral supplement or food product
- Elimination of a major food group ([carbohydrates](#), [fats](#), [proteins](#))
- Lack of long-term randomized scientific studies proving the diet works and is safe. A randomized study distributes participants in a deliberately random way into either the non-tested diet group or the special diet group.

The following review examines the advantages and disadvantages of several popular diet plans. Most of the diets are based on low-carbohydrate approaches. These hotly debated low-carbohydrate diets were subject of a recent study in the "Journal of the American Medical Association" that found more research is needed on the safety and efficacy of such plans. The article analyzed hundreds of published studies about low-carbohydrate plans and found a lack of scientific evidence for or against the diets. "It is also important to note that in most of the studies contained in the analysis, weight loss occurred when study participants were on diets for longer periods, and when they ate fewer calories," according to a statement by Robert H. Eckel, a physician and chair of the American Heart Association's Nutrition, Physical Activity and Metabolism Council.

- http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Water_a_vital_nutrient?open
 - Water is essential for the human body. The body cannot store water and must have fresh supplies every day to perform virtually every metabolic process. Babies and the elderly are vulnerable to lack of water or dehydration. If you regularly don't drink enough water there is some increased risk of kidney stones and, in women, urinary tract infections.
- http://www.annecollins.com/Weight_Loss/ghrelin-appetite.htm

- The hormone ghrelin, appetite and weight control
- <http://www.myfooddiary.com/>
 - Pay site with many free resources about weight control.
 - Check the resource menu for pertinent information.
- http://www.newleaffitness.com/Consumer/Con_home.html
 - **Short, concise yet meaningful information on metabolism – fat, carbohydrate and protein - breakdown during exercise and procedures for weight loss**
 - What's the best way to encourage my child to be more active?
 - Here's the short answer: You've got to move to lose!
 - The quest for increasing activity begins with understanding that weight loss requires a change in the balance of energy. People who want to lose weight must expend more energy than they take in. To maintain weight loss, energy expended must match energy consumed. Unfortunately, for your overweight child, he or she has a biology that makes the management of this energy balance quite difficult. Overweight people have bodies that resist weight loss by being very efficient at storing food taken in and stingy about expending energy. More pertinent information to follow
- <http://www.drIenkravitz.com/Articles/genderdiffer.html>
 - Discusses gender differences in fat metabolism

IV – Stress and Stress Management

- <http://exrx.net/Psychology.html>
 - **Stress management: ExRx Exercise and Sport Psychology.** The site has two menus. **Menu A** includes the topics dealing with: exercise adherence - obstacles and solutions, stress and stress management, goal setting, overtraining, skill acquisition and proficiency and more. **Menu B** includes information on: the Inverted U hypothesis, the use of imagery, EMG biofeedback and strength training and more. Suggested readings are included, plus a pull down menu that expands the number of topics for discussion.
- <http://healthguide.howstuffworks.com/stress-in-depth2.htm>
 - **Stress in depth: complications, physiological effects, heart disease, stroke, cancer, gastrointestinal**

problems, diabetes, pain, sleep disturbances, sexual and reproductive dysfunction, memory, concentration and learning, and substance abuse.

- <http://4mind4life.com/blog/2008/07/26/beta-brain-waves-alert-awake-and-stressful-states/>
- <http://www.hypnosis-kids.com/brainwaves.htm>
 - EEG alpha waves and relaxation: Explanation of EEG waves (alpha, beta) and their functions during wakefulness, arousal, drowsiness and sleep.
- <http://www.healthplace.com/anxiety-panic/main/six-myths-about-stress/menu-id-69/>
 - Six myths about stress.
- http://www.holisticonline.com/stress/stress_home.htm
 - A recent survey showed that 70-90% of us feel stressed at work and outside. Today's fast paced lifestyle is putting a toll on us. Unless we learn to manage stress, we will get sick. But it doesn't have to be that way. There are steps we can take to manage stress. We, at holisticonline.com, want to provide you with all the information you need to manage your stress.
 - You will learn how to detect symptoms of stress, recognize diseases that are often mistaken for stress, and common sense ways to manage and prevent stress. Prevention and cure are the two limbs of stress management.

V – Cardiovascular and Hypokinetic Disease: Problems and Disease Prevention

- http://www.guidant.com/condition/heart/heart_bloodflow.shtml?pop
 - Anatomy of the heart including chambers, vessels, etc.; animated blood flow plus animation of some of the serious conditions affecting the heart; selected illustration page, e.g., by-pass surgery, balloon angioplasty, stenting, plaques build-up.
- <http://www.healingwithnutrition.com/cdisease/cardiovascular/arteriosclerosis.html>
 - Arteriosclerosis/atherosclerosis.
- <http://www.medicinenet.com/cholesterol/page4.htm#>
 - Immediate access to 3 excellent slideshows relating to cholesterol plus numerous other reference articles on cholesterol. Part of MedicineNet's webpage. Also access to numerous other related health and disease topics. Forty-three health-related slide shows are

available for viewing plus 65 quizzes to test your understanding of the topics. **GREAT RESOURCE.**

- <http://www.ajcn.org/content/59/5/955.abstract>
 - **Critical periods in childhood for the development of obesity**
- <http://pediatrics.aappublications.org/content/101/3/e5.full>
 - **Adiposity rebound effect in children**
- <http://www.heartsite.com/html/lectures.html#>
 - **On-line cardiac lectures: heart basics, tests, procedures, diseases, lectures.**
- <http://www.abc.net.au/science/lcs/heart.htm>
 - **Perform and open heart surgery; save the patient ... or not.**
- <http://www.nlm.nih.gov/medlineplus/highbloodpressure.html>
 - **Blood Pressure - what is it, how to prevent and manage it, its negative effects and recent relative research! DIRECTIONS: ENTER SITE > CLICK ON HEALTH CONDITIONS > CLICK ON B > SCROLL DOWN TO BLOOD PRESSURE - HIGH BLOOD PRESSURE (OR LOW BLOOD PRESSURE) > UNDER THE FROM THE NATIONAL INSTITUTE OF HEALTH (NIH) SUBTITLE CLICK ON HIGH BLOOD PRESSURE AND READ THE TEXT! MORE INFORMATION E.G., CAUSE, PREVENTION, SIGNS, SYMPTOMS ETC. ARE PROVIDED IN THE COLUMN TO THE LEFT OF THE TEXT.**
- <http://www.highbloodpressuremed.com/high-blood-pressure-causes-heart-attack-myocardial-infarction.html>
 - **Additional information on blood pressure plus causes of heart attack, e.g., vascular spasm, atherosclerosis etc.**
- <http://dashdiet.org/>
 - **Information of the Dash Diet which is specifically designed to lower hypertension (high blood pressure).**
- <http://www.webmd.com/sleep-disorders/guide/lose-weight-while-sleeping>
 - **How your sleep patterns may affect your weight.**
- <http://www.obesity.org/>
 - **The American Obesity Association Website. Promotes education, research, and community action to improve the quality of life for people with obesity.**
- <http://www.shapeup.org/>
 - **The Shape up America Website. Good information source for childhood obesity provides data from the partnership for essential nutrition, plus a variety of other related topics.**
- <http://www.cswd.org/>

- Council on Weight and Size Discrimination Website. Provides information on eating disorders, “sizism,” the non-dieting movement, and size discrimination.
- <http://www.ftc.gov/>
 - The previously listed Federal Trade Commission Web Site. Provides the public and health professionals with information about weight-loss products and programs. Develops materials to help identify health misinformation.
- <http://www.aap.org/>
 - For the parents – The American Academy of Pediatrics Web Site. Provides information and publications to promote the health, safety and well-being of infants, children, adolescents and young adults
- <http://www.nof.org/>
 - Up to date information on osteoporosis: its origins/causes and effects plus exercise and nutrition tips for prevention. Also information on nutritional practices that may facilitate the development of osteoporosis, and what to do if you are diagnosed with it.
- <http://www.weight.com/index.asp>
 - *Objective Medical Information on Obesity, Weight Management, Eating Disorders, and Related Topics.*
Serving the Web Since June, 1995. THIS IS AN EXCELLENT SITE IF YOU HAVE INTEREST IN THIS SUBJECT ACCESS IT!!!!
- **Disease Prevention**
- <http://www.drreddy.com/heat.html#cramps>
 - Information on heat cramps, heat exhaustion and heat stroke: prevention and care.
- <http://odphp.osophs.dhhs.gov/>
 - *Office of Disease Prevention and Health Promotion Website.* Created by Congress in 1976, the Office of Disease Prevention and Health Promotion (ODPHP) plays a vital role in developing and coordinating a wide range of national disease prevention and health promotion strategies.
ODPHP Activities include:
Healthy People 2020
Healthy People 2020 Health Communications Focus

Area

Leading Health Indicators (LHI)

Healthfinder®

National Health Information Center (NHIC)

Dietary Guidelines for Americans

- <http://www.niddk.nih.gov/>
 - ***National Institute of Diabetes & Digestive & Kidney diseases Web Site*** provides information about diabetes to health professionals, patients, and the public. Develops, identifies, and distributes educational materials.
- <http://digestive.niddk.nih.gov/about/index.htm>
 - ***National Digestive Diseases Information Clearinghouse (NDDIC) Web Site*** provides information on the prevention and management of digestive diseases to health professionals and the public. Develops, identifies, and distributes educational materials.
- <http://www.nhlbi.nih.gov/health/public/heart/index.htm>
 - ***The National Heart, Lung and blood Institute Web Site*** provides information about cardiovascular, lung, and blood diseases to health professionals and the public. Develops, identifies, and distributes educational materials.
- <http://www.medicalnewstoday.com/sections/stroke/videos.php>
 - **Videos on stroke: keeping personal medical records, vascular health, strike warning signs, are you at-risk for a stroke and more**
- <http://www.nimh.nih.gov/>
 - ***The National Institute of Mental Health Web Site (NIMH)*** provides information about mental health, including eating disorders, to health professionals and the public. Develops, identifies, and distributes educational materials.
- <http://www.omhrc.gov/>
 - ***The Office of Minority Health Web Site*** provides information on minority health issues to health professionals. Bilingual staff members are available to serve Spanish-speaking requesters.
- <http://www.cdc.gov/nchs/>
 - ***The National Center for Health Statistics (NCHCS) Web Site*** [a branch of the Centers for Disease Control] responds to requests with publications and electronic data products. Specific statistical data collected by the Centers for Disease Control and Prevention are available.

- <http://www.anad.org/>
 - National Association of Anorexia nervosa and Associated Eating Disorders operates a hotline, Monday-Friday 9 a.m. to 5 p.m., where information can be obtained on eating disorders, therapist referrals, and support groups
- <http://nationaleatingdisorders.org/>
- *The National Eating Disorders Association Web Site*
 - provides educational resources on eating disorders and their prevention for schools, health professionals, community organization, and individuals.
- <http://www.welcoa.org/>
 - *From the Wellness Corporations of America Web Site* - Provides information and treatment resources for all forms of eating disorders. Provides referrals to eating disorder professionals, treatment facilities and support groups, etc. Offers general information to inform the public about the treatment and prevention of eating disorders.
- <http://nccam.nih.gov/>
 - *The National Center for Complementary and Alternative Medicines Web Site* conducts and supports research and training and disseminates information on complementary and alternative medicine to practitioners and the public.
- <http://www.cancer.gov/>
 - *The National Cancer Institute Web Site* provides information about nutrition and cancer prevention as part of its 5 A Day campaign to encourage Americans to eat more fruits and vegetables.

- **Hot and cold weather conditions**

- SEE ABOVE - <http://www.drreddy.com/heat.html#cramps>
 - Information on heat cramps, heat exhaustion and heat stroke: prevention and care.
- <http://www.princeton.edu/~oa/safety/hypocold.shtml>
 - Outdoor action guide to hypothermia, frostbite and other cold weather injuries.

VI – Risky Behaviors: Tobacco, Alcohol, Drug & Steroid Abuse and STDs

- **Drugs, Alcohol, Tobacco, Steroids**

- <http://www.factsontap.org/>
- <http://www.collegedrinkingprevention.gov/>
- <http://www2.potsdam.edu/hansondj/DrinkingAndDriving.html>
 - Three sites (above) designed for college-aged students
- <http://www.ou.edu/oupd/bac.htm>
 - Blood alcohol concentration (BAC) calculator
- <http://www.heart.org/HEARTORG/search/searchResults.jsp?dyncharset=ISO-8859-1&q=smoking>
 - sub-page of the American Heart Association presents information on the effects of smoking, smoking cessation approaches, etc. → CLICK ON THE LINK OF YOUR CHOICE.
- <http://www.hsph.harvard.edu/cas/Documents/socdevel-article>
 - Information on binge drinking. A college alcohol study by E. R. Weitzman (2003) on the social developmental overview of heavy episodic or binge drinking among U.S. College students.
- <http://www.cancer.org>
 - Information on cancer – effects, prevention, treatment.
- <http://quitsmoking.about.com/cs/nicotineinhaler/a/cigingredients.htm>
 - Comprehensive site dealing with the effects of smoking, how to quit (smoking cessation methods), including articles and resources to help with a cessation program. Three pages (hundreds) of cigarette additives are listed, many with information on their specific deleterious side effects
- <http://quitsmoking.about.com/cs/secondhandsmoke/a/secondhandsmoke.htm>
 - Second hand smoke is a toxic cocktail consisting of poisons and carcinogens. There are over 4000 chemical compounds in second hand smoke; 200 of which are known to be poisonous, and upwards of 60 have been identified as carcinogens.
- <http://www.ash.org.uk/html/factsheets/htm/fact12.html>
 - Everything you wanted to know about smoking from big bucks, through related diseases to methods of quitting. Sponsored by ASH: Action on smoking and health, the original non-smoking advocacy group.
- <http://www.steroids.org/>

- Page includes an overview of steroids, steroid abuse and the scope of abuse, why and how people abuse steroids, issues in addiction, prevention and treatment, psychiatric effects, side effects, a glossary of common steroids, and information on steroid supplements.
- <http://www.philipmorrisusa.com/en/cms/Home/default.aspx>
 - The largest tobacco company in the USA offers information about the company, its business, and important tobacco issues, including health-related issues to their products.
- <http://www.fda.gov/>
 - Provides information and publications on drug and food-related subjects to health professionals and the public
- **Sexually transmitted disease (STDs)**
- Information from the Centers for Disease Control Site on STDs and other diseases
 - http://www.youtube.com/watch?v=1_q7E0gvO6k
 - You Tube video extends information about HIV-AIDS: incidence, signs/symptoms, infections, prevention, projections
 - <http://www.cdc.gov/>
 - If there is a question about anything – not just STDs – in this class, most likely the answer can be found on this site.
 - <http://www.hivatwork.org/>
 - HIV/AIDS is still at work. More people are living and working with HIV than ever before. HIV has not gone away. Neither have the complex issues it raises. Does your workplace handle discrimination, return-to-work, or employee morale issues? Use this Web site as a resource for these and many other questions.

VII - Exercise Adherence and Psychology of Exercise: Stages of Change; Exercise Addiction, Goal Setting, False Advertising

- <http://www.gsu.edu/~wwwfit/adherence.html>

- A Georgia State University page that includes: (1) information regarding the overall benefits of routine exercise, (2) situational factors that affect exercise adherence and motivation; (3) personal factors that affect exercise adherence and motivation, including personality surveys; (4) a typical exercise contract.
- <http://exrx.net/Psychology.html>
 - See ExRx Exercise and Sport Psychology listed above under stress management.
- <http://www.webmd.com/fitness-exercise/features/six-steps-that-can-change-your-life>
 - Web Med version of Prochaska's Stages of Change as discussed in class. Apply to exercise addiction, smoking cessation, weight loss programs or any other change you want to make to your lifestyle
- <http://www.mygoals.com>
 - Comprehensive web page on how to set appropriate, meaningful goals under a variety of different scenarios.
- <http://consumeraffairs.com/news03/bodyflex.html> → Advertising Myths
- <http://usgovinfo.about.com/library/weekly/aa050902a.htm> --> More Advertising Myths re: Ab Belt
- <https://www.shakeweight.com/> → More Advertising Myths (video)
- <http://nobelprize.org/educational/medicine/pavlov/readmore.html> --> advertising basics: Pavlov and his dog
- <http://www.des.emory.edu/mfp/BanEncy.html>
 - Albert Bandura presents this topic and the sub-topics below in Encyclopedic format
 - [I. Sources of Self-Efficacy Beliefs](#)
 - [II. Efficacy-Mediated Processes](#)
 - [III. Adaptive Benefits of Optimistic Self-Beliefs of Efficacy](#)
 - [IV. Development and Exercise of Self-Efficacy Over the Lifespan](#)

VIII - Critical reference sites* - References URLs include: Medline Plus, National Institute for Health Website, Healthy People 2010, The National Association for Health and Fitness, Healthfinder, The National Institute for Occupational Safety and Health, The National Wellness Institute, and The

American Cancer Society. The Centers for Disease Control and American Heart Websites are located in the Cardiovascular Disease section.

- <http://dailymed.nlm.nih.gov/dailymed/about.cfm>
 - DailyMed provides high quality information about marketed drugs. This information includes FDA approved labels (package inserts). This Web site provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.
 - Other information about prescription drugs may also be available. NLM regularly processes data files uploaded from FDA's system and provides and maintains this Web site for the public to use in accessing the information. Additional information about medicines is available on NLM's MedlinePlus Web site <http://www.nlm.nih.gov/medlineplus/medicines.html>.
- <http://medlineplus.gov/>
 - A service of the United States Library of Medicine and the National Institutes of Health, this is a comprehensive web site that includes a variety of medical conditions, including cause, characteristics of, prevention and other valuable information.
- <http://health.nih.gov/>
 - *The National Institutes of Health Website* is sponsored by the Department of Health and Human Services and is one of the most comprehensive health sites in existence.
- <http://www.medicinenet.com/script/main/hp.asp>
 - Health and disease related slideshows, quizzes, symptom checkers, procedures and tests, medications, med-dictionary terms, pet health, feature health-related articles, daily health news and much more are available on this web site.
- <http://www.healthypeople.gov/2020/default.aspx>
 - *The Healthy People 2020 Web Site* presents a set of health objectives for the Nation to achieve over the first decade of the new century. It can be used by many different people, States, communities, professional organizations, and others to help them develop programs to improve health.

Healthy People 2020 builds on initiatives pursued over

the past two decades. The 1979 Surgeon General's Report, Healthy People, and Healthy People 2010: National Health Promotion and Disease Prevention Objectives both established national health objectives and served as the basis for the development of State and community plans. Like its predecessors, Healthy People 2020 was developed through a broad consultation process, built on the best scientific knowledge and designed to measure programs over time.

- <http://www.physicalfitness.org/index.html>
 - The National Association for Health and Fitness (NAHF) Web Site represents a non-profit organization that exists to improve the quality of life for individuals in the United States through the promotion of physical fitness, sports and healthy lifestyles and by the fostering and supporting of Governor's and State Councils on physical fitness and sports in every state and U.S. territory.

Currently, 29 states have active councils that promote physical fitness for persons of all ages and abilities. Governor and State Councils represent the grassroots programs that encourage the need for and benefits of regular physical activity reaching more than 215 million people through state and local programs.

- <http://www.healthfinder.gov/>
 - The Healthfinder is an award-winning Federal Web site, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Since 1997, Healthfinder has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. Healthfinder links to carefully selected information and Web sites from over 1,800 health-related organizations.
- <http://www.cdc.gov/niosh/homepage.html>
 - *The National Institute for Occupational Safety and Health (NIOSH)* sponsors this Web Site. It is the Federal agency responsible for conducting research and making recommendations for the prevention of work-related disease and injury. The Institute is part of the Centers for Disease Control and Prevention (CDC).

NIOSH is responsible for conducting research on the full scope of occupational disease and injury ranging from

lung disease in miners to carpal tunnel syndrome in computer users.

NIOSH is a diverse organization made up of employees representing a wide range of disciplines including industrial hygiene, nursing, epidemiology, engineering, medicine, and statistics.

- <http://welcoa.org/freeresources/?PHPSESSID=91ed8addbcb94a45570a954705186860>
 - Free health-wellness reports, expert interviews, case studies, presentations, and other.
- <http://www.cancer.org/docroot/home/index.asp?level=0>
 - *The American Cancer Society (ACS)* is a nation wide, community- based voluntary health organization. Headquartered in Atlanta, Georgia, the ACS has state divisions and more than 3,400 local offices.

The American Cancer Society (ACS) is committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation.

- <http://www.nationalwellness.org/>
 - *The National Wellness Institute*, founded in 1977, has steadfastly provided health promotion and wellness professionals with unparalleled resources and services that promote both professional and personal growth. The available resources and expertise of NWI is a product of innovation and the quality of service NWI has provided since its inception. Through the National Wellness Conference, its TestWell Assessments and member resources, NWI is able to play a part and share in promotion optimum health and wellness.

