

## PHYSICAL EDUCATION VIDEOS

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**Constructive Anger** 35 min. It's not possible to live effectively without experiencing strong feelings. The problem is not anger itself, but how we deal with it. Teaches how to channel anger constructively and explains 6 important issues related to dealing with anger.

**Ecstasy: First pill or the last** 20 min. (with teacher notes)

**Dying to be Thin** 60 min. Students, ballet dancers, fashion models and other young women who are seeking recovery or who have conquered their disease share in this video. Specialists also speak.

**Gambit** (VHS and DVD) 9 min. Drugs and travel (includes booklet)

**Heart on a Chain: The truth about date violence** 17 min. 1992 Teenagers, especially young males, get a clear understanding of what constitutes abuse in a relationship, why it happens, and what a healthy, rewarding relationship is.

**It's not my fault: A program about Conflict Resolution** 18 min. (A Disney Educational Production) Eleven year old Sam finds his life peppered with the types of conflict many school children face.

**Love that Kills** 19 min. 1999 : (National Film Board of Canada) A powerful documentary that tells the tragic story of Monica, a nineteen-year-old woman who was murdered by her former boyfriend.

**Love taps** 21 min. (National Film Board of Canada) Designed as a discussion-starter, this video deals with some disturbing teenage relationship issues. Previewing before use is highly recommended.

**Mental Disorders** 29 min. 2003. Examines depression.

**Microbes and Human Diseases** 30 min. 1999 : How microbes come into contact with humans, and the many factors leading to disease outbreaks around the globe, are examined here. Students learn about current efforts to track infectious disease and the considerations necessary to control disease worldwide.

**Muscular System, The** 12 min. Various types of muscle tissue, differences between voluntary, involuntary and cardiac muscles, differences in the chemistry and functions of fast-twitch and slow-twitch muscle fibers.

**National Stress Test** 46 min. 2002: Examines Canada's relationship with stress and looks at how men differ from women in handling stress, and what's the biggest cause of stress in our lives.

**Net Worth** 92 min. CBC : Based on a true story, Net Worth blows the lid off the image of the "golden era" of the NHL, to reveal the bloody battles and hard knocks dealt the players off the ice. Ted Lindsay, Detroit Red Wing captain leads the fight against the czars of the NHL.

**Peer Pressure: Are your friends controlling your life** 22 min (includes manual)

**Scoring: A story about Date Rape** 19 min. 1993 “ Jimmy’s attitude toward women is coloured by destructive myths. Views are provided with facts about physical and emotional sexual abuse and are encouraged to examine attitudes that promote disrespect toward, and violence against, women.

**Skeletal System, The** [2nd Edition 12 min. Detailed animation and x-ray motion pictures trace the structure of the skeleton from head to foot, examining the bones in each region of the body and their contribution to the body as a whole. Includes animation and scene of sports activities.

**Stress** 29 min. 2003 : Interprets the causes and effects of stress on the individual and the system of the body.

**Through a Blue Lens** 52 min. 1999 National Film Board of Canada : A documentary that gives addicts (in Vancouver) a voice to openly talk about who they are and how they got to the streets. Contains course language and graphic scenes. Preview before use.

**Weight Control: Treatment and Health Effects** 30 min. 1996 : Includes topics on causes of obesity; good and poor treatment choices for weight loss; behaviour modification techniques; underweight problems; and the differences between anorexia nervosa and bulimia nervosa.

**Weight of the World, The** 51 min. National Film Board of Canada and CBC, 2003 : Features lively animation and hard-hitting science. Reveals that obesity is not an individual problem, but one that requires changes in public policies and attitudes.

**In our Defense: A film about women and violence** (Drama documentary)

**Path of the Paddle** 112 min. (NFB Canada) Canoeing

**Song of the Paddle** 41 min. Wilderness canoe camping holiday

**Waterwalker** 87 min Canoe odyssey in four parts: Shore of Lake Superior, Up River, **The High Country and Down River**