

American School Health Association. (2011). *Journal of school health*. Retrieved from <http://www.ashaweb.org/i4a/pages/index.cfm?pageid=3341>.

Journal of School Health is a publication for health educators who work as school, public, and private health educators.

Ballard, K, Caldwell D, Dunn C, Hardison A, Newkirk, J, Sanderson M, Thaxton Vodicka S, Thomas C. (2005) *Is it physical education or physical activity?* Retrieved from <http://www.aahperd.org/naspe/publications/teachingTools/PAvsPE.cfm>.

Is it Physical Education or Physical Activity? provides an explanation of the difference between physical education and physical activity and recommends that schools provide 150 minutes of instructional physical education for elementary school children, and 225 minutes for middle and high school students per week for the entire school year.

Centers for Disease Control and Prevention. (2007, October 15). *National health education standards*. Retrieved from <http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>.

The National Health Education Standards (NHES) are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.

Centers for Disease Control and Prevention (2008). *School health education resources*. Retrieved from <http://apps.nccd.cdc.gov/sher/>.

CDC's School Health Education Resources (SHER) provides user-friendly access to school health education offerings available from the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC).

Centers for Disease Control and Prevention. (2010, October 19). *Student health and academic achievement*. Retrieved from http://www.cdc.gov/HealthyYouth/health_and_academics/.

Using data from the Youth Risk Behavior Surveillance System (YRBSS), the CDC Division of Adolescent and School Health provides research supporting the link between health and academic achievement.