

### Scope Statement:

This subject guide is aimed at those with an interest in the physical fitness resources offered by the State Library of Ohio. Additionally, state employees can contact the State Library for more information about available services, reference help and publications at 614-644-7051 or [refhelp@library.ohio.gov](mailto:refhelp@library.ohio.gov).

### Electronic Collections:

- **OhioLINK- Electronic Journal Center (EJC):** Full text of 7000+ research journals.
- **Academic Search Complete (EBSCO):** Academic Search Complete provides access to more than 7,100 full-text periodicals, including more than 6,100 peer-reviewed journals. In addition to full text, this database offers indexing and abstracts for more than 11,200 journals and a total of more than 11,700 publications including monographs, reports, conference proceedings, etc. The database features PDF content going back as far as 1887, with the majority of full text titles in searchable PDF format.
- **Health Source (Nursing/Academic Edition & Consumer Edition) (EBSCO):** The Consumer Edition is the richest collection of consumer health information available to libraries worldwide, providing information on many health topics including the medical sciences, food sciences and nutrition, childcare, sports medicine and general health. *Health Source: Consumer Edition* provides access to nearly 80 full text, consumer health magazines. The Nursing/Academic Edition provides nearly 550 scholarly full text journals focusing on many medical disciplines. *Health Source: Nursing/Academic Edition* also features the *Lexi-PAL Drug Guide*, which covers 1,300 generic drug patient education sheets with more than 4,700 brand names.
- **MasterFILE (EBSCO):** This multidisciplinary database provides full text for nearly 1,700 general reference publications with full text information dating as far back as 1975. Covering virtually every subject area of general interest, *MasterFILE Premier* also contains full text for nearly 500 reference books and over 164,400 primary source documents, as well as an Image Collection of over 502,000 photos, maps & flags.

### eJournals/eBooks:

Title	Collection	From
<a href="#">American Fitness</a>	Health Source- Consumer (EBSCO)	1992
<a href="#">Bicycling</a>	MasterFILE	1990
<a href="#">Every Day Fitness: Look Good, Feel Good</a>	Health Source- Consumer (EBSCO)	2002
<a href="#">Exercise</a>	Health Source- Consumer (EBSCO)	2009
<a href="#">Exercise: A Program You Can Live With</a>	Health Source- Consumer (EBSCO)	2007
<a href="#">Flex</a>	Health Source- Consumer (EBSCO)	2002
<a href="#">Muscle &amp; Fitness</a>	Health Source- Consumer (EBSCO)	2002
<a href="#">Men's Fitness</a>	Health Source- Consumer (EBSCO)	2002
<a href="#">Men's Health</a>	Health Source- Consumer (EBSCO)	1992
<a href="#">Runner's World</a>	Health Source- Consumer (EBSCO)	1990
<a href="#">Science &amp; Sports</a>	EJC	1996
<a href="#">Shape</a>	Health Source- Consumer (EBSCO)	2002
<a href="#">Total Health</a>	Academic Search Complete (EBSCO)	1992

## **Federal and Commercial Websites:**

- **President's Council on Fitness, Sports and Nutrition** (<http://www.fitness.gov/>): PCFSN's mission is to engage, educate and empower all Americans across the lifespan to adopt a healthy lifestyle that includes regular physical activity and good nutrition. The Council plays a key role in the development of the administration's programmatic priorities, outreach and awareness efforts to improve the health and quality of life for all Americans.
- **National Association for Health and Fitness** (<http://www.physicalfitness.org/>): The National Association for Health and Fitness (NAHF) is 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. NAHF accomplishes this work by fostering and supporting Governor's and State Councils and coalitions that promote and encourages regular physical activity.

## **New Books at the State Library:**

- [Fitness for geeks : real science, great nutrition, and good health](#) by Bruce W. Perry
- [7 weeks to 300 sit-ups strengthen and sculpt your abs, back, core and obliques by training to do 300 consecutive sit-ups](#) by Brett Stewart
- [7 weeks to getting ripped the ultimate weight-free, gym-free training program](#) by Brett Stewart

## **Library of Congress Classification/Dewey Classification:**

- Library of Congress: GV- Recreation, Leisure; QP- Physiology; RA- Public Aspects of Medicine
- Dewey Decimal System: 612- Human Physiology; 613- Promotion of Health; 796- Athletic and Outdoor sports and games; 797- Aquatic and Air Sports

## **Search Terms:**

- Exercise
  - Physical Fitness
  - Physical Stamina
  - Bodybuilding
  - Cardiovascular Fitness
  - Circuit Training
  - Muscle Strength
- Health
- Physical Education and Training
- Sports Sciences