Resources – Fitness Resource Lounge

- **How the body works Book**

  Topics include:

  - Anatomy: Functional Body Systems
  - Levers
  - Body in Motion - introduction
  - Body in Motion - influences on movement
  - Body in Motion - Fitness, Skill and Training
  - Biomechanics of the body
  - Body Systems
  - Human Urinary System
  - The Immune Response
  - Importance of pH in the Human Body
  - The Bones of It: An Introduction to the Skeleton
  - Types of joints
  - All About Muscles
  - The Role of Enzymes
• Support Tutorials - Fitness Book

Topics include:

- Analysing Fitness
- Lifelong Physical Activity
- Recovery from Exercise
- Exercise for life
- Training programs
- Evaluating a Training Program
- Training Principles
- Good Coach, Bad Coach
- The Coach
- Performance
- Sports Psychology - Mental Preparation
- Sports Psychology - Motivation, Anxiety and Arousal
- Performance Enhancing Substances in Sport
- Sleep
• Nutrition, Hygiene and Lifestyle Diseases Book

Topics include:

**Food and Nutrition**

- The Healthy Eating Pyramid
- All About Nutrients
- Factors Affecting Performance - Nutrition and Sport
- Food for Sports Performance
- Nutrition and Hydration in Sport
- Nutrition for Physical Activity
- Vitamins

**Hygiene**

- Food Safety and Hygiene
- Personal Hygiene

**Lifestyle diseases**

- Australian Lifestyle Diseases 1: Obesity, Diabetes, Dental Decay and Anaemia
- Australian Lifestyle Diseases 2: Cancer, Heart and Bone Conditions
- Fries With That? The Overweight Epidemic
Topics include:

**Digestive System**
- The Human Digestive System - Assimilation and Egestion
- The Human Digestive System - Digestion and Absorption in the Small Intestine

**Physics**
- The Physics of Medical Imaging

**Mental illness**
- Dark Days - Shedding Light on Depression
- Self Esteem and Identity in the Digital Age
- Anxiety Disorders
- Understanding Postnatal Depression
Legal and Extra Stuff Book

Topics include:

**Legal**

- Work Health and Safety
- Tort Law

**Extra stuff**

- Face Recognition

Explains dangling modifiers. Watch this video to learn more.
<table>
<thead>
<tr>
<th>First Aid Book</th>
</tr>
</thead>
</table>

Topics include:

- First Aid Emergencies - Home
- First Aid Emergencies - Community
- First Aid: Basic Life Support
- First Aid: Outdoor Injuries