
Kris Berg researches the connection between physical activity and cognitive thinking. Finding that being physically active effects the nerve transmitters in the brain which improve mood, energy level, motivation and helps with depression. Because the brain functions in this manner it allows the brain better functioning strategies after the body was physically active, therefore the more activity before cognitive functions will be improved. Berg also finds that this direct connection helps with test scores in the schools.

I used this research when writing on the “Importance of Recess” and “Quality, Daily Physical Education” papers. This was an extremely important resource for these papers because it helped me prove my points of physical exercise was important to cognitive thinking and that it should not only be made important in the regular school day but also after hours. It also shows the schools that it should not be taken away as punishment or decreased to help increase standardized testing scores.


Kovar and her colleagues have complied this college textbook to help students learn and understand the importance of physical education in school and in the classroom. By providing examples of lesson plans and also real-life experiences in the textbook the authors give students a great insight into what classroom structure can be like.

The textbook was very helpful for me when I needed an idea for a lesson plan or if I needed a better understanding of a concept with which I was unfamiliar. I referred to this much of the semester and will keep this in my collection of books for future reference. Not only was this book a great source for the content but also for the amount of other resources that it contained that I could refer to for deeper understanding of the quote they included in the book.
The American Cancer Society has put together this website to help other learn about cancer in the general form. They discuss such cancers as skin and lung cancer, as well as some others. They explain what cancer is and how it morphs within our bodies. This website is a non-profit organization where you can donate money to cancer research. As well as basic information on what cancer is, the website offers ways to prevent cancer and stay healthy.

I used this website when examining a discussion forum in greater detail. I personally visited this website when I suspected I had a skin cancer. It turned out that it wasn’t cancer, but the website was very helpful in convincing me that I had enough suspicion that I should get it checked, because it was better to be safe than sorry. Even though there are now different website for different types of cancer, such as breast cancer, this is a great basis for the generality of cancer.

Misner and Florian researched the nutrition value of organic foods compared to non-organic foods to show that the advertised organically grown foods are not more nutritious than the conventionally grown foods. They go one to explain the differences in the different USDA labeling methods to show consumers that the marketing of foods can be misleading. They have proven with many studies of different foods that there is no significant nutritional value in organic food that isn’t also in the conventionally grown food.

I chose this article because I will refer back to it when I go grocery shopping. As a consumer of lots of items from the produce section I fell victim to these marketing pitfalls. I always assumed that when something was all natural that it was also organic, which is not the case. I hope to use this reference in an integrated health and science lesson with my students. I learned a lot from this reference and this was a large factor when writing my research paper on “Organically Grown Food is Not More Nutritious”.
The United States Department of Agriculture (USDA) has sponsored this site to promote healthy eating and exercise habits. This website allows you access to food and exercise plans as well as track your food intake and exercise progress. Along with these tools also available are reports on your calorie intake and the nutrients that are provided from those foods that have been eaten. There are other tools available such as food label reading guides and materials that can be printed and presented to a class.

I found this website very helpful not only for the purposes of this class and doing the assignments that were assigned with it, but also for the future. Since I was introduced to this website I have used it on a regular basis to track my food and exercise. It has helped track these areas so that I can go back and reflect on days that did not work well for me. I have told many others about the website as well and have heard of them using it too. I have marked this as an important tool to incorporate into my lesson plans for my students to use as well.