



Physical Education & Health Online Resource Guide

**Working on an essay?
Need to research your Independent Study Project?
Get answers with the Library's online resources!**

Online Collections

Discovering Collection

A fully searchable database of classroom information. Check out the Discovering Collection for access to books, journal articles, multimedia and more. Topics include:

- ➔ **History & Geography**
- ➔ **English Novels**
- ➔ **Math & Science**
- ➔ **Social Issues & World Events**
and more...

Canadian Reference Centre

This database has something for everyone! It provides full-text journal articles, including peer-reviewed articles, with a Canadian focus. Check it out to view articles from publications like *Canada Economic Studies* and *Maclean's Magazine*. You'll also find a number of Canadian newspapers.

Britannica Online

Your most trusted encyclopedic source is now available to you online! Get authoritative information on everything from world nations and history to biographic information on famous people. The popular *Year in Review* publication is also available.

Health and Wellness Resource Centre

Includes nearly 400 health and medical journals, pamphlets and 2,200 general interest publications plus a broad collection of reference titles.

Alternative Health Watch

This database focuses on complementary, holistic and integrated approaches to health care and wellness. It offers an immediate resource of full text articles from 180 international journals, reports, proceedings and association & consumer newsletters. Subject coverage includes:

- ➔ **Acupuncture**
- ➔ **Chiropractic**
- ➔ **Homeopathy**
- ➔ **Mind-Body Medicine**
- ➔ **Naturopathy**
- ➔ **Nutrition**

CPI.Q

Full-text journal, magazine and newspaper articles (including the Globe and Mail) with a Canadian focus. Topics cover everything from advertising and business, to world issues and new technology. If you need articles for your project, CPI.Q is the place to look.

NetLibrary

Browse the Library's collection of more than 7,000 electronic books that you can "check out" and read from home on your computer. netLibrary has almost 2,000 fiction titles. Choose anything from *Aesop's Fables* to Shakespeare's *Romeo and Juliet* to Nora Robert's *Northern Lights*.

Health Source - Consumer Edition

Information on many health topics including the food sciences and nutrition, childcare, sports medicine and general health. This resource provides access to nearly 300 full text consumer health periodicals.

Gale Virtual Reference Library

A database of encyclopedias and specialized reference sources selected by the library especially for students. Currently these resources include:

- ➔ **Diseases and Disorders: West Nile Virus**
- ➔ **Drugs and Controlled Substances: information for students**
- ➔ **Drugs, Alcohol, and Tobacco: Learning about addictive behavior**
- ➔ **Nutrition and well-being A to Z**
- ➔ **World of Sports Science**
- ➔ **Encyclopedia of Public Health**
- ➔ **Gale Encyclopedia of Genetic Disorders**

and more...

Useful Websites

Link to Learning

(www.linktolearning.com)

This site contains links to subject specific websites which support the Ontario curriculum for grades K-8.

Pickering Public Library's Teen Website

(www.picnet.org/teens)

Don't forget to check out the Library's Teen website for online tutorials to show you how to use these electronic products as well as grade-specific assignment guides.

You'll also find information about volunteer opportunities with TAG, reading suggestions from other teens, and upcoming teen programs at your local Pickering library branch.