

Relevant weblinks

Chapter	Page	Component URL corresponds with	Website name	URL
1	5	Text on page 5	Australian Institute of Health and Welfare	www.aihw.gov.au
1	5	Text on page 5	Australian Bureau of Statistics	www.abs.gov.au
1	10	R&R task on page 10	Australian Institute of Health and Welfare	www.aihw.gov.au
1	10	R&R task on page 10	Australian Bureau of Statistics	www.abs.gov.au
1	13	Text on page 13	Australian Bureau of Statistics	www.abs.gov.au
2	22	Extract on page 23	Human Rights and Equal Opportunity Commission of Australia	www.hreoc.gov.au/about/media/speeches/social_justice/2007/social_determinants_n_the_health_of_indig_peoples.html
2	28	Text on page 28	Heart Foundation	www.heartfoundation.com.au
2	28	Text on page 28	Australian Institute of Health and Welfare	www.aihw.gov.au
2	32	Text on page 32	Cancer Council NSW	www.nswcc.org.au
2	32	Text on page 32	Quit	www.quit.org.au
2	32	Text on page 32	National Tobacco Campaign	www.quitnow.info.au
2	32	Text on page 32	Action on Smoking and Health Australia	www.ashaust.org.au
2	32	Text on page 32	Australian Institute of Health and Welfare	www.aihw.gov.au
2	36	Text on page 36	Diabetes Australia	www.diabetesaustralia.com.au
2	39	Text on page 39	Asthma Foundation NSW	www.asthmansw.org.au
2	40	Text on page 40	Motor Accidents Authority of NSW	www.maa.nsw.gov.au
2	40	Text on page 40	WorkCover NSW	www.workcover.nsw.gov.au
2	40	Text on page 40	Kidsafe Australia	www.kidsafe.org.au
2	43	Text on page 43	National Mental Health Strategy	www.health.gov.au
2	43	Text on page 43	Beyond Blue	www.beyondblue.org.au
2	43	Text on page 43	Black Dog Institute	www.blackdoginstitute.org.au
2	50	Text on page 50	Seniors.gov.au	www.seniors.gov.au
3	70	Practical Application	Australian Natural Therapists Association	www.australiannaturaltherapistsassociation.com.au

		task on page 70		
5	86	Critical Inquiry task on page 86	BrianMac Sports Coach	www.brianmac.co.uk/lactic.htm
5	86	Critical Inquiry task on page 86	Free Online Health	www.free-online-health.com/lactic-acid-article.htm
5	86	Critical Inquiry task on page 86	ABC Catalyst	www.abc.net.au/catalyst/stories/s1314443.htm
5	94	Text on page 94	Peak Performance	www.pponline.co.uk/encyc/0145.htm
5	97	Text on pages 96 and 97	American Medicine Institute	www.asmi.org/sportsmed/performance/anaerobic.html
5	98	Text on page 98	Sports Fitness Advisor	www.sport-fitness-advisor.com/dynamic-stretches.html
5	98	Text on page 98	SportsMed Web	www.rice.edu/~jenky/stretch.html
5	100	Text on page 100	Brian Mac Sports Coach	www.brianmac.co.uk/index.htm
5	100	Text on page 100	Homepage of Stephen Seiler PhD	www.ome.hia.no/~stephens/exphys.htm
6	116	Practical Application task on page 116	Tiger Woods and some of his great golf shots	www.youtube.com/watch?v=DK9aS-tr1gE&feature=related
6	116	Text on page 116	Peak Performance Sports	www.peaksports.com
6	116	Text on page 116	Brian Mac Sports Coach	www.brianmac.demon.co.uk/psych.htm
6	118	Practical Application task on page 118	Hypnosisworks	www.hypnosisworks.org.uk/scat_test.pdf
6	119	Text on page 119	Brian Mac Sports Coach	www.brianmac.demon.co.uk/psych.htm
6	119	Text on page 119	Peak Performance Sports	www.peaksports.com
7	134	Critical Inquiry task on page 134	Australian Institute of Sport	www.ausport.gov.au/ais/nutrition/factsheets/sports
7	135	Text on page 135	Australian Institute of Sport	www.ausport.gov.au/ais/nutrition/factsheets/competition_and_training2/carbohydrate_loading
7	137	Text on page 137	Australian Institute of Sport	www.ausport.gov.au/ais/nutrition/factsheets/hydration2/how_much_do_athletes_sweat
7	137	Critical Inquiry task on page 137	Gatorade	www.gatorade.com.au/flash/default.asp
7	138	Text on page 138	Sport Dietitians Australia	www.sportsdietitians.com.au/www/html/1936-glycaemic-index--sports-

				performance.asp
7	143	Critical Inquiry task on page 143	Australian Institute of Sport	www.ausport.gov.au/ais/nutrition/supplements/supplement_fact_sheets/group_a_supplements/creatine
8	151	Text on page 151	Stages of Skill Acquisition	www.stagesofskillacquisition.blogspot.com/2008/06/cognitive-stage-of-skill-acquisition.html
8	151	Practical Application task on page 151	David Ferman Juggling Three Ball Tricks	www.youtube.com/watch?v=krLiVvbZLHo&feature=fvw
8	153	Text on page 153	Brian Mac Sports Coach	www.brianmac.co.uk/continuum.htm
8	163	Critical Inquiry task on page 163	The Dribbling Kings	www.youtube.com/watch?v=i86U9bOVa8U&NR=1
8	169	Extension Activity 4 on page 169	USA Diving	www.usadiving.org/media/diving_guide/judging.htm
10	197	Text on page 197	Youthbeyondblue	www.youthbeyondblue.com
10	209	Critical Inquiry task on page 209	Youthbeyondblue	www.youthbeyondblue.com
10	212	Text on page 212	Peer Support Australia	www.peersupport.edu.au
10	221	Text on page 221	Teen Screen Youth Outreach project	www.hornsby.nsw.gov.au/uploads/documents/Youth_endorsed1.pdf
10	221	Text on page 221	Summer Safari	www.nscchealth.nsw.gov.au/areas/caahs/pdf/annual_reports/yir_01-02.pdf
11	227	Critical Inquiry task on page 227	The Butterfly Foundation	www.thebutterflyfoundation.org.au
11	228	Critical Inquiry task on page 228	NSW Youth Health Policy	www.caah.chw.edu.au/policy/policy.htm
11	232	Text on page 232	Reach Out	www.reachout.com.au
11	232	Text on page 232	Headspace	www.headspace.org.au
11	232	Text on page 232	Orygen	www.oyh.org.au
11	232	Text on page 232	Kids Helpline	www.kidshelp.com.au
11	232	Text on page 232	Kids in Mind	www.kidsinmind.org.au
11	232	Text on page 232	MindMatters	www.mindmatters.edu.au
11	232	Text and Critical Inquiry task on page 232	Rethinking Drinking	www.rethinkingdrinking.org.au

11	232	Text and Critical Inquiry task on page 232	MindMatters	www.mindmatters.edu.au
11	238	Text on page 238	NSW Youth Action Plan	www.youth.nsw.gov.au
12	243	Text on page 243	Centenary of Rugby League	www.centenaryofrugbyleague.com.au/site/about/history.aspx
12	243	Text on page 243	Australian Rugby Union	www.convictcreations.com/football/union.htm
12	243	Text on page 243	History of the Australian Rugby Union	www.rugby.com.au/aru_hq/history_of_the_aru/183.html
12	243	Text on page 243	Early Cricket in Australia	www.sl.nsw.gov.au/discover_collections/society_art/cricket/early/cricket_early.html
12	243	Text on page 243	Australian Tennis History	www.tennishistory.com.au
12	247	Practical Application and Research and Review tasks on page 247	She's Game: Women Making Australian Sporting History	www.womenaustralia.info/exhib/sg/sport-home.html
13	259	Text on page 259	Australian Institute of Sport	www.ausport.gov.au/ais/history
13	262	Research and Review task on page 262	ABC Melbourne: Sport vs politics—part one	www.abc.net.au/local/audio/2008/04/23/2225446.htm
13	262	Research and Review task on page 262	ABC Melbourne: Sport vs politics—part two	www.abc.net.au/local/audio/2008/04/23/2225480.htm
17	300	Text on page 300	Australian Sports Commission: Online Coaching Course	www.ausport.gov.au/participating/coaches/education/onlincoach
17	300	Text on page 300	Australian Sports Commission: Sport Specific	www.ausport.gov.au/participating/coaches/education/sportspecific
17	305	Text on page 305	'Choose Health: Be Active'	www.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health
17	309	Text on page 309	Sports Medicine Australia: Exercise in Pregnancy	www.sma.org.au/pdfdocuments/factsheet_2.pdf
18	327	Critical Inquiry task on page 327	Bureau of Meteorology	www.bom.gov.au/info/thermal_stress/
18	331	Text on page 331	Video of basic taping techniques	http://www.elastoplastsport.com.au/Video/Default.aspx
20	351	Text on page 351	Video of bicep curls with resistance band	http://www.graspr.com/videos/Resistance-Tube-Biceps-Curls-Home-arm-curl-Exercises-1
20	351	Text on page 351	Video of squats with	http://www.ehow.com/video_2351862_do-squats-

			resistance band	resistance-bands.html
20	351	Text on page 351	Video of lunges with resistance band	http://www.ehow.com/video/2351864_do-lunges-resistance-bands.html
20	357	Text on page 357	Roger Marquis' Cycling Page: Coaching Classics	www.roble.net/marquis/coaching
20	357	Text on page 357	Sportsscience Training Links	www.sportsci.org/links/training.html
20	357	Text on page 357	Brian Mac Sports Coach	www.brianmac.demon.co.uk/conintrn.htm
20	359	Text on page 359	The American Sports Medicine Institute	www.asmi.org/sportsmed/Performance/anaerobic.html
20	359	Text on page 359	Sports Fitness Advisor	www.sport-fitness-advisor.com/speedtraining.html
20	362	Text on page 362	The American Sports Medicine Institute	www.asmi.org/sportsmed/Performance/plyometrics.html
20	362	Text on page 362	Sports Fitness Advisor	www.sport-fitness-advisor.com/plyometric.html
20	365	Text on page 365	The American Sports Medicine Institute	www.asmi.org/sportsmed/Performance/flexibility.html
20	365	Text on page 365	Sports Fitness Advisor	www.sport-fitness-advisor.com/flexibilitytraining.html
20	368	Text on page 368	The Ultimate Soccer Drills Collection	www.300soccerdrills.com
20	368	Text on page 368	Dr Bragg Stockton's Ultimate Baseball Training System	www.skillsanddrills.com
20	368	Text on page 368	Complete Speed Training	www.completespeedtraining.com
20	368	Text on page 368	Fast4Football	www.fast4football.com
20	368	Text on page 368	5min Sports	www.5min.com/Category/Sports
20	368	Text on page 368	The Instructional Video Network: Sports and Recreation	www.graspr.com
20	368	Text on page 368	NSW Rugby	www.nswrugby.com.au
20	368	Text on page 368	Australian Little Athletics	www.littleathletics.com.au
21	385	Text on page 385	Video of warm-up stretches	http://www.graspr.com/videos/ROM-Warm-Up-and-Stretches
21	385	Text on page 385	Video of cool-down routine after exercise	http://www.graspr.com/videos/Cool-Down-Stretch
21	385	Critical Inquiry task on page 385	Coach Assist	www.coachassist.com.au
21	385	Critical Inquiry task on page 385	Coaching Gymnastics	www.coachinggymnastics.com
21	385	Critical Inquiry	Sportplan	www.sportplan.net

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21	385	Critical Inquiry task on page 385	Basketball Drills and Plays	www.online-basketball-drills.com
21	386	Text on page 386	Brian Mac Sports Coach	www.brianmac.demon.co.uk/index.htm
21	386	Text on page 386	Sportscience	www.sportsci.org
21	386	Text on page 386	Scholarly Sport Sites	www.ucalgary.ca/library/ssportsite
21	386	Text on page 386	Peak Performance	www.pponline.co.uk/
21	386	Text on page 386	Marius Bakken	www.mariusbakken.com/
21	386	Text on page 386	NSW HSC Online	www.hsc.csu.edu.au
21	386	Text on page 386	Triathlete.com	www.triathlete.com/articles.asp
22	391	Text on page 391	Australian Sports Anti-Doping Authority (ASADA)	www.asada.gov.au
22	391	Text on page 391	Canadian Centre for Ethics in Sport	www.cces.ca
22	391	Text on page 391	Australian Sports Commission	www.ausport.gov.au/supporting/ethics/antidoping
22	391	Text on page 391	NSW Government: NSW Health Druginfo	www.druginfo.nsw.gov.au/information_and_resources/drugs_in_sport
22	398	Text on page 398	Australian Sports Commission:	www.ausport.gov.au/
22	398	Text on page 398	DVICE: 'Top 10 new sports technologies that will change the Olympics forever'	www.dvice.com/archives/2008/08/10-new-technolo.php
23	407	Text on page 407	Safe Work Australia	www.ascc.gov.au/ascc/
23	409	Text on page 409	Australian Council of Social Service (ACOSS)	www.acoss.org.au
24	412	Text on page 412	Australian Indigenous Health InfoNet	www.healthinonet.ecu.edu.au
24	421	Research and Review task on page 421	Australian Human Rights Commission	www.hreoc.gov.au/social_justice/bth_report/report/index.html
24	422	Practical Application task on page 422	Youth Off the Streets	www.youthoffthestreets.com.au/
24	430	Text on page 430	Australian Institute of Health and Welfare	www.aihw.gov.au
24	433	Text on page 433	Australian Institute of Health and Welfare	www.aihw.gov.au