

# Learning Resources

## The Big Train: The Lionel Conacher Story

Canadians are often defined, fairly or not, by their lack of identity. It may be an indication of Canada's weak sense of itself that few of us remember Conacher, who on the face of his achievements seems even more remarkable an athlete than Americans who are remembered from the same era (Ruth, Gehrig, Thorne).

Covers the amazing life of Lionel Conacher, Canada's Athlete of the Half-Century (1950). Although he played nothing but road hockey until he was 13, Conacher grew to achieve national and international fame through hockey, football, baseball, lacrosse, boxing and wrestling.

Ages 12 to 14, Ages 15 to 18, Adult  
30 minutes, order 9-1122-IN

## Black Magic

The sport of Double Dutch demands complete concentration and razor-sharp coordination at break-neck speed, and no one does it better than the group called "Black Magic." When this group of young girls from inner city Hartford skip rope, people watch.

The girls' trip to London as first prize in a Double Dutch event is a delight: innocence abroad has never been more joyously entertaining.

## A selection of videotapes covering fitness, nutrition and sports memories

*Black Magic* is energy and heart-stopping action, it's a poignant statement on the value of believing in oneself and striving to reach one's dreams, skipping rope will never be the same.

An American Film Festival Blue Ribbon winner.

All Ages  
52 minutes, order 7-8006-IN

## Cpr For Infants And Children

Developed in accordance with the revised American Heart Association standards on cardiopulmonary resuscitation (CPR), this program is designed to aid emergency professionals, teachers and others in maintaining a basic level of proficiency in emergency care for infants and children.

The most common causes of respiratory and cardiac arrest in children include motor vehicle injuries, drowning, foreign body airway obstruction, and poisoning. These tragic situations are almost exclusively preventable by the use of infant carseats, constant direct supervision, and keeping small objects that can be swallowed out of the reach of infants.

However, in the event that an emergency does occur, knowing what to do is critical to saving the life of the young victim.

Covers managing febrile seizures, infant and child CPR, and relief of foreign body airway obstruction. The demonstrations are clear and easy-to-follow. This video is a must-see for everyone who comes in contact with infants and children.

Adult  
25 minutes, order 1-9293-IN

## Exercise

*The Doctor Is In Series*

Exercise is for everyone, from the very young, to the very old. Exercise can prevent weight gain and weakness that have been associated with aging, fight diseases like osteoporosis, and prevent progression of arthritis and diabetes.

Host Jamie Guth travels to an elementary school to see how young children are learning to think of physical fitness as a lifelong activity. She also visits exercise classes for people with handicaps, arthritis, and for those recovering from heart attacks. There is a 74-year-old man who bicycles, an

80-year-old nursing home patient lifting weights, and a middle-aged woman just starting an exercise program.

Throughout the show there is advice on the right program for you, cautions for each age group, and lots of encouragement.

Adult, Professional  
28 minutes, order 2-2152-IN

## Five Minutes For Fighting

Two hockey players sent to the penalty box for fighting reflect on where they fit into the game amidst the officials, fans, and owners. Their realizations will amuse.

All Ages  
6 minutes, order 7-8017-IN

## Great Sports Memories, Volume I

*The Great Sports Memories Series*

Don Meredith takes viewers on a journey through sports history, sharing insights about events leading to some heroic sports performances.

Highlights:

Kirk Gibson, World Series Heroics. Doug Flutie, Hail Mary Pass beats Miami. Bobby Hull's Winnipeg Jets. Dennis Connor, reclaims the America's Cup. Cassius Clay, defeats Sonny Liston for Heavyweight Title. Al Unser, four-time Indy 500 winner.

All Ages  
25 minutes, order 1-8544-IN



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### Great Sports Memories, Volume II

*The Great Sports Memories Series*

Hosted by football star quarterback, Don Meredith. Actual footage of some of the greatest sports stories of our time.

Highlights:

Oakland A's, three straight World Series championships. Jackie Robinson, first black major league baseball player. Boston Celtics, beat Phoenix Suns in triple overtime. Jack Nicklaus, wins six Masters Tournaments. Dallas cowboys, Dynasty sold. NY Giants, Super Bowl XXI win.

All Ages  
25 minutes, order 1-8545-IN

### Great Sports Memories, Volume III

*The Great Sports Memories Series*

Hosted by football star quarterback, Don Meredith. Actual footage of some of the greatest sports stories of our time.

Highlights:

Reggie Jackson, three straight World Series championships. Magic Johnson/Larry Bird, the rivalry. Ben Johnson, his story. The San Francisco Forty-niners, the 80's team. The Fiesta Bowl, National Championship host twice in four years. Bobby Riggs vs. Billy Jean King, battle of the sexes.

All Ages  
25 minutes, order 1-8546-IN

### Great Sports Memories, Volume IV

*The Great Sports Memories Series*

Don Meredith takes viewers on a journey through sports history, sharing insights about events leading to some heroic sports performances.

Highlights:

Nolan Ryan, pitches five no-hitters. Cal Stanford, 1982 kick-off return...help from the band. Joe Namath's NY Jets, upset winners in Super Bowl III. Wayne Gretsky, traded to the L.A. Kings. Joe DiMaggio, the fifty-six game hitting streak. Bobby Knight, last-second shot wins basketball championships.

All Ages  
25 minutes, order 1-8547-IN

### Great Sports Memories, Volume V

*The Great Sports Memories Series*

Hosted by football star quarterback, Don Meredith. Actual footage of some of the greatest sports stories of our time.

Don Meredith takes viewers on a journey through sports history, sharing insights about events leading to some heroic sports performances. His commentary combined with exciting footage of great sports events, gives viewers a motivational look at the dynamics of...winning teams, winning players and winning attitudes. Produced by Media Drop-In Productions.

*Volume V Highlights:*

The L.A. Raiders, win a third Super Bowl. U.S. Hockey, the Gold Medal miracle. Winnipeg, Grey Cup winners. Secretariat, winner of the Triple Crown. L.A. Lakers, back-to-back NBA Champions.

All Ages  
25 minutes, order 1-8548-IN

**How We Play**

Get to know Randy Snow, wheelchair tennis champ, and several other disabled people who lead physically active lives, redefining the term "handicapped".

Ages 12-18  
11 minutes, order 9-6039-IN

### Knute Rockne: The Coach For All Seasons

Rockne stands out in sports history because of his extraordinary winning record as football coach at Notre Dame. Program has fascinating stories and footage of his professional career and personal life.

Ages 12 to 14, Ages 15 to 18, Adult  
24 minutes, order 1-9896-IN

### Lou Gehrig: In A League By Himself

Shows the life of the amazing, record-holding Yankee first baseman following his rise to the top, and his courageous struggle with the muscular disease that took his life prematurely. Footage of his farewell speech in 1939.

Ages 12 to 14, Ages 15 to 18, Adult  
24 minutes, order 1-9887-IN

### The Magic Coach: Exercise & Nutrition For Fitness

Against a lively musical background, champion bodybuilder Ellen Morrow illustrates the four keys to a healthy lifestyle - cardiovascular fitness, strength, flexibility and sound nutrition and reveals how to enjoy all.

Ages 15 to 18, Ages 12 to 14  
18 minutes, order 1-8386-IN

### A Nation At Rest

*Healthy Living: Road To Wellness Series*

Is exercise really beneficial? Students can weigh the pros and cons as this program explores inconsistent research findings regarding the benefits of exercise. Health professionals analyze physical inactivity as an epidemic and the increased emphasis on looking physically fit.

Ages 16 to Adult  
30 minutes, order 5-4963-IN

### Nutrition To Grow On

Convinces adolescents that they can't afford to develop poor eating habits during these crucial years and that better eating needn't be unpleasant; examines common nutritional problems and their remedies.

Ages 12 to 14, Ages 15 to 18  
28 minutes, order 1-8142-IN



### Learning Resources

#### **Steroids: Bulking Up Can Kill**

Recommended as a Support Resource for Physical Education, Grades 10 to 12 by Alberta Education, October, 1999.

For all athletes, the pressure to perform can be tremendous. In some sports, bigger, stronger players often contribute greatly to the success of the team and so are considered the most valuable. Many athletes work hard to build muscles and some use anabolic steroids to achieve the desired results.

Details the consequences of steroid use. Common side effects include hair loss, acne, high blood pressure, increased cholesterol and cardiovascular disease. Emotionally, users can become paranoid, depressed and suffer from uncontrollable anger.

Profiles the experiences of Dan Barton, who dreamed of a career in football but never made it due to an obsession with steroids. Also featured is the story of Curt Marsh, an ex-NFL football star whose drive to be the best lead him to steroids.

Viewers also hear from a high school football team whose hard work transformed them from consistent losers into football stars. Accused of using steroids, these players all passed repeated drug testing and proved that success can be achieved through effort and determination alone, without the false promise of anabolic steroids.

Ages 15 to 18, Adult  
15 minutes, order 1-9257-IN

#### **The Truth About Body Image**

*The Teen Files Series*

Teens in this program are forced to confront how popular ideas of "beauty" damage teens physically and psychologically.

This program is part of the **Surviving High School** program (1-2543).

Ages 12-18  
21 minutes, order 1-2560-IN

#### **Withstanding Ovation**

The profiles of two dynamic young people, born with severe congenital limb deformities, who have mastered active and creative lives. One is a gifted painter and sculptor, the other an engineering student and avid football player, skier and angler.

Illustrates how each person must define his or her own standards of excellence.

One of only 15 titles chosen for the ALA 1994 list of Selected Films and Videos for Young Adults.

All Ages  
24 minutes, order 9-7185-IN

This listing is correct as of Friday January 5, 2001 but is subject to change without notice. If this listing appears to be out of date, please contact us for up-to-date pricing and availability. This is Subject Nbr 35. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

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