

2009 Directory of Web-Sites on Physical Activity, Health and Youth



GARDER
notre monde
ENSANTÉ

2009 Directory of Web-Sites on Physical Activity, Health and Youth

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Introduction

The will of various actors to work in synergy to maximise the impact of interventions designed for young people is getting stronger on all levels—provincial, regional and local. They are especially focused on the adoption of healthy lifestyle habits, youth development, health and academic achievement.

The government's 2006-2012 action plan for the promotion of healthy lifestyle habits and prevention of weigh-related problems (*Investing for the Future*) was introduced in fall 2006 and is the driving force behind this collective mobilisation. Seven ministries as well as other governmental organizations are involved, and the Minister of health and social services is responsible for coordinating the action plan. In the wake of the government's action plan, the Ministère de l'Éducation, du Loisir et du Sport has been looking to substantiate with the education milieu its new overall policy for healthy eating and a physically active lifestyle. The education community is expected to take ownership of the directions set forth and to convert them into actions to ensure that

- the foods offered foster the adoption of healthy eating habits;
- young people are given more opportunities to be physically active at school.

Implementation of the Healthy Schools program, which proposes a global, integrated approach to promotion and prevention, is very pertinent and will optimize the impact of interventions with young people.

The 9th edition of the *Directory of Web Sites on Physical Activity, Health and Youth* is one of several tools currently available to the various settings and partners who wish to increase or expand opportunities available for youth to practice physical activities. The new edition also includes many references on health, diet and smoking prevention.

Some 397 Québec, Canadian, American and international Web sites are included under 13 different headings listed in the Table of Contents. Please note that you can instantly access any site in the document by clicking on the site link .

This repertory is also available on line, both in French and in English, on the Kino-Québec Montreal web-site

<http://www.santepub-mtl.qc.ca/kino/referenceinternet/sites.html>

and on the APEQ web-site

<http://www.apeqonline.net>



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Doping - Ethics in Sports



New Websites

(*) : Links in French only

QUÉBEC



L'éthique sportive... une valeur non négociable (*)

<http://www.sportetudiant.com/fre/miniWeb/redirect.cfm?sectionID=memberCoPage.cfm&mcID=100694>

Ministère de l'éducation, du loisir et du sport (MELS)

Pertinent facts : A study of ethics, doping and certain life habits of Quebec young athletes

<http://www5.mels.gouv.qc.ca/sportloisir/publications/securite/FaitsSailantsDopagen.pdf>

Preventing doping in sports – Coach's guide :

<http://www5.mels.gouv.qc.ca/sportloisir/publications/securite/GuideEntraîneurDopageEn.pdf>

Ethics in sports () :*

<http://www5.mels.gouv.qc.ca/sportloisir/securiteetintegrite/ethiquespritsportif.asp>

Other publications from the MELS regarding doping and ethics ()*

<http://www5.mels.gouv.qc.ca/sportloisir/securiteetintegrite/publications.asp>

CANADA

Canadian Centre for Ethics in Sports

<http://www.cces.ca/>

Canadian Policy Against Doping in Sports

http://www.pch.gc.ca/progs/sc/pol/dop/index_e.cfm

Centre for Sport and Law

<http://www.sportlaw.ca/>

Green and gold Inc (The Sustainable Sport Source)

<http://www.greengold.on.ca/index.html>

-  **Sport Dispute Resolution Center of Canada**
<http://www.adrsportred.ca/eng/home.cfm>
-  **Statement of fair play , Canadian Center for Ethics in sports**
http://www.fieldhockey.org/fairplay/fair07_cces.pdf
-  **True Sport Movement - Good sport can make a great difference**
<http://www.truesport.ca/en/home>

UNITED STATES

Citizenship through sports alliance
<http://www.sportsmanship.org/>

National Institute on Drug Abuse
<http://www.drugabuse.gov/>

United States Anti-doping Agency
<http://www.usantidoping.org/>

INTERNATIONAL

Athletes for a better world
<http://www.abw.org/>

Dopage et sport France (*)
<http://arthur73.chez-alice.fr/>

Esprit Sportif (*)
<http://esprit-sportif.org/>

Play by the rules (Australia)
<http://www.playbytherules.net.au/>

Substance use
<http://www.substanceuse.com/>

World Anti-doping Agency
<http://www.wada-ama.org/en/>



Health



New Websites

(*) : Links in French only

QUÉBEC



5/30 Health Challenge

<http://defisante530.com/defisante/en/index.html>



Going the Healthy Route at School - Framework Policy on Healthy Eating and Active Living

http://www.mels.gouv.qc.ca/sections/virageSante/index_en.asp



Healthy Schools - For the Educational success, Health and well-being of young people

<http://www.mels.gouv.qc.ca/DGFJ/csc/promotion/ecoleensante.html>

Hearth and Stroke Foundation

<http://ww2.jumpropeforheart.ca/Page.asp?PageID=24>

Institut national de santé publique du Québec

English section : <http://www.inspq.qc.ca/english/default.asp?A=7>

Ministère de la Santé et des Services sociaux (MSSS)

English section : <http://www.msss.gouv.qc.ca/en/index.php>

Research Chair in Obesity (Merck-Frosst/CIHR)

<http://obesity.ulaval.ca/>



Wellness-Oriented School Program 2008-2009 (MELS)

http://www.mels.gouv.qc.ca/ecolesFormeSante/index_en.asp

CANADA

Canadian Association for Adolescent Health

<http://www.acsa-caah.ca/en/Home.aspx>

Canadian Association of Family Resource Programs

<http://www.frp.ca>



Canadian Child Care Federation

http://www.cccf-fcsge.ca/publications/publications_en.html

Canadian Health Network

<http://www.canadian-health-network.ca/>

Canadian Institute of Child Health

<http://www.cich.ca/>

Canadian Obesity Network

<http://www.obesitynetwork.ca/>

Canadian Public Health Association

<http://www.cpha.ca/en/default.aspx>

Check for Health Check

<http://www.healthcheck.org/>

Child Health Information from Canada's Paediatric Experts

<http://www.caringforkids.cps.ca>

Growing Healthy Canadians

<http://www.growinghealthykids.com/>

Health Canada

http://www.hc-sc.gc.ca/index_e.html

Health in Action - Alberta

<http://www.health-in-action.org/>



Healthy Canadians - Your Source for a Healthier Lifestyle

http://healthycanadians.gc.ca/pa-ap/index_e.html

Healthy Schools - British Columbia

<http://www.bced.gov.bc.ca/health/>

Healthy Schools - Manitoba

<http://www.gov.mb.ca/healthyschools/index.html>

Healthy Schools - New-Brunswick

<http://www.nb.lung.ca/schools/>

Healthy Schools Resources

<http://www.healthyschools.sd61.bc.ca/html/resources.html>

Healthy Start for Life

<http://www.dietitians.ca/healthystart/>

Healthy Students Healthy Schools (Newfoundland - Labrador)

<http://www.livinghealthyschools.com/>

Heart and Stroke Foundation of Canada - For our Kids

<http://ww2.heartandstroke.ab.ca/Page.asp?PageID=1996&CategoryID=60&Src=kids>



Joint Consortium for School Health
<http://www.jcsh-cces.ca/default.asp>

Lifestyle Information Center
<http://www.lin.ca/>

Living School - Building Healthier Communities
<http://www.livingschool.ca/>

Ontario Healthy Schools Coalition
<http://www.opha.on.ca/ohsc/index.html>

Safe Healthy Schools
<http://www.safehealthyschools.org/>

Tools of change : Proven Methods for Promoting Health, safety and Environmental Citizenship
<http://www.toolsofchange.com/English/firstsplit.asp>

Voices and Choices - Planning for School Health
http://www.phac-aspc.gc.ca/vc-ss/welcome_e.html

UNITED STATES

Action for Healthy Kids
<http://www.actionforhealthykids.org/>

American Heart Association
<http://www.amhrt.org>

Body and Mind (BAM) - (9-13 year's old)
<http://www.bam.gov/>

Center for Disease Control and Prevention (CDC) Adolescent and School Health
<http://www.cdc.gov/healthyyouth/index.htm>

Coordinated Approach to Child Health (Project CATCH)
<http://www.sph.uth.tmc.edu/catch/>

Healthy People 2010
<http://www.healthypeople.gov/>

Healthy Schools
<http://www.healthyschools.net/>

Kids Health
<http://kidshealth.org/index.html>

Powerful Bones. Powerful Girls
<http://www.cdc.gov/powerfulbones/index.html>

INTERNATIONAL

International Union for Health Promotion and Education
<http://www.iuhpe.org/>

World Health Organization - School health Promotion
http://www.who.int/topics/school_health_promotion/en/index.html

World Health Organization - Global strategy on Diet, physical activity and Health
<http://www.who.int/dietphysicalactivity/en/>



Non Smoking & Youth



New Websites

(*) : Links in French only

QUÉBEC

Challenge Quit to Win

<http://defitabac.qc.ca/defi/en/index.html>

De Facto (*)

<http://www.defacto.ca/>

Gang allumée (La)

<http://www.lagangallumee.com/anniversaire/>



Info-Tabac

<http://www.info-tabac.ca/english.htm>



Smoke Free Family - Take your Butt Outside

<http://www.famillesansfume.ca/en/>

Tobacco Act - Québec Government

<http://www.msss.gouv.qc.ca/sujets/santepub/tabac/index.php?home>

Tobacco Free Quebec

<http://www.smoke-free.ca/info-tabac/default.htm>

CANADA

Canadian Council for Tobacco Control

<http://www.cctc.ca/>

Go smoke Free - Health Canada

http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/index_e.html

UNITED STATES

Action on Smoking and Health

<http://www.ash.org/>

Medline Plus Health Information - Smoking and Youth
<http://www.nlm.nih.gov/medlineplus/smokingandyouth.html>

INTERNATIONAL

International Tobacco Control Network
<http://www.globalink.org/>



Nutrition



New Websites

(*) : Links in French only

QUÉBEC



5/30 Health Challenge

<http://defisante530.com/defisante/en/index.html>

Chaque jour, moi j'croque 5 fruits et légumes (*)

<http://www.sportetudiant.com/fre/isoActif/6330.cfm>

EXTENSO - Centre de référence sur la nutrition humaine (*)

Volet enfants : <http://www.extenso.org/nutrition/enfants.php>

Volet adolescents : <http://www.extenso.org/nutrition/adolescents.php>



Going the Healthy Route at School - Framework Policy on Healthy Eating and Active Living

http://www.mels.gouv.qc.ca/sections/virageSante/index_en.asp

Guide Nutrition - Toile du Québec (*)

<http://www.toile.com/guides/alimentation/nutrition>

Nutrition - alimentation Direction de santé publique de Montréal (*)

<http://www.santepub-mtl.qc.ca/Nutrition/index.html>

Ordre professionnel des diététistes du Québec (*)

<http://www.opdq.org/>



Saines habitudes de vie (Healthy Lifestyles) - Québec Government

http://www.saineshabitudesdevie.gouv.qc.ca/index.php?accueil_en

Trousse éducative « Mes aliments, j'en prends soin ! » (MAPAQ) (*)

<http://www.mapaq.gouv.qc.ca/Fr/coindesjeunes/>

CANADA

5 to 10 a day

<http://www.5to10aday.com/>



Brand Name Food List -British Columbia

<http://www.brandnamefoodlist.ca>

Breakfast for Learning - Canadian Living Foundation

<http://www.breakfastforlearning.ca/>

- Canada's Food Guide to Healthy Eating**
http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html
- Canadian Council of Food and Nutrition**
<http://www.ccfm.ca/>
- Creating a Healthy School Nutrition Environment**
http://www.osnpnh.on.ca/pdfs/call_to_action.pdf
- Dietitians of Canada (Promoting Health through food and nutrition)**
<http://www.dietitians.ca/>
- Healthy Eating (Public Health Agency of Canada)**
<http://www.canadian-health-network.ca/>
- Mission Nutrition - Adventures in Learning (Canadian Dietitians)**
<http://www.missionnutrition.ca/missionnutrition/eng/>
- National Eating Disorder Information Center**
<http://www.nedic.ca>
- Nutrition and Healthy Eating (Santé-Canada)**
http://www.hc-sc.gc.ca/fn-an/nutrition/index_e.html
- Weight of the World Challenge**
<http://www.cbc.ca/weightoftheworld/index.html>
- Your Healthy Weight**
<http://www.yourhealthyweight.ca/home.aspx>

UNITED STATES

- Eat 5 to 9 a day for better Health**
<http://www.5aday.gov/>
<http://www.cdc.gov/nccdphp/dnpa/5ADay/>
- National Alliance for Nutrition and Activity**
<http://www.cspinet.org/nutritionpolicy/nana.html>
- Nutrition.Gov - Smart Nutrition Starts Here**
<http://www.nutrition.gov/>
- Partnership for Essential Nutrition**
<http://www.essentialnutrition.org/>
- Smart Mouth.org**
<http://www.cspinet.org/smartmouth/index1.html>



Outdoor



New Websites

(*) : Links in French only

QUÉBEC

Discover Québec

<http://www.bonjourquebec.com/qc-en/decouvrez0.html>

Fédération québécoise de la montagne et de l'escalade (*)

<http://www.fqme.qc.ca/nouvelles.asp>



Orienteering Québec

<http://www.orienteringquebec.ca/en/index.htm>

Parcs Québec - Protect and Discover

<http://www.sepaq.com/pq/en/>

Québec Wildlife Reserves

<http://www.sepaq.com/rf/en/>

SÉPAQ Network

<http://www.sepaq.com/index-en.html>

Sortie plein air.com (*)

<http://www.sortiepleinair.com/>

CANADA



Outdoor Adventure Canada

<http://www.outdooradventurecanada.com/index.html>

Parks Canada

http://www.pc.gc.ca/index_e.asp



Physical Activity & People with Disabilities



New Websites

(*) : Links in French only

QUÉBEC

Altergo - people with disabilities in action

<http://www.altergo.net/en/index.html>

Association des sports pour aveugles de Montréal (*)

<http://www.sportsaveugles.qc.ca/asam/index.php>

Association québécoise de loisir pour personnes handicapées (*)

<http://www.aqlph.qc.ca>

Association québécoise de sports pour paralytiques cérébraux (*)

<http://www.sportpc.qc.ca/spip.php?page=sommaire2>

Association québécoise des sports en fauteuil roulant (*)

<http://www.aqsfr.qc.ca/cadre.htm>

Association sportive des aveugles du Québec (*)

<http://www.sportsaveugles.qc.ca/asaq/sports.php>

Association sportive des sourds du Québec (*)

<http://www.assq.org>



Center for the Integration of Disabled People into Active Life

http://www.civa.qc.ca/index.php?option=com_content&task=view&id=1&Itemid=2

The Défi sportif of Montréal

<http://www.defisportif.com/en/index.php>



Viomax Center

<http://www.viomax.org/Accueil.html>

CANADA

Active Living Alliance for Canadians with a Disability
<http://www.ala.ca/Content/Home.asp?langid=1>

Canadian Cerebral Palsy Sports Association
<http://www.ccpa.ca/en/default.aspx>

Canadian Deaf Sports Association
<http://www.assc-cdsa.com>

Canadian Paralympic Committee
<http://www.paralympic.ca/page?a=237&lang=en-CA>

Canadian Wheelchair Sports Association
<http://www.cwsa.ca/home.html>

Policy on Sports for Persons with a Disability
http://www.pch.gc.ca/progs/sc/pol/pwad/tdm_e.cfm

UNITED STATES

Adapted Physical Education
<http://www.pecentral.org/adapted/adaptedmenu.html>

National center on physical activity and disability (The)
<http://www.ncpad.org>

National sports center for the disabled
<http://www.nscd.org>

INTERNATIONAL

International Paralympic Committee
<http://www.paralympic.org/>



Physical Activity & Sports



New Websites

(*) : Links in French only

QUÉBEC



5/30 Health Challenge

<http://defisante530.com/defisante/en/index.html>

Agence de communication du sport amateur québécois (*)

<http://www.sportcom.qc.ca/>

Association de monocycle de Québec (vérifier)

<http://www.monocycle.org/>



Association of Ultimate Frisbee of Montréal

<http://www.montrealultimate.ca/home.htm>

Association québécoise du loisir municipal (*)

<http://www.loisirmunicipal.qc.ca/>

Climbing :

École nationale d'escalade du Québec (*) : <http://www.eneq.org/>

Horizon-Roc (*) : <http://www.horizonroc.com/>

Passe Montagne (*) : <http://www.passemontagne.com/fr/accueil.html>

Roc Gyms.com : <http://www.rocgyms.com/en/accueil/index.php>

The Inside Outside Edge Inc : <http://www.junglesport.ca/index.php?page=home>

Conseil québécois du loisir (*)

<http://www.loisirquebec.com>

Défi FY Fusion Lumière (*)

<http://www.fusionlumiere.ca/>

Égale action (*)

<http://www.egaleaction.com>

En route en coeur Fondation des maladies du coeur (*)

<http://ww2.fmcoeur.ca/Page.asp?PageID=906&SiteLanguageID=2&CategoryID=22>





Fédération des Kinésiologues du Québec (*)

<http://www.kinesiologue.com/>

Fédération québécoise de Kin-Ball et sites des associations régionales (*)

<http://www.kin-ball.qc.ca>

<http://www.kin-ball.qc.ca/section.php?id=16>

- Fit to Skip**
<http://www.geocities.com/reneross/skip/home.html>
-  **Going the Healthy Route at School - Framework Policy on Healthy Eating and Active Living**
http://www.mels.gouv.qc.ca/sections/virageSante/index_en.asp
-  **Go Slide.ca**
<http://www.laglisse.ca/en/index.html>
- Greater Montreal Athletic Association (GMAA)**
<http://www.gmaa.ca/>
- Hoops for Heart (Heart and Stroke Foundation)**
<http://ww2.hoopsforheart.ca>
- Investir pour l'avenir- Plan d'action gouvernemental de promotion de saines habitudes de vie et de prévention des problèmes reliés au poids ^(*)**
<http://msssa4.msss.gouv.qc.ca/fr/document/publication.nsf/anglais?OpenView>
- Jump Rope for Heart (Heart and Stroke Foundation)**
<http://ww2.jumpropeforheart.ca>
- Kino-Québec, Montreal Public Health Department**
French : <http://www.santepub-mtl.qc.ca/kino/index.html>
English : <http://www.santepub-mtl.qc.ca/english/index.html>
- Kino-Québec, provincial ^(*)**
<http://www.kino-quebec.qc.ca/>
- Ministère de l'Éducation, du Loisir et du Sport (MELS)**
English section : http://www.mels.gouv.qc.ca/GR-PUB/m_englis.htm
- Montreal Ultimate Association (Ultimate Frisbee)**
<http://www.montrealultimate.ca/home.htm>
-  **National Circus School**
<http://www.enc.qc.ca/en/others/world.asp>
- Québec en forme ^(*)**
<http://www.quebecenforme.org/>
- Québec Juggling Association**
http://www.jaq.qc.ca/English/index_en.asp
- Regroupement Loisir Québec ^(*)**
<http://www.loisirquebec.qc.ca>
-  **Saines habitudes de vie (Healthy Lifestyles) - Québec Government**
http://www.saineshabitudesdevie.gouv.qc.ca/index.php?accueil_en
- Sport et loisir de l'île de Montréal ^(*)**
<http://www.urls-montreal.qc.ca/>
- Sports-études ^(*)**
<http://www5.mels.gouv.qc.ca/sportloisir/sportetactivite/sports-etudes.asp>

Sports Québec (Sport Federations, Jeux du Québec, etc.) (*)
<http://www.sportsquebec.com>

Tennis Montréal (*)
http://www.tennismontreal.qc.ca/tennis_en.php?lang=en

Vélo-Québec
On the move to school project : http://www.velo.qc.ca/monecole/index_e.php
Vélo-Québec Web site - English : <http://www.velo.qc.ca/english/index.php>
The route verte : http://www.routeverte.com/rv/index_e.php

 **YMCA**
<http://www.ymcamontreal.qc.ca/>

CANADA

 **Aboriginal Sport Circle**
<http://www.aboriginalsportcircle.ca/main/main.html>

Action Schools! BC
<http://www.actionschoolsbc.ca>

 **Active - A Canadian Strategy for Girls and Women through Physical Activity and Sport**
<http://caaws.ca/active/eng/index.cfm>

Active and safe Routes to School (A program of green communities Canada)
<http://www.saferoutestoschool.ca/>

Active healthy kids
<http://www.activehealthykids.ca/>

Active kids - healthy kids (Nova-Scotia)
<http://www.gov.ns.ca/hpp/physicalactivity/activeKidsHealthyKids.asp>

Active 2010 - Ontario
<http://www.active2010.ca/>





Active Schools - Ontario
<http://www.ophea.net/activeschools.cfm/>

Alberta Centre for Active Living
<http://www.centre4activeliving.ca/>

 **AthletesCan - The Association of Canada's National Teams Athletes**
<http://www.athletescan.com/Content/Home.asp?langid=1>

Be fit for life - Alberta
<http://www.provincialfitnessunit.ca/bffl.php>

 **Canada's Report Card on Physical activity for Children and Youth 2008**
http://www.activehealthykids.ca/Ophea/ActiveHealthyKids_v2/programs_2008reportcard.cfm

- Canadian Association for the Advancement of Women and Sport and Physical Activity**
<http://caaws.ca/e/>
- Canadian Child Care Federation - Physical activities**
http://www.cccf-fcsge.ca/publications/publications_en.html
- Canadian Colleges Athletic Association**
<http://www.ccaa.ca/english.htm>
- Canadian Interuniversity Sport**
<http://www.universitysport.ca/e/index.cfm>
- Canadian Intramural Recreation Association (CIRA) Ontario**
<http://ciraontario.com/>
- Canadian Parks and Recreation Association (CPRA)**
<http://www.cpra.ca/EN/main.php>
-  **Canadian School Sport Federation**
<http://www.schoolsport.ca/pages/news.php>
- Canadian Society for Exercise Physiology**
<http://www.csep.ca/main.cfm?cid=574>
- Canadian Tchoukball Association**
<http://www.tchoukball.ca/>
- Canadian Tire Jump Start (charitable program)**
<http://www.canadiantire.ca/jumpstart/index.html>
- Children fitness tax credit - Government of Canada**
<http://www.cra-arc.gc.ca/fitness/>
-  **CIRA Ontario, Promoting Fun, Active Participation for All**
<http://www.mohawkcollege.ca/external/cira/template/about.html>
- Coalition for Active Living**
<http://www.activeliving.ca/English/index.cfm>
- Daily Physical Activity - Alberta Education**
<http://www.education.gov.ab.ca/ipr/DailyPhysAct.asp>
- Energy In - Energy Out - City of Ottawa ***
http://ottawa.ca/residents/health/living/eieo/index_en.html
- Excelway.ca - Physical Literacy and Activity Resource Store**
<http://www.excelway.ca>
- Flag Football**
<http://www.slam.canoe.ca/FlagFootball/home.html>
-  **Floorball Canada**
<http://www.floorball-canada.ca/Index.php?l=en>
-  **Health Canada - Healthy Living - Physical Activity**
<http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php>

- High Five - Parks and Recreation Ontario**
<http://www.highfive.org/>
- In-Motion - Saskatchewan**
<http://www.saskatchewaninmotion.ca/>
-  **Jumpstart - Giving all Kids a Sporting Chance - Canadian Tire**
<http://www.canadiantire.ca/jumpstart/index.html>
-  **KidSport Canada**
<http://www.kidsportcanada.ca/>
- Kin-Ball Canada**
<http://www.kin-ball.ca/en/home/>
-  **Multisport Service Organizations**
http://www.pch.gc.ca/progs/sc/multi-sport/index_e.cfm
- National Intramural-Recreational Sports Association**
<http://nirsa.org/>
- National Multi-sport/Service Organizations**
http://www.pch.gc.ca/progs/sc/multi-sport/index_e.cfm
- Ontario Action Plan for Healthy Eating and Active Living**
<http://www.mhp.gov.on.ca/english/health/HEAL/default.asp>
- ParticipAction**
<http://www.participaction.com>
- Pause to Play (Web guide for kids who want to be active)**
<http://www.pausetoplay.ca/index.asp?content=flash>
-  **Physical Activity Guide for Children and Youth**
<http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html>
- Physical Activity Resource Center (PARC)**
<http://www.ophea.net/parc/>
-  **Physical And Health Association (formerly CAPHERD)**
<http://www.eps-canada.ca/eng/index.cfm>
- Public Health Agency of Canada - Healthy Living Unit**
<http://www.phac-aspc.gc.ca/pau-uap/fitness/index.html>
- Rope Skipping :**
Canadian Rope Skipping Federation : <http://www.crsf.net/>
Jump Rope.com : <http://www.jumprope.com/>
- S’Cool Life Fund**
<http://www.scoollifefund.ca/index2.php>
- SIRC (Sport Resource Centre)**
<http://www.sirc.ca/>
- Sport Canada**
http://www.pch.gc.ca/progs/sc/index_e.cfm



Sport Fit Canada

<http://www.sportfitcanada.com/?lang=1>



Sport Matters - Where Canadian sport connect

<http://www.sportmatters.ca/content/home.asp>

Terry Fox Run

<http://www.terryfoxrun.org/english/home/default.asp?s=1>

Tim Horton Children Foundation

http://www.timhortons.com/en/goodwill/childrens_about.html

Trails Canada

<http://www.canadatrails.ca/>

Trans Canada Trails and Other Multi-use Trails

<http://www.canadatrails.ca/tct/>

True Sport

<http://www.truesportpur.ca/index.php/language/en/home>

Wintergreen - Learning Materials

<http://www.wintergreen.ca>

UNITED STATES

American Sport Education Program

<http://www.asep.com/>

Body and Mind - Fitness for Children 9-13

<http://www.bam.gov/>

Human Kinetics

<http://www.humankinetics.com/physicalbest/>

Kids Running

<http://www.kidsrunning.com/>

Kids Walk to School

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

Log It - Encouraging kids to be physically active step by step

<http://www.peclogit.org/logit.asp>

Moving and learning - Physical Activity Specialists for Kids

<http://www.movingandlearning.com>

National Intramural Recreational Sports Association

<http://nirsa.org/>

Physical Activity Guidelines (Active Children and Adolescents) - US Department of Health and Human Services

<http://www.health.gov/paguidelines/guidelines/chapter3.aspx>

President's Council on Physical Fitness and Sport - President's Challenge
http://www.fitness.gov/home_pres_chall.htm

Project ACES (All Children Exercise Simultaneously)
<http://www.lensaunders.com/aces/aces>.

Shape Up America
<http://www.shapeup.org/>

Teach Circus.Com
<http://www.teachcircus.com/>

Tchoukball
<http://www.tchoukball.net/>

VERB - It's what you do (Tweens)
<http://www.cdc.gov/youthcampaign/index.htm>

Women Sport's Foundation
<http://www.womenssportsfoundation.org/>

Youth sports
<http://www.youth-sports.com/>

INTERNATIONAL

Asia Pacific Physical Activity Network
<http://www.ap-pan.org/modules/sections/index.php?op=viewarticle&artid=30>

European Juggling Association
<http://www.eja.net/en/home.html>

European Network for the Promotion of Health-Enhancing Physical activity
<http://www.euro.who.int/hepa>

General Association of International Sports Federations
<http://www.agfisonline.com/>

Global Alliance for Physical Activity
<http://www.globalpa.org.uk>

Guidance on Population-based Approaches to Promoting Physical Activity (WHO)
<http://www.who.int/dietphysicalactivity/pa/en/index.html>

International Kin-Ball Federation
<http://www.kin-ball.com/SiteA.html>

International Physical Activity and the Environment Network
<http://www.ipenproject.org/>

Physical Activity Network of the Americas
<http://www.rafapana.org/>



Physical Education & Health



New Websites

(*) : Links in French only

QUÉBEC

Association of Physical Educators of Quebec (APEQ)

<http://www.apeqonline.net/>

Department of Exercise Science - Concordia University

<http://artsandscience1.concordia.ca/exsci/>

Fédération des éducateurs et éducatrices physiques enseignants du Québec (FÉÉPEQ) (*)

<http://www.feepeq.com/>

Kinesiology and Physical Education - McGill University

<http://www.mcgill.ca/edu-kpe/>

LEARN - Physical Education and Health

http://www.learnquebec.ca/en/content/curriculum/personal_dev/pe/index.html



Physical Education and Health Page - English Montreal School Board

<http://www.emsb.qc.ca/pedservices/sandy.htm>

Québec Éducation Program - Physical Education and Health

Elementary : http://www.mels.gouv.qc.ca/DGFJ/dp/programme_de_formation/primaire/educprg2001h.htm

Secondary : http://www.mels.gouv.qc.ca/DGFJ/dp/programmes_etudes/seconaire/edphysa.htm

The Sporting Gang

http://pages.videotron.com/edphys/index_a.html

CANADA

ACTIV8 (Curriculum based physical activity challenge program)



<http://www.activ8.org>

Canadian Society for Exercise Physiology

<http://www.csep.ca/main.cfm?cid=574>

CanTeach - Physical Education

<http://www.canteach.ca/links/linkphysed.html>

- Health and Physical Education - Elementary (Ontario)**
<http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>
- Health and Physical Education -Secondary (Ontario)**
<http://www.edu.gov.on.ca/eng/curriculum/secondary/health.html>
- Health and Physical Education - example of a class or school Web-site**
http://www.imaginecreative.com/hpe/active_living.html
- Health and Physical Education Council -Alberta**
<http://www.hpec.ab.ca>
- Manitoba Physical Education Teachers Association (MPETA)**
<http://www.mpeta.ca/home.html>
- Ontario Physical and Health Education Association (OPHEA)**
<http://www.ophea.net/aboutophea.cfm>
-  **Physical and Health Association Canada (formerly CAPHERD)**
<http://www.eps-canada.ca/eng/index.cfm>
- Physical Education and Health - Toronto University**
<http://www.ac-fpeh.com/alumni/index.php>
- Physical Education Curriculum Saskatchewan**
http://www.sasked.gov.sk.ca/branches/curr/evergreen/phys_ed.shtml
- Physical Education Digest's**
<http://www.peupdate.com/>
- Physical Education - Health Education (Manitoba)**
<http://www.edu.gov.mb.ca/k12/cur/physlth/index.html>
- Physical Education K to 7 - British-Columbia**
<http://www.bced.gov.bc.ca/irp/pek7/petoc.htm>
- Physical Education on line - Alberta**
<http://www.education.gov.ab.ca/physicaleducationonline/>
-  **Quality Daily Physical Education - Physical and Health Education Canada (formerly CAPHERD)**
http://www.eps-canada.ca/eng/physicaleducation/about_qdpe.cfm
- School of Human Kinetics - Ottawa University**
<http://www.health.uottawa.ca/shk/index.htm>
- Thompson Educational**
<http://www.thompsonbooks.com/health/>

UNITED STATES

American Academy of Kinesiology and Physical Education
<http://www.aakpe.org/>

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
<http://www.aahperd.org/index.cfm>

Education World - P.E. and Health Center
http://www.educationworld.com/pe_health/

Human Kinetics
<http://www.humankinetics.com/>

National Association for Sport and Physical Education (NASPE)
<http://www.aahperd.org/naspe/template.cfm>

PE Central - The premier Web site for Health and Physical Education
<http://www.pecentral.org/>

PE 4 Life - Building Healthy Students Bodies - One at a Time
<http://www.pe4life.org/>

PE Zone - Resource for Teachers and Educators
<http://reach.ucf.edu/%7Epezzone/>

PELINKS 4U - Promoting Active and Healthy Lifestyles
<http://www.pelinks4u.org/>

Physical Education Lesson Plan page
<http://members.tripod.com/~pazz/lesson.html>

SPARK Physical Education, Sports, Play and Active recreation for Kids
<http://www.sparkpe.org/index.jsp>

INTERNATIONAL

Association for Physical Education (UK)
<http://www.afpe.org.uk/>

Australian Council for Health, Physical Education and Recreation
<http://www.achper.org.au/>

Health and Physical Education - Western Australia
<http://www.det.wa.edu.au/education/hpe/>

International Charter of Physical Education and Sport
http://portal.unesco.org/en/ev.php-URL_ID=13150&URL_DO=DO_TOPIC&URL_SECTION=201.html

Momes.net - Éducation physique (*)
<http://www.momes.net/education/edphysique/edphysique.html>

Physical Education Center
<http://www.physicaleducation.co.uk/>

Planet Olak - Site de l'éducation physique et sportive à l'école primaire (*)
<http://www.planetolak.net/>

Sports Media - Physical Education and Sports for Everyone
<http://www.sports-media.org/>

Teach PE.com

<http://www.teachpe.com/index.htm>

WWW Internet P.E. and Sports Association

<http://www.sports-media.org/index2.htm>



New Websites

(*) : Links in French only

QUÉBEC

Corporation des thérapeutes du sport du Québec Official Web Page

http://www.ctsq.qc.ca/eng/index_eng.html

Guide des aires et appareils de jeu - Institut national de santé publique du Québec

http://www.inspq.qc.ca/pdf/publications/395_AiresAppareilsDeJeu.asp



Physabek - Sports Medecine Products and Solutions

<http://www.physabek.qc.ca/en/>

Sécurité à vélo - Société de l'Assurance Automobile du Québec (*)

<http://www.saaq.gouv.qc.ca/prevention/velo/index.html>

Sécurité et intégrité - Ministère de l'Éducation, du Loisir et du Sport (*)

<http://www5.mels.gouv.qc.ca/sportloisir/securiteetintegrite/publications.asp>

CANADA



Act for High School CPR

<http://www.fondationact.ca/index2.cfm>

Canada Safety Council

<http://www.safety-council.org/index.html>

Canadian Academy of Sport Medicine

<http://www.casm-acms.org/>

Canadian Athletic Therapists Association

<http://www.athletictherapy.org/main.html>



Caring for Kids

<http://www.caringforkids.cps.ca/index.htm>



Plan it Safe - Child and Youth Injury Prevention Center

http://www.plan-itsafe.com/injury_info.html

Safe Ontario.org

<http://www.safeontario.org/English/index.cfm>

Safe Kids Canada

<http://www.sickkids.ca/safekidscanada/>

Safety Guidelines in Physical Education (OPHEA)

<http://www.ophea.net/safety.cfm>

Sport First Aid

<http://www.sportalliance.com/>

Youth Safe Outdoors

<http://www.youthsafeoutdoors.ca/>

UNITED STATES

Children's Safety Network

<http://www.childressafetynetwork.org/>

Safe Kids

<http://www.safekids.org/>

National Program for Playground safety

<http://www.uni.edu/playground/>

National Youth Sports Safety Foundation

<http://www.nyssf.org/>



School Yard - Recreation - Games



New Websites

(*) : Links in French only

QUÉBEC

Guide des aires et appareils de jeu (*)

http://www.inspq.qc.ca/pdf/publications/395_AiresAppareilsDeJeu.asp

Idées de jeux pour la cour d'école (*)

<http://www.santepub-mtl.qc.ca/Publication/pdfkino/Jeuxcourecoleasphalte.pdf>

Jeux des cours d'école (*)

<http://www.cslaval.qc.ca/Prof-Inet/anim/jfd/jeux/>

Mieux vivre ensemble - des jeux pacifiques dans la cour de récréation (*)

http://www.tact.fse.ulaval.ca/fr/mvivre/jeux_pacifiques.htm

Règle de jeux de cour d'école (*)

<http://www.bandesportive.com/jeu-maison.html>

CANADA

ÉcoAction - The Green Line

http://www.qc.ec.gc.ca/ecoaction/index_a.htm

Evergreen -Toyota Learning Grounds

<http://www.evergreen.ca/en/lg/lg.html>



Green Lane - Environment Canada

http://www.qc.ec.gc.ca/ecoaction/index_a.htm

Irving Forest discovery Network

<http://www.ifdn.com/>

Learning for a Sustainable Future

<http://www.lsf-lst.ca/en/home/>



PlaySport - Games

<http://www.playsport.net/en/activities.cfm>

School Grounds Transformation - Canadian Biodiversity Institute

<http://www.biodiversityonline.ca/schoolgrounds/>

School yard safety

http://www.safecanada.ca/link_e.asp?category=29&topic=204

School yard greening

<http://www.frw.ca/rouge.php?ID=92&PHPSESSID=ae419b794fe526b7dbc4462552fe0d05>

Tree Canada

http://www.treecanada.ca/index_e.htm

UNITED STATES

American Association for the Child's Right to Play

<http://www.ipausa.org/>

Games Kids Play

<http://www.gameskidsplay.net/index.html>

National Program for Playground Safety

<http://www.uni.edu/playground/>

Peaceful Playgrounds

<http://www.peacefulplaygrounds.com/>

INTERNATIONAL

Children's folk games

<http://est.estcomp.ro/%7Ecfg/home.html>

Fun and Games.org

<http://www.funandgames.org/>

Pacific Path Institute - Conflict Resolution and Mediation

<http://www.circm.com/en/>

Playground Fun

<http://www.playgroundfun.org.uk/>

Playground games

<http://www.bbc.co.uk/dna/h2g2/A569982>



Sports & Active Living Events



New Websites

(*) : Links in French only

QUÉBEC



5/30 Health Challenge

<http://defisante530.com/defisante/en/index.html>



Challenge Quit to Win - Knock Out Smoking

<http://defitabac.qc.ca/defi/en/index.html>

Défi sportif (People with disabilities)

<http://www.defisportif.com/en/index.php>

Festival de la santé and the Montréal International Marathon

<http://www.festivaldelasante.com/site.php?lang=en>

Fête des neiges de Montréal (English section)

<http://www.fetedesneiges.com/en/>



Greater Montreal Running Circuit

<http://www.circuitendurance.ca/en/index.htm>

Jeux du Québec (*)

<http://www.jeuxduquebec.com/>

Marche 2/3 (*)

http://www.2tiers.org/index_principal.asp

Mois de l'éducation physique et du sport étudiant (*)

<http://www.sportetudiant.com/fre/MEPSE/2812.cfm>

Montréal Bike Fest

http://www.velo.qc.ca/feria/index_e.php



Quebec Sport and Physical Activity Day

http://www.mels.gouv.qc.ca/jnsap/index_en.asp

Running Events in Quebec (*)

<http://www.courir.org/principale.html>

CANADA

-  **International Walk to School Month**
<http://www.iwalktoschool.org/>
- National School Challenge**
<http://www.eps-canada.ca/eng/conferences/challenges.cfm>
-  **Summer Active**
<http://www.summeractive.ca/en/default.aspx>
- Terry Fox run**
<http://www.terryfoxrun.org/english/home/default.asp?s=1>
-  **Vancouver 2010 Olympic Games**
<http://www.vancouver2010.com/en/-/32678/q0c15c/index.html>

UNITED STATES

- Project ACES (All Children Exercise Simultaneously)**
<http://www.lensaunders.com/aces/aces.html>

INTERNATIONAL

- Move for Health Day (World Health Organization)**
<http://www.who.int/mediacentre/news/releases/2003/pr15/en/index.html>



Surveys in Physical Activity, Fitness, Health, etc.



New Websites

(*) : Links in French only

QUÉBEC

Montréal Children and Physical Activity in primary School

http://www.santepub-mtl.qc.ca/Publication/pdfkino/act_physiqueva.pdf

Enquête sociale et de santé auprès des enfants et des adolescents québécois (1999) (*)

http://www.stat.gouv.qc.ca/publications/sante/enfant-ado_pdf_an.htm

Étude sur le niveau de condition physique des étudiants et étudiantes du CEGEP Lévis-Lauzon (*)

<http://www.clevislauzon.qc.ca/publications/conditionphysique.pdf>

Institut de la statistique du Québec

Physical Activity : http://www.stat.gouv.qc.ca/publications/sante/index_an.htm#activite_physique_l

CANADA

Canadian Fitness and Lifestyles Research Institute - Physical activity Levels among Canadian Children

http://www.cflri.ca/eng/levels/children_levels.php

National longitudinal Survey of Children and Youth : Participation in activities

<http://www.statcan.ca/Daily/English/010530/d010530a.htm>

Reconnecting Government with Youth (2003)

http://www.pch.gc.ca/progs/sc/info-fact/youth_e.cfm

Sport Participation in Canada

http://www.pch.gc.ca/progs/sc/info-fact/part_e.cfm

Statistics Canada

<http://www.statcan.ca/start.html>

UNITED STATES

CDC School Health policies and Programs Study

<http://www.cdc.gov/HealthyYouth/physicalactivity/index.htm>

Physical activity and Health - A Report of the Surgeon General

<http://www.cdc.gov/nccdphp/sgr/sgr.htm>

Youth Risk Behaviour Surveillance System

<http://apps.nccd.cdc.gov/yrbss/index.asp>



Trainers



New Websites

(*) : Links in French only

QUÉBEC

National Multisport Center - Montréal and the National Coaching Institute

<http://www.multisport.qc.ca/>

CANADA

Coaching Association of Canada

<http://www.coach.ca/eng/index.cfm>

Coaches Helping Coaches - Coaches Association of Ontario

<http://www.coachesontario.ca/>

UNITED STATES

Coaches' Infoservice - Sport Science Information for Coaches

<http://www.coachesinfo.com/>

National Athletic Trainers' Association

<http://www.nata.org/>

INTERNATIONAL

Coaching in Australia

<http://www.ausport.gov.au/participating/coaches>

International Council for Coach Education

<http://www.icce.ws/>

Sports coach UK - The National Coaching Foundation

<http://www.sportscoachuk.org/home.htm>



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