



Unlock Research Research for Physical Educators

Research Journal of the Month
APRIL 2005

Pediatric Exercise Science.

Published by Human Kinetics, Pediatric Exercise Science (PES) is the official journal of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology. In existence as a quarterly since February 1989, PES now has a circulation of over 600 and well established arrangements for indexing in EBSCO Academic Search, SportSearch, Sport Discus, Physical Education Index, SSCI, and Child Development Abstracts, as well as in a variety of medical and allied health retrieval systems.

Both print and online editions are available. At last check, subscription rates were \$52 USD for individuals and \$195 USD for institutions (the online editions are slightly more expensive). More information about the journal can be obtained at the Human Kinetics home page <http://www.humankinetics.com> where subscriptions and back issues may be ordered. The description provided in the EBSCO Academic Search index speaks to the purposes and audiences served by PER.

Committed to enriching the scientific knowledge of exercise during childhood and adolescence. Seeks to stimulate better understanding and greater awareness of the importance of exercise during childhood and adolescence to scientists, health care providers, and physical educators (np).

It is the last named group, of course, which makes this an appropriate journal for your attention. As you will see below, not only do the typical authors of research reports appearing in PES share many of the same interests and concerns as physical education teachers, their investigations often deal directly with the conduct of school programs. Looking back across the last 30 issues the following items are a sampling of reports and reviews that would have appealed to readers of Unlock.

- Shephard, R.J. (May, 1997). **Curricular physical activity and academic achievement.** ("Curricular" here means school-based.)
- Dale, D., Corbin, C.B., & Cuddihy, T.F. (May, 1998). **Can conceptual physical education promote physically active lifestyles?**
- Trudeau, F. et al. (Nov., 1998). **A long-term follow-up of participants in the Trois-Rivieres longitudinal study of growth and development.** (Follows the impact of a model elementary school physical education program into adulthood.)
- Ernst, M.P., & Pangrazi, R.P. (Nov., 1999). **Effects of a physical activity program on children's activity levels and attraction to physical activity.**
- Shepard, R.J., & Trudeau, F. (Feb., 2000). **The legacy of physical education: Influences on adult lifestyle.** (This is a classic review of research on the topic.)
- Trost, S.G. et al. (August, 2000). **Children's understanding of the concept of physical activity.**
- Hastie, P.A., & Trost, S.G. (Feb., 2002). **Student physical activity levels during a season of sport education.**
- Prochaska, J.L., et al. (May, 2003). **A longitudinal study of children's enjoyment of physical education.**

(This is an impressive effort to examine the question of enjoyment in physical education.)

- Scruggs, P.W., Beveridge, S.K., & Watson, D.L. (May, 2003). **Increasing children's school time physical activity using structured fitness breaks.** (This involves a program to supplement rather than replace physical education.)

Even within that small sample, I am sure you recognized a number of individuals who are productive scholars from within the physical education community. Moreover, several of the studies have been both widely cited by scholars and used in the development of health-related social policy.

From time to time, PES also includes abstracts from research papers presented at the biennial meetings of the North American Society for Pediatric Exercise Medicine, as well as a feature called "Research Digest" that presents annotations of research studies published in other journals. For my own money, however, the treasure among those features is the "Editor's Notes," at the front of each issue.

The notes are prepared by Dr. Thomas W. Roland (An MD at Baystate Medical Center in Springfield, Massachusetts.), a distinguished and active scholar in the field of pediatric exercise who has served as editor of the journal since its inception. Some of his contributions have dealt with insider topics that require more than modest scientific literacy, but others are small gems of plain wisdom and folksy humor.

Without realizing it, you may well have seen the most famous of Roland's notes (May, 1999) as it was widely circulated among school and college physical educators. I also saw it used in power-point presentations at several national conferences (without proper attribution of the source). It was a gentle and very funny reminder of the central importance of making physical education classes both psychologically and socially safe as well as enjoyable. Another memorable Roland contribution (August 2004) consisted of a (mythical) conversation with director/actor/author Woody Allen concerning the effects of a sedentary lifestyle. Again, this is a collectors' item, but if you do borrow from it, please give proper credit to the author.

As the publisher (Human Kinetics) provides both tables of contents and a reminder service for each new issue, you have no excuse for failing to keep an eye on the pages of this busy and vigorous little journal. If you believe (as I do) that a little rebellion is a healthy thing, reprints of some PES reports are ideal for tossing over the wall of your school Superintendent's castle in the dark of night. Who knows what might happen?

Your comments on this review will be welcome at lflocke@hotmail.com

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