

**BRONX COMMUNITY COLLEGE LIBRARY
SUGGESTED FOR
PHYSICAL EDUCATION**

<u>CODE NO.</u>	<u>TITLE</u>
	<u>EXERCISE</u>
V2432.3	MAXIMIZING PHYSICAL POTENTIAL OF OLDER ADULTS <i>(Growing Old in a New Age) – 60 min, c1993</i>
DVD41.4	KEEPING FIT <i>(This program describes the basic components of physical fitness and the numerous benefits that come from regular physical activity...)</i> <i>- 29 min, c2003</i>
V2889	NUTRITION & EXERCISE: FACTS TO LIVE BY – 20 min, c1995
V3195	CPR/AED FOR THE PROFESSIONAL RESCUER – 87 min, c2002
V3074	COMMUNITY FIRST AID AND SAFETY (AMERICAN RED CROSS) – 120 min, c2001
V3075	WORKPLACE TRAINING: STANDARD FIRST AID VIDEO (AMERICAN RED CROSS) - 75 min, c1999
V3316	CPR FOR BYSTANDERS 2000 – 27 min, c2000
	<u>SWIMMING AND AQUATIC SPORTS</u>
V1533	AMERICAN RED CROSS: TEACHING AQUATIC SKILLS – 30 min, c1992
V1534	SWIMMING & DIVING SKILLS – 94 min, c1992
V3315	THE MIRACLE SWIMMER: HOW TO OVECOME FEAR & DISCOMFORT IN WATER – 47 min, c2000
	<u>TAI CHI CH’UAN</u>
V603	24 FORMS YANG SYLE TAI CHI CHUAN SIMPLIFIED <i>– 120 min, c1997</i>
V1132	THE WAY OF TAI CHI CH’UAN – 60 min, c1986
V3102	TAI CHI CHUAN YANG STYLE <i>(Dr. Sam Schwartz)</i> – 30 min, c1993
DVD352	MURDERBALL <i>(a documentary about sports and the disabled)</i> <i>– 86min, c2005</i>