

Physical Education

DVD-VIDEO Resources Catalogue

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HOW TO ORDER

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- **Post** – we have a 'Freepost' address for the placing of orders (*by U.K. customers only*), which is:-

**Viewtech Educational Media
Freepost (BS4634)
Bristol
BS37 5ZZ**

R.O.I. and other overseas customers please use the address at the bottom of this page.

- **Fax** – In the U.K., please dial 0845 6441589 (local call rate applies); from overseas the number is +44 1454 858056 (24 hours)
- **Telephone** – 0845 1235588 within the U.K (local call rate applies); +44 1454 858055 from overseas (Monday-Friday 09:00-17:00 with an answerphone service outside of these hours)
- **email** – to sales@viewtech.co.uk
- **WWW.** – Internet ordering facilities are provided on our website at www.viewtech.co.uk

SHIPPING/DESPATCH

Orders are usually despatched within 7 days of receipt. The standard packing and shipping charges are currently as follows: -

| Units Ordered | U.K. | Republic of Ireland | Other EEC | Rest of the World |
|---------------|-------|---------------------|-----------|-------------------|
| 1 | £3.50 | £6.00 | £8.00 | £10.00 |
| 2 | £5.50 | £8.00 | £10.00 | £15.00 |
| 3 | £7.50 | £10.00 | £12.00 | £18.00 |
| 4 | £7.50 | £12.00 | £14.00 | £20.00 |
| 5+ | £7.50 | P.O.A. | P.O.A. | P.O.A. |

Please contact us if you require for urgent delivery, or if your order does not arrive within 14 days.

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FORMAT

Most programmes shown as available in DVD format are also available on VHS cassette in the PAL television standard as used in the U.K. and some overseas territories - if ordering for use outside of the U.K. – please check compatibility with your equipment. DVDs are supplied in DVD-R format, providing highly compatible and reliable performance on DVD players and DVD-ROM drives. Please contact us for price and availability of other formats, if required.

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If you have other queries or require any further information please contact us. We're here to help!

E.&O.E.

Updated 09/09

Bill Nye Series
9-13 Years

Bill Nye knows how to provide easy access to hard science. What's his secret? A fast-paced approach blending humorous hijinks and hands-on activities with real-life situations, with a focus on illustrating and reinforcing key concepts in a really enjoyable and totally non-boring way! Bill encourages young students to ask interesting questions... then shows them how to discover fascinating answers.

Blood & Circulation **26 mins** **9-13 Years**

Valves, blood cells, and the circulatory system work together to pump it up... the heart, that is. Without blood, your skin would dry up and fall off, your internal organs would die, and your brain would be kaput. Blood gives every cell in your body the food and oxygen it needs to survive. Blood also cleans up after our cells by carrying away waste. Blood even protects your body from disease. Blood patrols your entire body. Blood is pushed around by a powerful pump called the heart, through tubes called arteries, capillaries, and veins. A parody of the B52's 'Love Shack' entitled 'Blood Stream' shows how exercise keeps the beat and rhythm flowing, so be sure to watch the 'Blood and Circulation' programme - because Bill Nye really takes science to heart!

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-09882D | £29.95 | £54.95 |

Bones & Muscles **26 mins** **9-13 Years**

In this programme, you can 'bone up' on Muscles! When you press the button to start viewing this programme, you will use your bones and muscles. Without them, you can't push, click, surf, or even sigh. Bones and muscles work together, or you aren't going anywhere. Muscles always pull - even when you push on something like a door, somewhere in your body your arm and leg muscles are in 'tension'. They are all attached to bones, and those bones are pushing; they're in 'compression'. By pulling on bones you can breathe, talk, and move all over the world. Your bones support your weight like beams of steel or wood. They're stiff and strong. Rigid as they might seem though, they do flex. And, if you bang one hard enough, it swells up. You have a lump. That's because bones are full of blood vessels. Bones are not solid like rocks or skeletons in a dinosaur museum. Bones flex and grow. In fact, putting healthy amounts of stress on your bones is good for them. The flexing helps them get nutrients and stay strong through your whole life. Your muscles are bundles of fibres. As you use your muscles, the fibres absorb nutrients from your blood. If you work your muscles hard, your muscle cells absorb extra nutrients and they grow strong. Bones and muscles let us push, pull, breathe, and dance. X-rays, the healing of broken bones, bone marrow and the body's joints are also covered in this entertaining programme. Go flex your muscles. You'll know it's good for you; you'll feel it in your bones!

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-09171D | £29.95 | £54.95 |

Digestion **26 mins** **9-13 Years**

Bill Nye the Science Guy uses a fast-paced, humorous delivery to explain to viewers how the body's digestive system is like a finely-tuned machine that turns food into energy... They say that your food is no more inside you than a pencil is inside a donut, when it's poked through the hole! Instead of the food going 'in' you, food goes 'through' you. But, all the energy you get to live and grow comes from your food. All the chemicals that become your body and brain as you get bigger, come from your food. You get these vital chemicals through a process called 'digestion.' Your body breaks food down and grabs all the nutrients you need from it. Then, your body gets rid of what's left over. Digestion starts in your mouth. You begin breaking food down by breaking it into pieces with your teeth and jaw muscles. Your saliva (your spit) is full of chemicals that react with the chemicals in food and make them break apart. Then you swallow. Your food goes down a tube (your esophagus) to your stomach, where powerful hydrochloric acid breaks it down further into a mushy mash we call chime (kime). From there, the chime goes into your intestines, and that's where your body starts to absorb the nutrients you need... The complicated process of digestion is wonderfully demonstrated by a steam engine that runs on cornflakes!

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-09881D | £29.95 | £54.95 |

Heart **26 mins** **9-13 Years**

As the song goes, 'Ya Gotta Have Heart' - and hearthrob Bill Nye tells us why! Your heart pumps your blood around your body, all hours, every day of the week, to keep you alive. Your heart is about the size of your fist, and it's made of special muscle called 'cardiac' (KAR-dee-ak) muscle. Cardiac muscle lets your heart keep the beat, it can also speed up or slow down, depending on what your body needs. Your heart works like an automatic pump - it squeezes, or contracts, and un-squeezes, or relaxes, to push blood through the four different sections of your heart. Valves, special one-way openings, are like little doors between the sections - making sure your blood moves in only one direction through your heart, to your lungs, back to your heart, and then around your body again. Bill checks out this important muscular pump's function in the body by pulling nine 'G's' with the Navy's Blue Angels jet display team and chatting with Seattle Mariner Edgar Martinez. Get pumped - watch 'The Heart' episode!

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-09822D | £29.95 | £54.95 |

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Bill Nye Series

9-13 Years
Nutrition
26 mins
9-13 Years

You are what you eat! That's right - everything from your eyeballs to your elbows is made of food! Bill Nye tells us what kinds of nutrients are in each bit of grub and which foods are best for healthy bodies... Bill is bustling with activity. He grew up from a baby, for one thing. Now, he bikes. He can walk really fast. He even dances. What's his secret? Food, food, and more food. It's important to give your body enough food every day. Food is a body's fuel, and just like a car, your body needs food to make energy and keep going. One cannot live on potato crisps and soft drinks alone! A balance of food from all the major groups is essential to good health. And don't forget breakfast - watch the programme to find out how this important meal got its name. All food, whether it's protein, fat, carbohydrates, vitamins, or minerals, is made of chemicals. When your body gets a hold of these chemicals, it recombines them and makes energy. Different types of food make different amounts of energy, which are measured in calories. How do scientists figure out the amount of calories in food? In this episode, Bill will reveal the secrets of the bomb calorimeter - an instrument of food science. If you're hungry for science, the 'Nutrition' episode is food for thought - or thought for food?

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-09720D | £29.95 | £54.95 |

Respiration
26 mins
9-13 Years

Bill Nye the Science Guy will take your breath away in the 'Respiration' programme. Breathe in /breathe out. Inhale / exhale. Every day, you take about 5,000 breaths, and you don't even think about it. You need to breathe to stay alive, so your brain and lungs automatically take care of it for you. When you breathe in, you pull air into your lungs. Air is a mixture of gases, and your lungs are set up to absorb the oxygen. Cells in your body use oxygen to combine with chemicals from food to make energy. The process of combining chemicals with the oxygen we breathe to make energy is called respiration. Our bodies need respiration to grow, move, think, and live. Without it, we'd be completely out of gas in just a few minutes. In this breathtaking episode, Bill gets aerobic about the importance of respiration when he jogs, bikes, swims and scuba dives. Discover how to measure how much air each breath contains, and make a model lung in a nifty home experiment. See a demonstration of how cigarette smoke can infiltrate and injure lungs. Another real scientist, Jane Robinson, stresses the importance of exercise for the body and lungs. Make sure you take a breather to watch the 'Respiration' programme!

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-09172D | £29.95 | £54.95 |

Bill Nye The Science Guy: P.E. Set - Complete Set of 6 Programmes
156 mins
9-13 Years

Specially-priced set of 6 individual programmes from this series, offering a substantial saving when compared to the cost of purchasing at 'individual' rates. The set includes:- • Respiration (09172) • Blood & Circulation (09882) • Heart (09822) • Digestion (09881) • Nutrition (09720) • Bones & Muscles (09171)

| Format | Order Code | ESS Price* | EMS Price* |
|---------|------------|------------|------------|
| DVD SET | 002-21539D | £149.95 | £299.95 |

Biology Essentials Series

11-16 Years

Discover the fascinating world of biology with this series of six programmes.

The Human Body: The Ultimate Machine
27 mins
11-16 Years

In 'The Human Body: The Ultimate Machine', students will study each major system of the human body. Vital organs and functions of the systems will be discussed, as well as the interrelation of the systems. Important health aspects concerning each system will also be explored. The programme details the functioning of each of the human body's major systems including the muscular, circulatory, respiratory, digestive, skeletal, urinary, endocrine, lymphatic and nervous systems. The primary organs comprising each system are discussed, as well as the relationship between systems working together. Students are also introduced to the methods used by doctors to examine each major system.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| CD-ROM | 002-21459C | £34.95 | £69.95 |
| DVD | 002-21459D | £34.95 | £69.95 |

The Crucial Guide To Tennis Series

9-16 Years
The Crucial Guide To Tennis - Complete Series of 2 Programmes
67 mins
9-13 Years

Specially-priced complete set of both individual programmes in this series, offering a substantial saving when compared to the cost of purchasing at 'individual' rates. The set includes:- • The Crucial Guide To Schools Tennis (08110) • The Crucial Gu

| Format | Order Code | ESS Price* | EMS Price* |
|---------|------------|------------|------------|
| DVD SET | 002-21246R | £49.95 | £99.95 |

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The Crucial Guide To Tennis Series

9-16 Years

The Crucial Guide To Schools Tennis

47 mins
9-16 Years

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-08110R | £39.95 | £79.95 |

The Crucial Guide To Short Tennis

20 mins
9-13 Years

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-08120R | £29.95 | £59.95 |

Drug Education For Teens Series

14-19 Years

This informative series empowers teenagers to make responsible decisions by providing them with honest and realistic information and accessible scientific foundation upon which to base them. Cutting-edge graphics and animations illustrate the immediate physiological effects of abuse, and a sharp mix of expert interviews and first-person testimonies sheds light on the long-term psychological effects, as well as the social and legal consequences of drug use.

Steroids

23 mins
14-19 Years

Everybody strives to be a winner, and on the playing field, most athletes do this by exercising and eating right. Unfortunately, steroid use by high school athletes trying to take a short cut and gain an edge is gaining in practice. In Steroids, students examine the use of illegal anabolic steroids and steroidal supplements, profiling case studies that provide a comprehensive overview of the detrimental effects these drugs can have. Vivid animations and expert testimony shed light on what is happening to the mind and body of a steroid user whose quest to look healthier and more fit ends up doing just the opposite.

A Schlessinger Media Production

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22009D | £29.95 | £59.95 |

Essential Sports Skills - Track & Field Series

14 Years-Adult

This series of 3 programmes produced in conjunction with the Victorian Institute of Sport illustrates the skills, rules, safety and physical preparation required for featured Track and Field events.

Essential Sports Skills - Track & Field - Complete Series of 3 Programmes

60 mins
14 Years-Adult

Specially-priced complete set of all 3 individual programmes in this series, providing a substantial saving when compared to the cost of purchasing at 'individual' rates. The set includes:- • Running, Hurdling and Race Walking (21831) • Jumps (21832) • Throws (21833)

| Format | Order Code | ESS Price* | EMS Price* |
|---------|------------|------------|------------|
| DVD SET | 002-21836R | £74.95 | £149.95 |

Jumping Events

29 mins
14 Years-Adult

In this programme athletes are shown the correct techniques for the long, triple and high jumps. Individual skills include a step-by-step guide to personalising the run-up to suit each athlete.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21832R | £29.95 | £59.95 |

Running Events

20 mins
14 Years-Adult

Potential athletes and coaches are shown how to warm up their muscles and focus their minds, develop correct technique through a series of drills, and finally put it all into practice.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21831R | £29.95 | £59.95 |

Throwing Events

20 mins
14 Years-Adult

Potential athletes learn the physical requirements and techniques for the demanding throwing events, including Shot-put, Discus, Javelin and Hammer Throw. Safety and physical preparation are key elements of this programme.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21833R | £29.95 | £59.95 |

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The Eyes Of Nye Series

14 Years-Adult

Disney's wacky, way-cool Bill Nye - a real-life scientist and award-winning educator - knows how to make science instruction real and relevant. Bill looks at the science behind cutting-edge issues, interviews leading experts and shows students how to analyse facts before forming opinions. When students see the world through The Eyes of Nye they'll learn how to evaluate even the most controversial topics.

Sports - Science In Action
26 mins
14 Years-Adult

Learn about the physics behind sports, take a look at the mental aspect that world-class athletes bring to their efforts and explore why people play and watch sports.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21979D | £34.95 | £69.95 |

The Human Body - How It Works Series

11 Years-Adult

This nine-part series uses physiologic animations and illustrations, microscopic imaging, expert commentary, and footage of the body in motion to provide a thorough overview of the amazing human machine. Marvellously detailed, yet readily understandable.

Cells, Tissues, and Skin
22 mins
11 Years-Adult

After an introductory segment on cell characteristics, this programme discusses the way human body cells function and combine into the structures that sustain life. Topics include membrane permeability and the processes of passive and active transport; cytoplasm, with its cytosol, organelles, and inclusions; the constituent parts of the nucleus and the stages and processes of the cell cycle; the four basic tissue types; and the skin, the body's largest organ.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22096D | £34.95 | £69.95 |

The Circulatory System
22 mins
11 Years-Adult

This programme takes a close look at the organs of the human circulatory system and how they work to sustain life. After an introductory overview, the composition of blood - its plasma, erythrocytes, leukocytes, and platelets - is analysed, blood types and Rh factor are considered, the role of haemoglobin in transporting oxygen is explained, and the anatomy and function of the heart is examined. Factors that affect blood pressure and circulation are also discussed, along with the circulatory demands of exercise.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22100D | £34.95 | £69.95 |

Digestion and Nutrition
22 mins
11 Years-Adult

This programme examines the chemical structure of food and the human body's ability to convert food into fuel and raw materials. Major and minor nutrients are defined, catabolism and anabolism are contrasted, and the function of the digestive tract at the cellular level is scrutinized. The sequence of physical and chemical processes that facilitate digestion is also illustrated, spotlighting each constituent anatomical system: mouth/oesophagus, stomach, small intestine, and large intestine. A segment on healthier eating concludes the programme.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22102D | £34.95 | £69.95 |

The Endocrine System
21 mins
11 Years-Adult

After an introductory segment contrasting the human endocrine and nervous systems, this programme addresses the complex physiology of the endocrine system. Topics include the endocrine organs and glands; the characteristics of hormones and the process of signal transduction; hormonal regulation of blood glucose and blood calcium levels; the roles of growth hormone, thyroid hormone, testosterone, and oestrogen in bodily development; hormones and reproduction; and hormonal involvement in the fight-or-flight response.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22103D | £34.95 | £69.95 |

Human Development and the Reproductive System
22 mins
11 Years-Adult

This programme traces the development of a human being from conception to full-term foetus, with a focus on the functions of the male and female reproductive systems. The three stages of development in the womb - pre-embryonic, embryonic, and foetal, generated by the mechanisms of division, differentiation, morphogenesis, patterning, and growth - are illustrated, after which there is a close examination of male and female puberty - the maturation of the reproductive system and the beginning of human sexual response.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22098D | £34.95 | £69.95 |

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The Human Body - How It Works Series

11 Years-Adult

The Immune System

22 mins
11 Years-Adult

This programme examines how the human immune system defends the body against disease-causing invaders - and how in some cases its antigen-fighting capabilities can be turned against the bodily cells it protects. Topics include the elements of the immune system, passive barrier defences and non-specific reactive responses, the humoral immune response and its associated antibodies, and the process of cell-mediated immunity. The programme also addresses the importance of vaccines, the mechanics of allergies and autoimmune diseases, and advances in the field of immunology.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22097D | £34.95 | £69.95 |

The Nervous System and the Senses

21 mins
11 Years-Adult

This programme discusses the development, organization, and functions of the nervous system and the input organs that stimulate it. Beginning with an introductory overview of neural anatomy, the video outlines the organization of the central and peripheral nervous systems and the processes of sensation, transduction, and perception. In addition, the senses of vision, hearing, taste, smell, and equilibrium are analyzed, as well as sensitivities to temperature, pressure, and pain; bodily movement via the somatic neurons is illustrated; and the neural mechanics of sleep and wakefulness are considered.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22104D | £34.95 | £69.95 |

The Respiratory System

20 mins
11 Years-Adult

Following an opening segment on the importance of oxygen to the human body, this programme studies the structure and function of the respiratory system. Topics include the anatomy of the upper respiratory tract, the lower respiratory tract, and the alveoli; the diffusion of gas molecules through the walls of the alveoli and capillaries, and the effect of high altitude on the diffusion process; and the mechanics of breathing via the bulk flow transport process. In addition, the programme describes three factors that help prevent lung collapse and the role of the medulla oblongata in regulating breathing.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22099D | £34.95 | £69.95 |

The Skeletal and Muscular Systems

22 mins
11 Years-Adult

This programme deconstructs the human skeletal and muscular systems, two interdependent assemblies that endow the body with structure and movement. Beginning with an introductory overview, the video identifies the body's bones by dividing the skeleton into its axial and appendicular components, analyzes bone composition, describes the process of bone repair, and categorizes bone and joint types. The programme then shifts focus to the skeletal muscular system—a detailed study of muscle cells, fibres, bundles, and connective tissue. The ATP-fuelled process of muscle contraction is addressed as well.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-22101D | £34.95 | £69.95 |

The Human Body In Action Series

9-13 Years

The human body - we all have one, but how much do we really know about it and all of its intricate systems? This series starts with an understanding of cells, then looks at each of the body systems in detail, how they function, how they are maintained and how they interrelate. The overall structure of the human body and basics of good health and nutrition are also covered. Through extensive microphotography, animations, diagrams, experiments and investigations, students will fully understand how each of these vital systems operates and interacts.

The Human Body In Action - PE Set of 4 Programmes

92 mins
9-13 Years

A Schlessinger Media Production

| Format | Order Code | ESS Price* | EMS Price* |
|---------|------------|------------|------------|
| DVD SET | 002-21802R | £99.95 | £199.95 |

Circulatory & Respiratory Systems

23 mins
9-13 Years

In 'Circulatory & Respiratory Systems', students will discover how these two vital systems work together to help keep us alive through a process called cellular respiration. A close-up look at the components of blood - plasma, red blood cells, white blood cells, and platelets - reveals just how critical blood is to our survival. Pumped by the heart through a vast network of vessels, our blood is the ultimate pick-up and delivery system, providing vital nutrients, carrying away harmful waste, and fighting against disease and infection. A visit to a hospital blood laboratory is included, as well as an interview with a doctor, and a fun hands-on activity in which students can test their lung capacity.

A Schlessinger Media Production

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-11021R | £29.95 | £59.95 |

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The Human Body In Action Series

9-13 Years

Digestive & Excretory Systems

23 mins
9-13 Years

'Digestive & Excretory Systems' teaches students that, in order to be of use to our cells, food needs to be broken down and absorbed into the bloodstream. This is the job of the digestive system, a complex series of tools that includes teeth, saliva, bile, acids and enzymes designed to reduce nutrients to a form that can be delivered to cells. But, just as rubbish must be taken out at home, waste products and indigestible materials must be removed from the body. Viewers will learn that this is the role of the excretory system, which includes the liver, lungs, kidneys and even the skin! The programme features a visit to a kidney specialist and a hands-on activity that tests the digestive action of acids and enzymes.

A Schlessinger Media Production

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-11022R | £29.95 | £59.95 |

Health & Nutrition

23 mins
9-13 Years

In 'Health & Nutrition', students learn that what we eat is critical to our overall health, from our cells to our senses to how we feel. Cells need nutrients to function properly, and we get them from the foods we eat. Viewers are provided with a complete rundown of essential nutrients, including carbohydrates, fats, proteins, vitamins, minerals and water. The concept of a balanced diet is stressed, along with a full presentation of the Food Guide Pyramid and a segment on the importance of exercise for maintaining good health. The programme includes an interview with a nutrition expert and a fun hands-on activity in which students actually measure and compare the amount of energy stored in different foods.

A Schlessinger Media Production

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-11032R | £29.95 | £59.95 |

Skeletal & Muscular Systems

23 mins
9-13 Years

In 'Skeletal & Muscular Systems', students learn that bones and muscles work together to protect our bodies and enable them to move. They'll discover that, in addition to providing a support structure and protecting vital organs, bones are where blood is manufactured! Viewers also learn that bones are classified by shape - long, short, flat and irregular - and that there are three types of muscles - skeletal, smooth and cardiac. Vivid examples and colourful graphics illustrate how joints work with the help of connective tissues like cartilage, ligaments and tendons, and an orthopaedic surgeon explains how bones heal. A fun, hands-on experiment shows how calcium is essential for strong, healthy bones.

A Schlessinger Media Production

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-11052R | £29.95 | £59.95 |

Our Wonderful Body Series

5-11 Years

Meet Zork, the space creature with the very inquisitive mind! In this animated series, he asks elementary questions about the human body and it's systems. Zork's misunderstandings lead him into humorous situations and wrong conclusions, but, with the help of his 'Zorkvision' abilities and a friendly narrator, Zork soon comprehends the wonders of the human body and makes education a pleasure for young humans.

How We Keep Fit

12 mins
5-11 Years

As space explorer Zork discovers after watching some tired, out of shape youngsters playing, for human bodies to work most efficiently they need regular exercise. Exercise includes many of the things we do for fun, it helps improve posture and makes the lungs and heart work better. But, as he also discovers, people need more than just exercise to become physically fit - they need to eat nutritious foods, get plenty of sleep and avoid harmful substances.

| Format | Order Code | ESS Price* | EMS Price* |
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| DVD | 002-07230R | £19.95 | £39.95 |

Our Wonderful Body: How It Moves

10 mins
5-11 Years

With the aid of his 'Zorkvision', Zork sees how joints, ligaments, tendons, bones and muscles enable human beings to move in so many ways.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-05200R | £19.95 | £39.95 |

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Real World Science Series

9-13 Years
Real World Science Series - Complete Series of 4 Programmes
60 mins
9-13 Years

Specially-priced complete set of all 4 individual programmes in this series, offering a substantial saving when compared to the cost of purchasing at 'individual' rates. The set includes:- • Brain and Nervous System (21727) • Digestive and Excretory Systems (21714) • Respiratory and Circulatory Systems (21713) • Skeletal and Muscular Systems (21712)

| Format | Order Code | ESS Price* | EMS Price* |
|---------|------------|------------|------------|
| DVD SET | 002-21734R | £99.95 | £199.95 |

Brain and Nervous System
15 mins
9-13 Years

From sipping hot chocolate to remembering a phone number, this creative programme shows how everyday situations are controlled by the brain and nervous system. Various organs and components of both the central nervous system and peripheral nervous system are explored. From the structure of individual neurons to the complex actions of the brain, the programme provides viewers with a better understanding of how thought, movement, and regulation of body functions occur. In addition, the amazing senses of the human body are also examined.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21727R | £34.95 | £69.95 |

Digestive and Excretory Systems
15 mins
9-13 Years

This colourful programme uses graphic sequences to illustrate the journey of a pizza slice as it travels through the human body. During the journey, each major organ of the digestive and excretory systems is profiled and shown in action. In addition, the programme explains how the body uses fats, carbohydrates, proteins and other nutrients. The food pyramid is also discussed as an important guide to healthy eating habits.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21714R | £34.95 | £69.95 |

Respiratory and Circulatory Systems
15 mins
9-13 Years

You take approximately 20,000 breaths a day. Your heart beats 100,000 times every day. This programme explores the complex body systems relative to these vital processes. Using colourful visuals and lively, step-by-step narration, the programme reveals how the respiratory and circulatory systems work both independently and together to keep us alive. Beginning with the respiratory system, students learn about the complex physical apparatus involved in the process of breathing, and trace the passage of oxygen from our major air-intake passageway, the nose, to the smallest dead-end spaces of the lungs, called alveoli. Here, where a vital exchange of oxygen and carbon dioxide occurs, the respiratory and circulatory systems meet, and students next explore the intricacy and function of the cardiovascular system. As the programme concludes, students examine the vital link between the respiratory and circulatory systems, and understand the importance of maintaining these indispensable systems through exercise and a healthy diet.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21713R | £34.95 | £69.95 |

Skeletal and Muscular Systems
15 mins
9-13 Years

This programme explores the characteristics and functions of the bones and joints in the human skeletal system. Also examined are the muscles, tendons and ligaments that work in conjunction with the skeletal system to provide movement for the body. The programme provides students with an enjoyable way of learning about the interdependence of these systems, and the ways to maintain healthy bones and muscles.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21712R | £34.95 | £69.95 |

Science & Technology - Today & Tomorrow Series

11 Years-Adult

This series provides exciting studies of progress in many areas of science and technology that promises even more dramatic breakthroughs in the future. A look at recent scientific developments is used as a vehicle to introduce timeless scientific principles.

The Competitive Edge: Physiology, Physics & Psychology In Sports
20 mins
11 Years-Adult

This programme explains the techniques used by sports psychologists to psych up, motivate, control the stress, and improve the concentration, of world-class athletes. We see how physiologists use motion analysis and various tests of the vital capacities of athletes in order to determine their potential and develop routines to enhance their performance.

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| DVD | 002-07461R | £29.95 | £59.95 |

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Sports Science Series

11 Years-Adult

This series presents the science behind sports and physical activity, including training, acquiring new motor skills, and preventing injuries. The series is suitable for health and physical education courses as well as coaching and fitness programmes. Scenes of athletes in practice and competition alternate with views of anatomical models, commentary, and graphics that explain the science and physiology behind movements.

Sports Science - Complete Series of 7 Programmes

182 mins
11 Years-Adult

Specially-priced complete set of all 7 individual programmes in this series, offering a substantial saving when compared to the cost of purchasing at 'individual' rates. The set includes:- • Biomechanics (20751) • Exercise Physiology (20245) • Functional Anatomy (20244) • Motor Skill Acquisition (20243) • Preparing For Competition (20048) • Principles Of Training (20049) • Sports Safety (20050)

| Format | Order Code | ESS Price* | EMS Price* |
|---------|------------|------------|------------|
| DVD SET | 002-21398R | £134.95 | £269.95 |

Biomechanics

36 mins
11 Years-Adult

Presents force and movement, including internal and external forces; balance and the effects of gravity, friction and drag in lifting and swinging; relevance of Newton's laws; linear, angular and projectile motion and conservation of momentum; and testing and analysis.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-20751R | £24.95 | £49.95 |

Exercise Physiology

39 mins
11 Years-Adult

Presents the subject of energy, including the role of ATP (adenosine triphosphate) and CP (creatine phosphate); anaerobic glycolysis and aerobic metabolism; the role of nutrients and diet; oxygen uptake and cardiac output; immediate and long-term effects of training; warm-up and cool-down.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-20245R | £24.95 | £49.95 |

Functional Anatomy

30 mins
11 Years-Adult

Presents functions, components, and joints of the skeleton, contractions, motor units, and fast- and slow-twitch fibres of the muscles. Also details types of movements, the nervous systems, and body types.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-20244R | £24.95 | £49.95 |

Motor Skill Acquisition

16 mins
11 Years-Adult

Defines and discusses motor skills, including open and closed skills, the three mechanisms involved in performing a skilled action, and the three stages of learning a motor skill.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-20243R | £24.95 | £49.95 |

Preparing For Competition

13 mins
11 Years-Adult

Reviews and summarises important points about training and fitness, including setting realistic goals, practice, motivation and equipment. Please Note: This programme is a visual presentation only - there is no commentary.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-20048R | £24.95 | £49.95 |

Principles Of Training

23 mins
11 Years-Adult

Presents ways to put theory into practice according to the requirements of different sports; measuring physical capacities; biological adaptations as the goal of training; the principle of progressive overload with specific exercises for specific training effects, including overdistance, continuous training, speed play, interval training and progressive resistance training.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-20049R | £24.95 | £49.95 |

Sports Safety

25 mins
11 Years-Adult

Presents causes of sports injuries and avoidance through proper warm up and cool down, maintenance of proper fitness levels, correct technique and protective equipment; discusses head, neck, and back injuries, and hypothermia; shows rehabilitation procedures.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-20050R | £24.95 | £49.95 |

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Teen Health Series

14-19 Years

This series is an invaluable award-winning resource for PSHE and health education classes, dealing with many sensitive, delicate issues commonly faced by young people. The programmes combine expert interviews with young adult testimonials, discussions amongst groups of teenagers, and graphics to keep the pace lively and informative. Subjects are presented with an emphasis on preventive health and awareness, focusing on those who have experienced a difficult situation or medical condition and the strategies that can be used to overcome or deal with the issues involved.

Sports Medicine

30 mins
14-19 Years

Sports medicine is the branch of medicine concerned with care of the athlete in all respects, including the diagnosis and treatment of injury. Change is the most common reason for sports-related injury; a variation in sport, environment, equipment or level of intensity often contributes to injury, as well as failure to follow proper nutritional guidelines and warm-up procedures. The use of alcohol and drugs, including steroids, adds not only to the risk of injury, but also the potential for serious health problems. Experts encourage extensive stretching and weight training as preventive measures against sports-related injury. This programme interviews experts in the field of sports medicine as well as physical therapists, trainers, coaches and athletes who offer helpful advice on the prevention of athletic injury and the development of a healthy lifestyle.

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| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-08961R | £34.95 | £69.95 |

Non-Series Programmes

The Exercise & Nutrition Connection

26 mins
14-19 Years

Nutrition, exercise and personal fitness are a focal point of society now as never before in history. There is almost a societal obsession with health and nutrition, especially as they relate to personal appearance, which can be very dangerous and often leads to eating disorders and other physical and emotional problems. Having the facts about nutrition and exercise can help prevent problems and ensure a healthy approach to diet and fitness. This programme explores nutrition, exercise, and metabolism as they are integrated into the daily routine for a healthy lifestyle. An explanation of metabolism, along with nutritional requirements for each physical type, are combined with basic exercise and fitness tips to keep viewers in top form!

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-08601R | £29.95 | £59.95 |

Fit For The Job: Careers In Sport

30 mins
14-19 Years

Although many students would like to work in the sports field, very few have a good idea of the range of careers available. This video takes a look at this fascinating industry - we talk to and observe people in some of the old and new sporting careers. Also included is an overview of the potential of the jobs and the skills and qualifications needed for them. A great video for Careers and PE teachers and their students.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21807R | £29.95 | £59.95 |

Girls In Physical Education - Increasing Participation & Success

23 mins
Adult

With the onset of adolescence, participation rates in physical activity tend to decline. Many PE teachers have noticed that participation rates for girls drop off more rapidly than for boys. This is a serious concern, as participation in school PE programmes has been shown to have a positive influence on people's involvement in physical activity later in life. Conversely, bad experiences at school can often be detrimental in shaping people's life-long attitudes to physical activity. This programme examines some of the reasons why girls lose interest in physical education and then focuses on a number of strategies to help teachers tackle the problem.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21855R | £34.95 | £69.95 |

Nutrition For Active Fitness

20 mins
14 Years-Adult

This programme cuts through much misinformation and misinterpretation by providing personal stories and testimonials from people who have made health and fitness a lifelong quest. Viewers will learn that living a healthy lifestyle includes exercise and smart food choices. But it's not about dieting - it's about making a long-lasting lifestyle choice. They will learn that desire mixed with an athletic drive can help them get their body in peak condition for optimum performance with far-reaching benefits, not only on the field, on the court, or in the gym...but in their daily work and study activities as well.

| Format | Order Code | ESS Price* | EMS Price* |
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| DVD | 002-21544R | £29.95 | £59.95 |

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Non-Series Programmes

Preparing For An Expedition

28 mins
14-19 Years

One of the most challenging varieties of outdoor education is an expedition, where students will enter a natural setting for an extended period of time. An expedition can offer many fantastic experiences. Students learn about themselves, communities, and the natural environment. However, students need to be aware that they'll be entering a new environment, which requires different skills and greater responsibilities. This programme will provide them with the information they need to help them prepare for their expedition.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21816R | £34.95 | £69.95 |

Rope Skills

27 mins
14 Years-Adult

This programme examines the use and care of ropes. Whether it's rock climbing, abseiling, caving, or military and rescue operations, using ropes correctly is a vitally important skill - sometimes literally a matter of life or death. An essential reference for any outdoor education practitioner.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21882D | £34.95 | £69.95 |

Sports and Nutrition: The Winning Combination

18 mins
14 Years-Adult

Proper nutrition plays a major role when we strive to reach our physical potential, and nutrition makes an important contribution to our well-being and ability to perform. Basal metabolism and physical activity determine the amount of food we should eat. This video shows how to eat right while in training, before competitions, and during the event. It reveals which of us should use carbohydrate loading and explains the safe way to gain or lose weight. There is emphasis on drinking the right amount of fluids, including which sport drinks are safe to use. Also included are the use of supplements such as salt tablets, electrolyte replacements, and vitamin and mineral supplements. For most of us, good nutrition is a key to winning.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21781R | £29.95 | £59.95 |

Steroids: The Hormonal Time Bomb

18 mins
14-19 Years

A motivational programme for all viewers showing how synthetic steroids can cause detrimental, even fatal, results to users. Viewers will learn from a convicted dealer how his shortcut to get physically bigger and faster took more than five years of freedom from his life, as well as his integrity. Illustrations are used to show the physical side-effects steroids have on a growing body, and the psychological changes that a steroid user experiences are also reviewed. The programme emphasises the importance of gaining size and strength naturally through a proper training programme and good nutrition, with college athletes telling how they gained impressive size and speed without the aid of synthetic steroids.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-09962R | £29.95 | £59.95 |

Steroids: What Every Young Athlete Must Know

18 mins
14 Years-Adult

Interviews with a training director, young athletes, and a world-class competition bodybuilder provide forceful insights into the problems of drugs in sports as they engage in a lively discussion on the pros and cons of steroid use. Individual stories add drama and peer-group verification to this real-life lesson.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-08161R | £29.95 | £59.95 |

Team Building - In Outdoor Education Programs

22 mins
14 Years-Adult

Most outdoor adventures throw a group of people together who barely know each other. Suddenly everyone must live together continuously for an extended period of time, make decisions and solve problems. This programme is for Outdoor Education leaders and group members. It focuses on how to confront some of these issues before being in the outdoors and emphasises the importance of team building. Real life case studies will increase class interaction between students.

| Format | Order Code | ESS Price* | EMS Price* |
|--------|------------|------------|------------|
| DVD | 002-21881D | £34.95 | £69.95 |

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