**Bibliography**

\_\_\_\_\_American Heart Organization (2009) “Federal Public Policy Agenda 2006-2010.” Retrieved from http://www.americanheart.org/presenter.jhtml?identifier=3009617  
\_\_\_\_\_ NASPE, (2000) “Public Attitudes Toward Physical Education: Are Schools Providing What the Public Wants?” A Survey of Parents and Teens Conducted By Opinion Research Corporation International of Princeton, NJ, for the National Association for Sport and Physical Education  
\_\_\_\_\_ NASPE, (2002) “Adults/Teens Attitudes Toward Physical Activity and Physical Education.” A Survey of Parents and Teens Conducted By Opinion Research Corporation International of Princeton, NJ, for the National Association for Sport and Physical Education  
\_\_\_\_\_ NASPE, (2003) “Parents’ Views of Children’s Health & Fitness: A Summary of Results.” A Survey of Parents Conducted By Opinion Research Corporation International of Princeton, NJ, for the National Association for Sport and Physical Education  
\_\_\_\_\_ (2009) President’s Council on Physical Fitness and Sports retrieved from <http://www.fitness.gov>  
­­­\_\_\_\_\_ (2006) School Health Policies and Programs, Journal of School Health, Volume 77, Number 8, October 2007. Retrieved from http://www.cdc.gov/HealthyYouth/shpps/2006/factsheets/pdf/FS\_HealthEducation\_SHPPS2006.pdf  
Burke, M.E. (2004). “Role of teachers to promote intrinsic motivation in students to pursue physical activities.” In B. Hoffman (Ed.), Encyclopedia of Educational Technology. Retrieved March 1, 2009, from <http://coe.sdsu.edu/eet/articles/motivatphysed/start.htm>   
Csikszentmihalyi, M., (1975) Beyond Boredom and Anxiety: Experiencing Flow in Work and Play, Jossey Bass  
Csikszentmihalyi, M., (1978) Intrinsic Rewards and Emergent Motivation in The Hidden Costs of Reward : New Perspectives on the Psychology of Human Motivation eds Lepper, Mark R;Greene, David, Erlbaum: Hillsdale: NY 205-216  
Csikszentmihalyi, M., (1990). Flow: The Psychology of Optimal Experience. New York: Harper and Row. ISBN 0- 06-092043-2   
Csikszentmihalyi, M., (1996). Creativity : Flow and the Psychology of Discovery and Invention. New York: Harper Perennial. [ISBN 0-06-092820-4](http://en.wikipedia.org/wiki/Special:BookSources/0060928204)   
Csikszentmihalyi, M., (1998). Finding Flow: The Psychology of Engagement With Everyday Life. Basic Books. ISBN 0-465-02411-4.  
DeKoven, B., (2004) Funsmith commenting on Muska Mosston’s Slanty Rope concept. Retrieved from http://www.deepfun.com/2004/07/slanty-line.html  
Dickinson, D., (2002) quoting Csikzentmihalyi, Creating the Future: Perspectives on Educational Change. Retrieved from: (http://www.newhorizons.org)  
Dishman, et al, (2005) “Enjoyment mediates effects of a school-based physical-activity intervention.” Medicine and Science in Sports and Exercise. 2005 Mar;37(3):478-87  
Dick, C., (2005) “Girls More Active With Exercise & Sports They Enjoy.” American College of Sports Medicine.  
Gardner, H., Csíkszentmihályi, Mihaly, and [Damon, William](http://www.answers.com/topic/william-damon) (2002). Good Work: When Excellence and Ethics Meet. New York, Basic Books.   
Geirland, J. (1996). [Go With The Flow](http://www.wired.com/wired/archive/4.09/czik_pr.html). Wired magazine, September, Issue 4.09.

[Jackson, S.](http://www.uq.edu.au/uqresearchers/researcher/jacksonsa.html), Wrigley, W., (2004), “Optimal experience in sport: Current issues and future directions.” Sport Psychology: Theory, Applications and Issues.  
Jackson, S., Csikszentmihalyi, M., (1999) Flow in Sports: The keys to optimal experiences and performances.  
 Garuccio, J., Teaching Styles [Muska Mosston], Retrieved from http://www.snowbird.com/imagelib/mtnschool/mspdf/ms\_tstyles.pdf  
Nelson, M., Braun, C., Shepherd., A School-Based Physical Activity Program Tailored to Adolescent Girls, Journal of Education and Human Development Volume 1, Issue 1, 2007.   
Rathunde, K. (2003) “A Comparison of Montessori and Traditional Middle Schools: Motivation, Quality of Experience, and Societal Context.” The NAMTA Journal • Vol. 28, No. 3 • Summer 2003. Retrieved from http://www.montessori-namta.org/NAMTA/PDF%20files/RathundeCompar.pdf  
Sallis, J.F., McKenzie, T.L., Kolody, B., Lewis, M., Marshall, S., & Rosengard, P. (1999). Effects of health- related physical education on academic achievement: Project SPARK. Research Quarterly for Exercise and Sport, 70, 127-134.  
Sallis, J.F., & Patrick, K. (1994). Physical activity guidelines for adolescents: Consensus statement.   
Trost, S, Ward, D. (2005) “Factors related to girls' participation in physical activity: Ensuring the health of active and athletic girls and women.” National Association for Girls and Women in Sport.   
Whitehead, J., (1993) “Physical Activity and Intrinsic Motivation.” retrieved November 2004, from http://www.fitness.gov/intrinsic.pdf  
Weiss, C., Corbin, C., (2000) “Motivating Kids in Physical .” Abstract Activity.” Series 3, No 11 PCPFS Research Digest, Retrieved from: http://www.fitness.gov/digest900.pdf