

Timothy J. Frost

Mr. Nicholaus Bairley

English 4 Honors

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Annotated Bibliography

Oldakowski, Ray, and John W. McEwen. "Diffusion of disc golf courses in the United States."

The Geographical Review, vol. 103, no. 3, 2013, p. 355+. *Gale Academic Onefile*,

https://link.gale.com/apps/doc/A344287675/AONE?u=fl_polk&sid=AONE&xid=cfe593

af. Accessed 27 Jan. 2020.

This article offers context for the sport of disc golf and establishes the context that disc golf is a recreational sport. The article goes on to examine the geographic considerations and growth of disc golf courses vs. traditional golf courses. This source will help to establish the argument that disc golf, although started as a recreational activity, has grown with the construction of more courses. The authors have done extensive research on the growth of courses and the sport over history, from the 1920's to present day.

"Teaching healthy lifestyles in middle school PE; strategies from an award-winning

program." *Reference & Research Book News*, Dec. 2011. *Gale Academic Onefile*,

https://link.gale.com/apps/doc/A274119735/AONE?u=fl_polk&sid=AONE&xid=5d0777

bc. Accessed 27 Jan. 2020.

This text offers a model argument for the use of disc golf as a form of physical education. The author argues that when physical activity is combined with the use of heart rate monitors and pedometers to measure physical exertion, a healthier lifestyle can be achieved. This source establishes a connection between the sport of disc golf and the physicality of the sport in general. When compared to data on the physical exertion seen in recognized sports such as football or basketball, this source will help to support the argument that disc golf is just as physical as traditional sports. The author of this source is an established physical educator, and has done extensive research on sporting events that can be used to promote healthy lifestyles in educational programs.