



CHURCHMEAD  
SCHOOL

# Wider reading List

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## BTEC Sport: Year 12-13

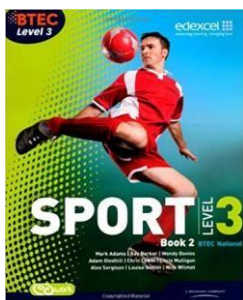
### Unit 1: Anatomy and Physiology



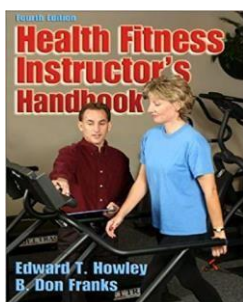
BTEC Level 3 National Sport Book 1, Pearson,



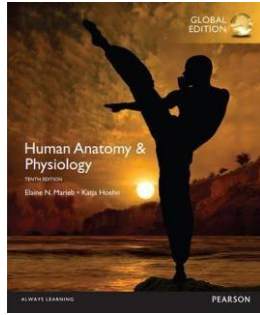
BTEC Level 3 National Sport Book 2, Pearson



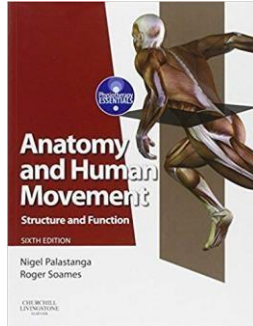
BTEC Level 3 National Sport Teaching Resource Pack (Second Edition),



Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics  
Publishers

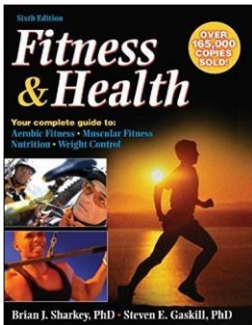


Human Anatomy & Physiology (10th Edition)

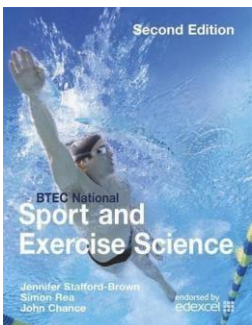


Anatomy and Human Movement: Structure and Function (Fifth Edition)

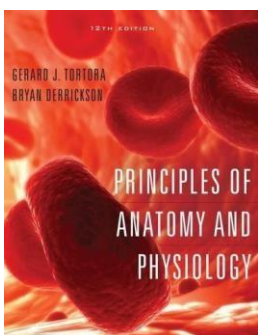
Edition



Fitness & Health (Sixth Edition)



BTEC National Sport and Exercise Science (Second Edition)



Principles of Anatomy and Physiology (12th Edition), John Wiley & Sons  
American College of Sport Medicine's Health and Fitness Journal



British Journal of Sports Medicine Exercise and Sport Science



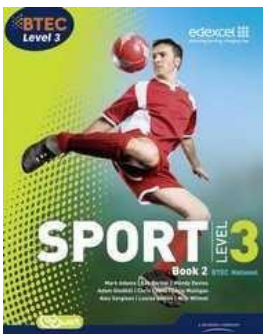
International Journal of Sports Science and Coaching

Anatomy Medicine and Science in Sports and Exercise Research Quarterly for Exercise and Sport

## Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing



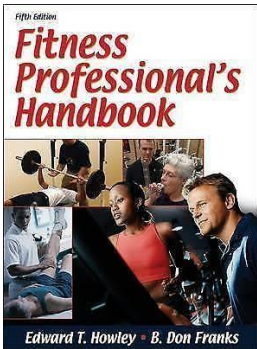
BTEC Level 3 National Sport Book 1



BTEC Level 3 National Sport Book 2



BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson



Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers



American College of Sports Medicine's Health and Fitness Journal

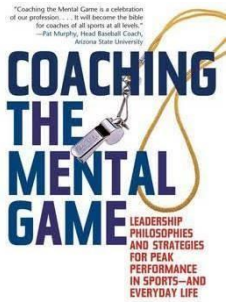


British Journal of Sports Medicine Exercise and Sport Sciences

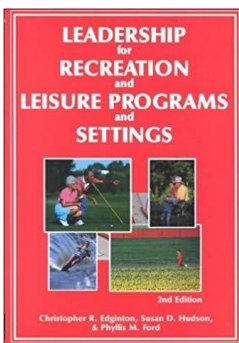


Journal of Physical Activity and Health

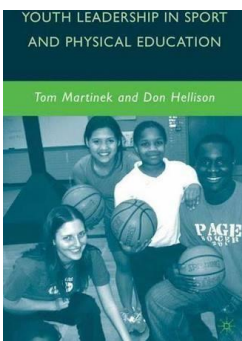
Unit 4: Sports Leadership



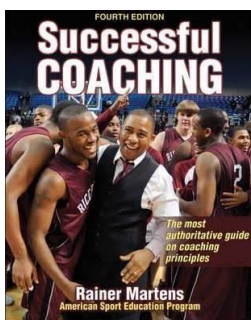
**H. A. DORFMAN** Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life



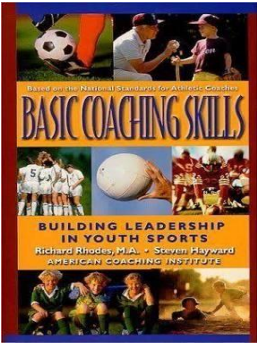
Leadership for Recreation and Leisure Programs and Settings (Second Edition)



Youth Leadership in Sport and Physical Education, Palgrave Macmillan

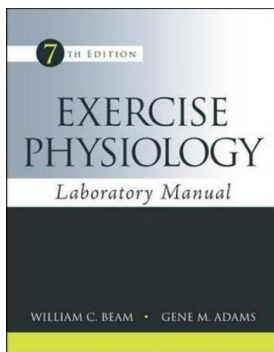


Successful Coaching (Third Revised Edition), Human Kinetics

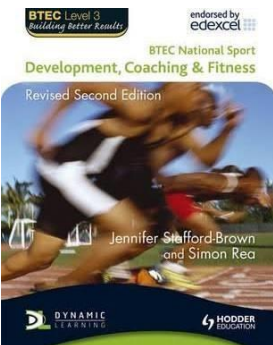


Basic Coaching Skills: Building Leadership in Youth Sports. Based on the National Standard for Athletic Coaches, American Coaching Institute

## Unit 5: Application of Fitness Testing

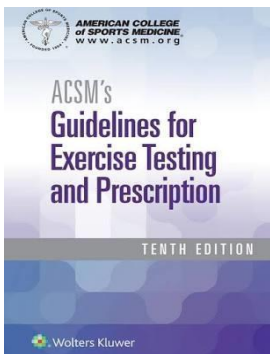


Exercise Physiology Laboratory Manual: Health and Human Performance (Fourth Edition), McGraw Hill

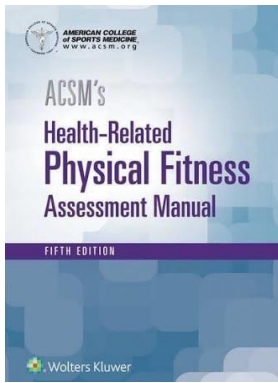


BTEC Level 3 National Sport (Development, Coaching and Fitness)

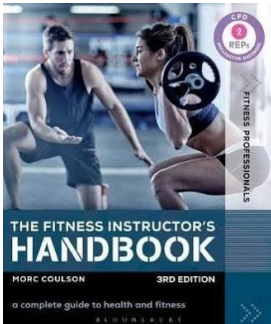
## Sports Exercise and Fitness: A Guide to Reference and Information Sources



American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription



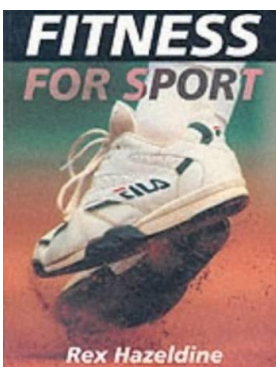
American College of Sports Medicine, ACSM's Health-Related Physical Fitness Assessment Manual



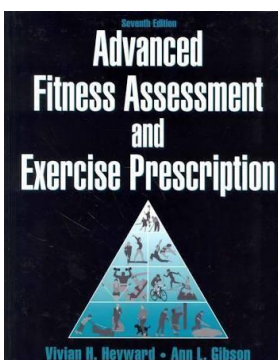
The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness



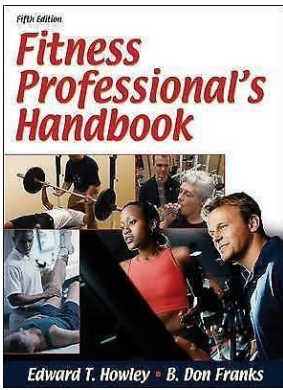
Fitness Leader's Handbook (Second Edition), Human Kinetics



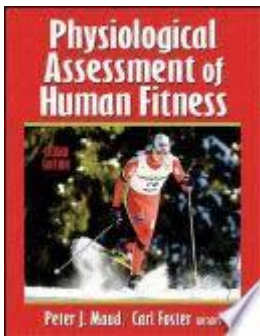
Fitness for Sport, The Crowood Press



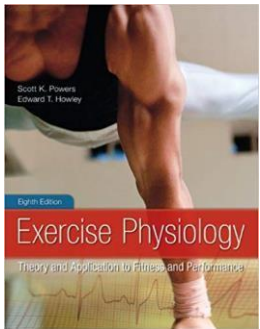
Advanced Fitness Assessment and Exercise Prescription (Fifth Edition), Human Kinetics



Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics



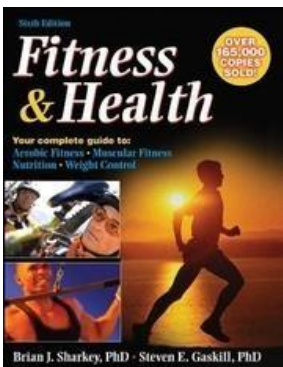
Physiological Assessment of Human Fitness (Second Edition), Human Kinetics



Exercise Physiology: Theory and Application to Fitness and Performance (Sixth Edition),

McGraw Hill

Physiology of Fitness (Third Edition), Human Kinetics



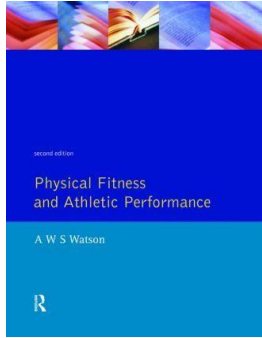
Fitness and Health (Sixth Edition), Human Kinetics

Exercise Testing and Exercise Prescription for Special Cases: Theoretical and Clinical Applications (Third Edition),  
Lippincott Williams and Wilkins





BTEC National for Sport and Exercise Sciences (Third Edition), Hodder Education



Physical Fitness and Athletic Performance: A Guide for Students, Athletes and Coaches (Second Edition)

American College of Sport Medicine's Health and Fitness Journal (Lippincott, Williams and Wilkins)

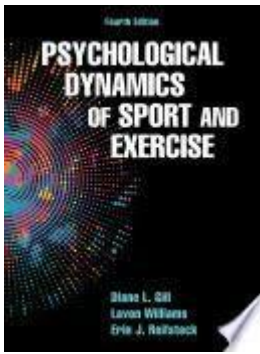
British Journal of Sports Medicine (BMJ Publishing Group Ltd) Exercise and Sport Science Reviews (Lippincott, Williams and Wilkins)

International Journal of Sport Science and Coaching (Multi-Science Publishing) Medicine and Science in Sports and Exercise (American College of Sports Medicine) Research Quarterly for Exercise and Sport (Routledge)

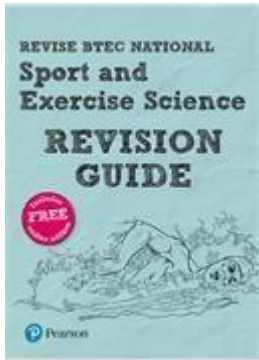
## Unit 6: Sports Psychology



BTEC Level 3 National Sport Book 1, Pearson, Gill DL and Williams L,



Psychological Dynamics of Sport and Exercise (Third Edition), Human Kinetics Publishers



BTEC National Study Guide Sport and Exercise Sciences

A Complete Guide to Advanced Level Study (Third Edition), Hodder & Stoughton