

BTEC Sport Level 3 National Extended Diploma in Sport

Further Reading List

Text Books

Pearson BTEC National Sport Student book 1 (ISBN 978-1-292-13400-0)

Pearson BTEC National Sport Student book 2 (ISBN 978-1-292-13406-2)

National Extended Diploma focus on units 1, 2, 3, 4, 5, 7, 8, 9, 17, 19, 22, 23 and 25

Primary Reading Text

Adams Metal, (2010) BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book. Pearson, 2010. (ISBN 9781846906503)

Rea, S, Stanford-Brown, J and Manley, C (2010). BTEC National Sport: Level 3: Development, Coaching and Fitness. Hodder Education; London.

Howley, E.T and Franks, B.D (2003) Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109)

Palastanga, N (2006). Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147)

Wider Reading

Sharkey, B.J and Gaskill, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).

Weinberg R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.

Journals

American College of Sport Medicine's Health and Fitness

Journal British Journal of Sports Medicine Exercise and Sport Sciences Reviews

International Journal of Sports Science and Coaching Medicine and Science in Sports and Exercise Research Quarterly for Exercise and Sport

Websites

American College of Sports Medicine www.acsm.org

British Association of Sport and Exercise Sciences www.bases.org.uk

Coachwise www.1st4sport.com

Human Kinetics www.humankinetics.com

Sport Science www.sportsci.org

Sports Coach UK www.sportscoachuk.org

Top End Sports www.topendsports.com

Sports and Exercise Testing www.brianmac.co.uk

Nutrition www.livestrong.com

BBC Bitesize www.bbc.co.uk/schools/gcsebitesize/pe

www.epodiatry.com

www.pponline.com

www.sportsinjuryclinic.net

www.sportsmedicine.about.com

www.sportlyzer

In addition, any further reading on the following areas would be helpful:

Anatomy and Physiology

Fitness testing and training methods

Sports leading and coaching

Sport injury management and first aid

Rules and regulations of individual and team sports

Current issues in sport, use and development of technology.