

BTEC Sport Level 3 National Extended Certificate in Sport/ 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 Certificate focus on units 1, 2, 3 and 7)

** (National Extended Diploma focus on units 1, 2, 4, 5, 9, 17)

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.