

**PE**  
**KS4 Reading List**

**Pearson BTEC Level 2 First Award in Sport**

***Textbooks***

**BTEC Level 2 First Sport Student Book** (Pearson, January 2010) ISBN 9781846906220 - Adams M, Beashel P, Hancock J, Harris B, Phillippo P, Sergison A and Taylor I

**BTEC Level 2 First Sport Teaching Resource Pack** (Pearson, April 2010) ISBN 9781846907173 - Adams M, Beashel P, Harris B, Johnson S, Phillippo P and Sergison A

**Exercise Physiology Laboratory Manual: Health and Human Performance** (McGraw Hill Higher Education, 2001) ISBN 9780072489125 - Adams G M

**Sports Exercise and Fitness: A Guide to Reference and Information Sources** (Libraries Unlimited Inc, 2005) ISBN 9781563088193 - Allen M B

**Exercise on Prescription: Cardiovascular Activity for Health** (Butterworth- Heinemann, 1999) ISBN 9780750632881 - Buckley J, Holmes J, Mapp G

**Level 2 BTEC Firsts in Sport Student's Book** (Folens, May 2010) SBN 9781850085157 - Commons R, Rizzo G, Swales M

**Level 2 BTEC Firsts in Sport Teacher's Guide** (Folens, May 2010) ISBN 9781850085164 - Commons R, Rizzo G, Swales M

**The Health and Fitness Handbook** (Longman, 2001) ISBN 9780582418790 - Dalglish J, Dollery S

**Fitness for Games Players** (NCF, 1996) ISBN 9780947850104 - Davis J

**Fitness Leader's Handbook** (Human Kinetics Europe, 1998) ISBN 9780880116541 - Franks B D, Howley E T

**Your Personal Trainer: The Ultimate Guide to Getting Fit for any Sport** (Metro Books, 2002) ISBN 9781843580027 - Fulcher K, Fox P

**Fitness for Sport** (The Crowood Press, 2000) ISBN 9781861263360 - Hazeldine R

**Cross Training for Sports: Programmes for 26 Sports** (Human Kinetics, 1997) ISBN 9780880114936 - Moran G T, McGlynn G

**GCSE PE for Edexcel** (Heinemann, 2001) ISBN 9780435506360 - Scott A

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

**Physical Fitness and Athletic Performance: A Guide for Students, Athletes and Coaches** (Longman, 1996) ISBN 9780582091108 - Watson A W S

## **Pearson BTEC Level 3 National Extended Certificate in Sport**

### **Textbooks**

#### **BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book.**

Pearson, 2010. (ISBN 9781846906503) - Adams Metal, (2010)

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

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

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

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

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

## **BTEC Sport Level 2-3**

### **Journals/Newspapers/Magazines**

- 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
- Sky Sports Magazine
- School Sports Magazine

### **Websites**

American College of Sports Medicine

[www.acsm.org](http://www.acsm.org)

British Association of Sport and Exercise Sciences

[www.bases.org.uk](http://www.bases.org.uk)

Human Kinetics

[www.humankinetics.com](http://www.humankinetics.com)

Sport Science

[www.sportsci.org](http://www.sportsci.org)

Sports Coach UK

[www.sportscoachuk.org](http://www.sportscoachuk.org)

Top End Sports

[www.topendsports.com](http://www.topendsports.com)

Brainmac

[www.brianmac.co.uk](http://www.brianmac.co.uk)

Teach PE

[www.teachpe.com](http://www.teachpe.com)

BBC Bitesize

[www.bbc.co.uk/schools/gcsebitesize/pe](http://www.bbc.co.uk/schools/gcsebitesize/pe)