

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
- BTEC Level 3 National Sport Book 1: Book 1 & 2 (BTEC National Sport 2010) Paperback – 14 Jun 2010 by Mr R. Barker , Ms C. Lydon , Mr N. Wilmot , M Adams, A. Gledhill, L. Sutton, Mr C. Mulligan, P. Phillippo.
- Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press
- Walder, P. Mechanics And Sport Performance (1998) Feltham Press (1998)
- Burrows, S. Byrne, M. Young, S. AQA AS Physical Education Student Revision Guide (2008)
- Wiggins-James, N. James, R. Thompson, G. AS PE for AQA (2005) Heinemann
- Sports rule books and coaching guides
- Sports Biographies/Autobiographies

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

Sporting:

- King of the World David Remnick – Life of M.Ali
- Open - Andre Agassi with JR Moehringer
- Beyond a Boundary C L R James
- Roy Keane – the second half – Roddy Doyle
- Gareth Thomas – Proud My autobiography
- Kevin Peterson – KP The autobiography