

6th Form Reading List – BTEC Sport Unit 2



BTEC-Revision-Unit-
2-A.docx



BTEC-Revision-Unit-
2-B.docx



BTEC-Revision-Unit-
2-C.docx



BTEC-Revision-Unit-
2-D.docx



BTEC-Revision-Unit-
2-E.docx

Essential Academic Reading

1. BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book. Pearson, 2010. (ISBN 9781846906503) - Adams Metal, (2010)
2. BTEC National Sport: Level 3: Development, Coaching and Fitness. Hodder Education; London.- Rea, S, Stanford-Brown, J and Manley, C (2010).
3. Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109) - Howley, E.T and Franks, B.D (2003)
4. Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147) Palastanga, N (2006).
5. Fitness and Health (Human Kinetics, 2006) ISBN 9780736056144 - Sharkey B J and Gaskill S E
6. Foundations of Sports and Exercise Psychology (5th ed.) - Weinberg R.S and Gould, D (2011) Human Kinetics; New York.

Gold Standard Reading

1. American College of Sports Medicine www.acsm.org
2. British Association of Sport and Exercise Sciences www.bases.org.uk
3. Sharkey, B.J and Gaskill, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).
4. Weinberg R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.
5. Adams Metal, (2010) BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book. Pearson, 2010. (ISBN 9781846906503)
6. Rea, S, Stanford-Brown, J and Manley, C (2010). BTEC National Sport: Level 3: Development, Coaching and Fitness. Hodder Education; London.
7. Howley, E.T and Franks, B.D (2003) Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109)
8. Palastanga, N (2006). Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147)

Extra Curricular Reading

1. American College of Sport Medicine's Health and Fitness Journal: <https://journals.lww.com/acsm-healthfitness/pages/default.aspx>
2. British Journal of Sports Medicine: <https://bjsm.bmj.com/>
3. Exercise and Sport Sciences Reviews: <https://journals.lww.com/acsm-essr/pages/default.aspx>
4. International Journal of Sports Science and Coaching: <http://www.sapub.org/journal/aimsandscope.aspx?journalid=1113>

5. Medicine and Science in Sports and Exercise: <https://www.acsm.org/read-research/journals-bulletins/medicine-science-in-sports-exercise>
6. Research Quarterly for Exercise and Sport: <https://www.tandfonline.com/loi/urqe20>
7. Sky Sports Magazine : <https://www.skysports.com/football/news/11994/4185838/sky-sports-magazine>
8. School Sports Magazine: <https://www.schoolsportmag.co.uk/>
9. American College of Sports Medicine www.acsm.org
10. British Association of Sport and Exercise Sciences www.bases.org.uk
11. Coachwise www.1st4sport.com
12. Human Kinetics www.humankinetics.com
13. Sport Science www.sportsci.org
14. Sports Coach UK www.sportscoachuk.org
15. Top End Sports www.topendsports.com
16. Sports and Exercise Testing www.brianmac.co.uk
17. Nutrition www.livestrong.com
18. BBC Bitesize www.bbc.co.uk/schools/gcsebitesize/pe

Podcasts

19. Women Who Sport: <https://podcasts.apple.com/gb/podcast/women-who-sport/id1477387781>
20. Give Me Strength: <https://podcasts.apple.com/gb/podcast/give-me-strength-with-alice-liveing/id1458620066>
21. TRAINED by Nike: <https://podcasts.apple.com/zw/podcast/trained/id1414073313>
22. Biceps & Banter: <https://podcasts.apple.com/gb/podcast/biceps-banter/id1462616518>