



BTEC Sport Reading List

Essential Academic Reading

1. BTEC Level 3 National Sport Student Book 1. Pearson, 2016. (ISBN 9781292134000) - Adams et al, (2016)
2. Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109) - Howley, E.T and Franks, B.D (2003)
3. Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147) Palastanga, N (2006).
4. Fitness and Health Human Kinetics, 2006 (ISBN 9780736056144) - Sharkey B J and Gaskill S E

Websites/YouTube/Podcasts

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
19. Give Me Strength: <https://podcasts.apple.com/gb/podcast/give-me-strength-with-alice-liveing/id1458620066>
20. TRAINED by Nike: <https://podcasts.apple.com/zw/podcast/trained/id1414073313>
21. Biceps & Banter: <https://podcasts.apple.com/gb/podcast/biceps-banter/id1462616518>
22. High Performance Podcast: <https://www.thehighperformancepodcast.com/podcast>
23. Mike Tyler YouTube Anatomy & Physiology-Unit 1 Exam: https://www.youtube.com/watch?v=LMZStgTd-Tw&list=PLcdQDUUQX_4vcifsRu-iOyqZsxtlOsWxy
24. Mike Tyler YouTube Fitness Training & Programming-Unit 2 Exam: https://www.youtube.com/watch?v=5z-X2xZ3-Ec&list=PLcdQDUUQX_4tcLzTeak5Ede9KkY5dV2iX
25. National Careers Service: <https://nationalcareers.service.gov.uk/explore-careers>