



# Wider Reading List

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## BTEC Sport: Year 12-13

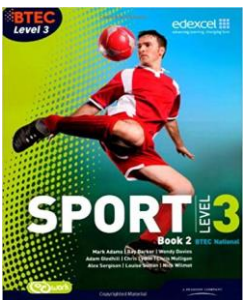
### Unit 1: Anatomy and Physiology



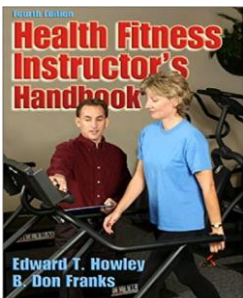
BTEC Level 3 National Sport Book 1, Pearson,



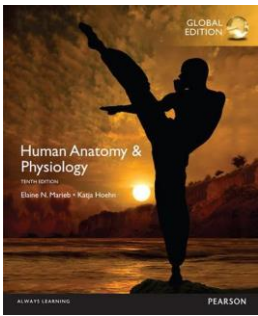
BTEC Level 3 National Sport Book 2, Pearson



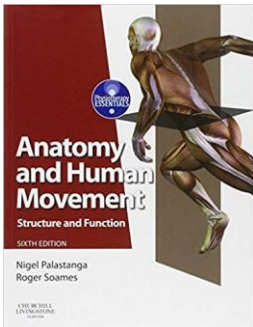
BTEC Level 3 National Sport Teaching Resource Pack (Second Edition),



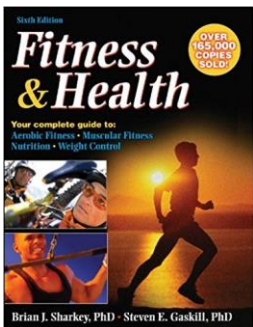
Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers



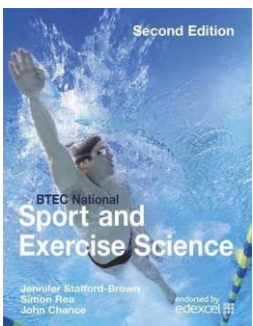
Human Anatomy & Physiology (10th Edition)



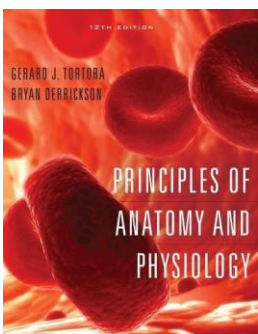
Anatomy and Human Movement: Structure and Function (Fifth Edition)



Fitness & Health (Sixth Edition)



BTEC National Sport and Exercise Science (Second Edition)



Principles of Anatomy and Physiology (12th Edition), John Wiley & Sons



American College of Sport Medicine's Health and Fitness Journal



British Journal of Sports Medicine Exercise and Sport Science



International Journal of Sports Science and Coaching

Anatomy Medicine and Science in Sports and Exercise Research Quarterly for Exercise and Sport

## Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing



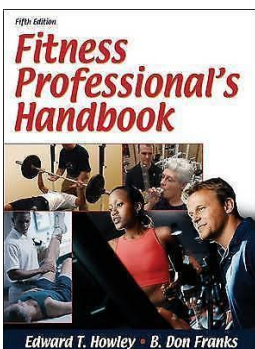
BTEC Level 3 National Sport Book 1



BTEC Level 3 National Sport Book 2



BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson



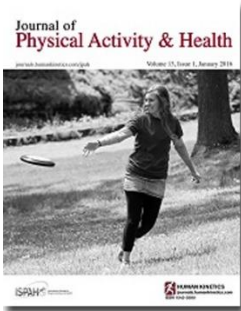
Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers



American College of Sports Medicine's Health and Fitness Journal



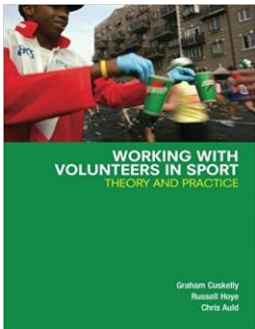
British Journal of Sports Medicine Exercise and Sport Sciences



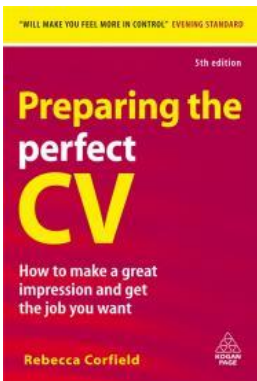
Journal of Physical Activity and Health

Journal of Sports Medicine and Physical Fitness Research Quarterly for Exercise and Sport

### Unit 3: Professional Development in the Sports Industry



Working with Volunteers in Sport



Preparing the Perfect CV, Kogan Page

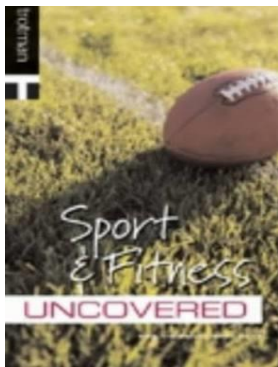


Successful Interview Skills, Kogan Page



The Perfect Job Application, Kogan Page

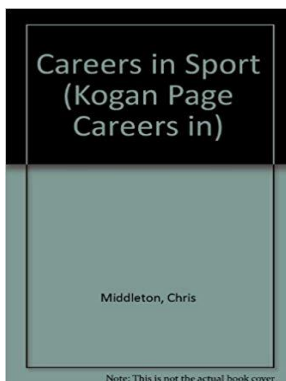
Jobs and Careers after A Levels, Lifetime Publishing



Sport and Fitness Uncovered, Trotman

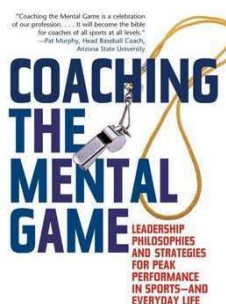


BTEC National Business, Heinemann,

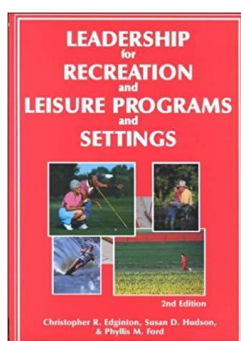


Careers in Sport, Kogan Page, 2005

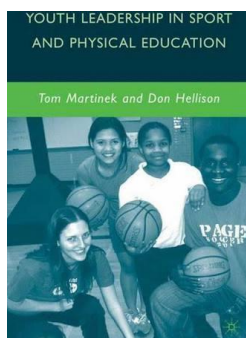
## Unit 4: Sports Leadership



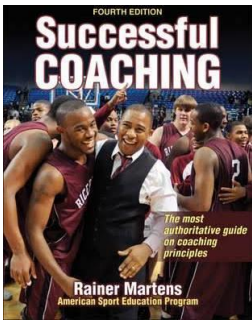
**H. A. DORFMAN** Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life



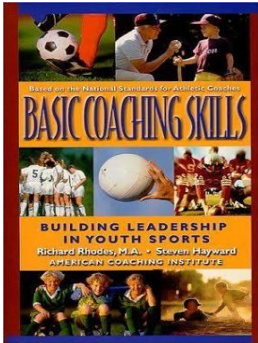
Leadership for Recreation and Leisure Programs and Settings (Second Edition)



Youth Leadership in Sport and Physical Education, Palgrave Macmillan

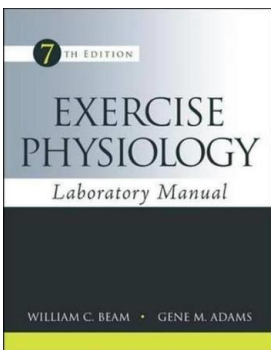


Successful Coaching (Third Revised Edition), Human Kinetics

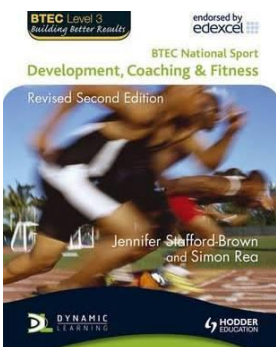


Basic Coaching Skills: Building Leadership in Youth Sports. Based on the National Standard for Athletic Coaches, American Coaching Institute

## Unit 5: Application of Fitness Testing



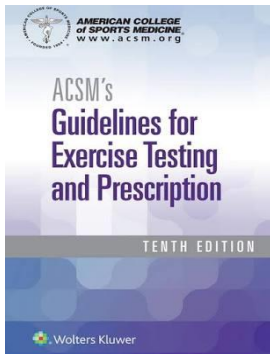
Exercise Physiology Laboratory Manual: Health and Human Performance (Fourth Edition), McGraw Hill



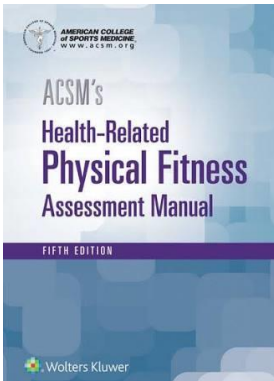
BTEC Level 3 National Sport (Development, Coaching and Fitness

Sports Exercise and Fitness: A Guide to Reference and Information Sources

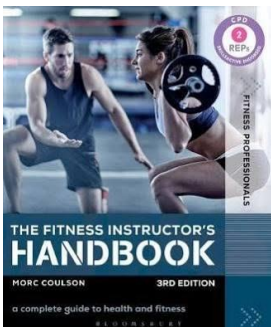




American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription



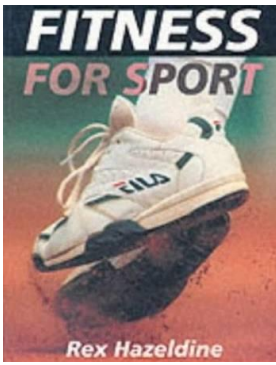
American College of Sports Medicine, ACSM's Health-Related Physical Fitness Assessment Manual



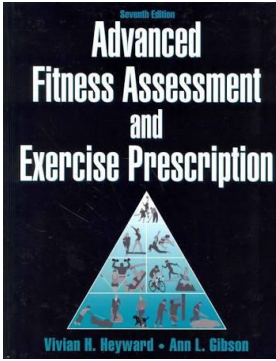
The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness



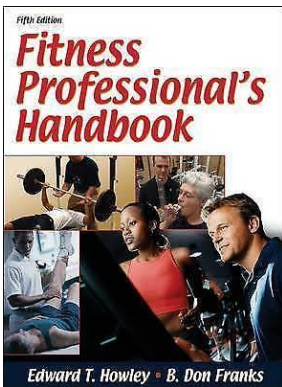
Fitness Leader's Handbook (Second Edition), Human Kinetics



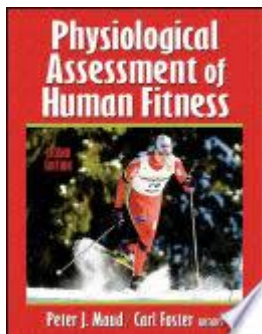
Fitness for Sport, The Crowood Press



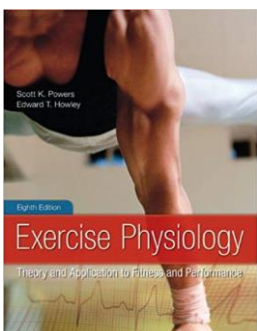
Advanced Fitness Assessment and Exercise Prescription (Fifth Edition), Human Kinetics



Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics

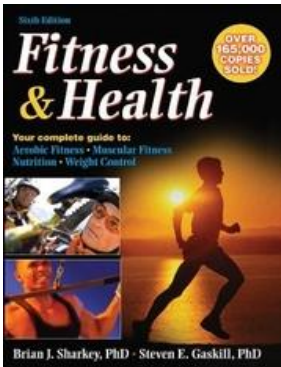


Physiological Assessment of Human Fitness (Second Edition), Human Kinetics



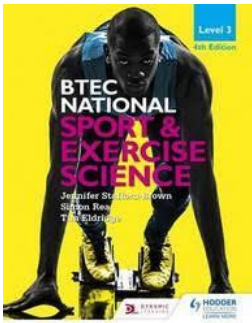
Exercise Physiology: Theory and Application to Fitness and Performance (Sixth Edition),  
McGraw Hill

Physiology of Fitness (Third Edition), Human Kinetics

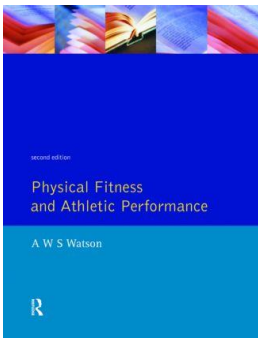


Fitness and Health (Sixth Edition), Human Kinetics

Exercise Testing and Exercise Prescription for Special Cases: Theoretical and Clinical Applications (Third Edition), Lippincott Williams and Wilkins



BTEC National for Sport and Exercise Sciences (Third Edition), Hodder Education



Physical Fitness and Athletic Performance: A Guide for Students, Athletes and Coaches (Second Edition)

American College of Sport Medicine's Health and Fitness Journal (Lippincott, Williams and Wilkins)

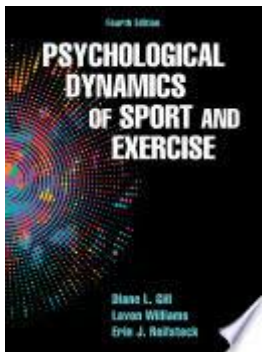
British Journal of Sports Medicine (BMJ Publishing Group Ltd) Exercise and Sport Science Reviews (Lippincott, Williams and Wilkins)

International Journal of Sport Science and Coaching (Multi-Science Publishing) Medicine and Science in Sports and Exercise (American College of Sports Medicine) Research Quarterly for Exercise and Sport (Routledge)

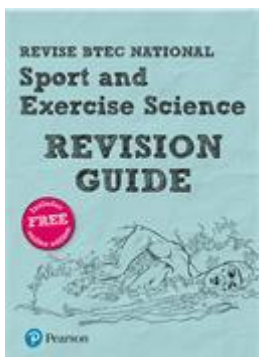
## Unit 6: Sports Psychology



BTEC Level 3 National Sport Book 1, Pearson, Gill DL and Williams L,



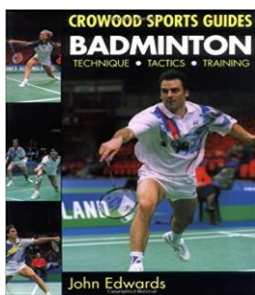
Psychological Dynamics of Sport and Exercise (Third Edition), Human Kinetics Publishers



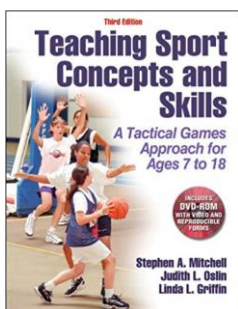
BTEC National Study Guide Sport and Exercise Sciences

A Complete Guide to Advanced Level Study (Third Edition), Hodder & Stoughton

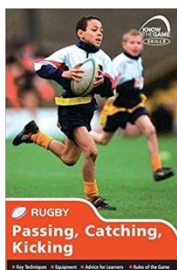
## Unit 7: Practical Sports Performance



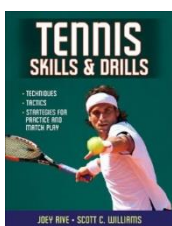
Badminton: Technique, Tactics, Training (Crowood Sports Guides)



Teaching Sport Concepts and Skills: A Tactical Games Approach

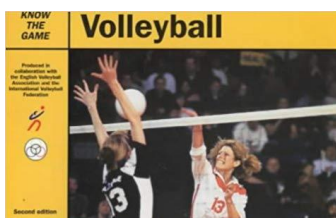


Rugby: Passing, Catching, Kicking (Know the Game Skills), London: A&C Black



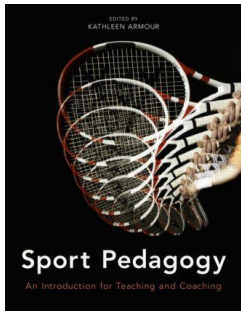
Tennis: A Complete Guide to Tactics and Training (Sporting Skills), First Stone Publishing

Soccer Skills and Tactics, Paragon



Volleyball England, Volleyball (Know the Game) (Third Edition)

## Unit 8: Coaching for Performance



Sport Pedagogy: An Introduction for Teaching and Coaching, Routledge

The book offers theoretical and practical guidance for studying to become an effective tutor or coach, and for anyone who wants to inspire children and young people to engage in and enjoy sport for life. Bush A et al, Foundations in Sports Coaching, Heinemann, 2012 ISBN 0415857473 – This textbook provides all the core content for sports coaching. Cassidy T et al, Understanding Sports Coaching: The Pedagogical, Social and Cultural Foundations of Coaching Practice, Routledge, 2015 ISBN 0415857473 – This book provides an introduction to theory and practice in sports coaching that fully explores the social, cultural and pedagogical concepts underpinning good coaching practice. Hackett P and Hackett S, Creating a Safe Coaching Environment, Coachwise Ltd, 2004 ISBN 1902523741 – Information for learners about creating a safe coaching environment. This book aims to help coaches protect and minimise the risks to them and their athletes. It includes sample risk assessment forms and information on how to create a safe coaching environment, legislation, health and safety, negligence and duty of care.

Lyle J, Sports Coaching Concepts: A Framework for Coaches' Behaviour, Routledge, 2002 ISBN 0415261589 – This book offers a comprehensive introduction to the conceptual issues that underpin sports coaching practice, and provides a complete conceptual framework for understanding sports coaching. Lyle J and Cushion C, Sports Coaching: Professionalisation and Practice, Churchill Livingstone, 2010 ISBN 0702030546 – This book deals with all aspects of coaching behaviour and practice, including coaches' decision making, coaching pedagogy and the development of expertise. Nash C, Practical Sports Coaching, Routledge, 2014 ISBN 1444176706 – Drawing on real-life case studies and examples, this book is designed to develop practical coaching skills and gives learners the methods and tools they need to become an expert coach. Robinson PE, Foundations of Sports Coaching, Routledge 2014 ISBN 0415749255 – This book aims to give the learners all the skills, knowledge and scientific background they will need to prepare athletes and sports people technically, tactically, physically and mentally. Sports Coach UK, Coaching Sessions: A Guide to Planning and Goal-setting, 1st4Sport.com, 1996 ISBN 978094785035x – This resource will help learners to plan individual sessions and set targets to meet their performers' needs. Sports Coach UK, First Steps into Coaching, 1st4Sport.com, 2012 ISBN 9781905540952 – This resource will give learners the information they need to take their first steps into coaching. Sports Coach UK, How to Deliver Engaging Sessions, 1st4Sport.com, 2012, product code B12066 – Each section of this book has thought-provoking questions for learners to consider using self-reflection and diagnosis of their own methods. Thompson P, Introduction to Coaching, Meyer & Meyer Sport (UK) Ltd, 2009 ISBN 1841262587 – The official guide to coaching theory from the IAAF. Various authors, Know the Game series, A&C Black, various dates – Each book contains everything learners need to know about the sport, including equipment, rules, techniques and training tips. These books are fully endorsed by the sport's professional body. Journals Coaching Edge Magazine (Sports Coach UK) – Coaching Edge is produced quarterly and includes top coaches outlining their innovative coaching methods, tried and tested theories to improve coaching, how sports

science can really make a difference and well-presented technical information with something for every coach or sports enthusiast no matter what their level of experience.

## Unit 9: Research Methods in Sport

Textbooks Gratton C and Jones I, *Research Methods for Sports Studies (Second Edition)*, Routledge, 2010 ISBN 9780415493932 – Useful textbook on research methods that will provide a helpful overview to many of the topics included in this unit. Pitney WA and Parker J, *Qualitative Research in Physical Activity and the Health Professions*, Human Kinetics, 2009 ISBN 9780736072137 – Useful textbook on qualitative research.

Journals *Qualitative Research in Sport, Exercise and Health* (Taylor & Francis) – Qualitative research methods. Publishes different articles on qualitative research in sport, exercise and health.

## Unit 10: Sports Event Organisation

Adams M, Armstrong R, Gledhill A, Hancock J, Harris B, Phillippo P and Sergison A, *BTEC First in Sport Student Book*, Pearson Education, 2013 ISBN 9781446901618 Allen J, *The Business of Event Planning: Behind-the-scenes Secrets of Successful Special Events*, John Wiley & Sons, 2002 ISBN 9780470831885 Graham S, *The Ultimate Guide to Sport Event: Management & Marketing*, Irwin Professional, 1995 ISBN 9780786302444 Hoyle LH, *Event Marketing: How to Successfully Promote Events, Festivals, Conventions, and Expositions*, John Wiley & Sons, 2002 ISBN 9780471401797

Shone A and Parry B, *Successful Event Management: A Practical Handbook (Second Edition)*, Thomson Learning, 2004 ISBN 9781844800766 Supovitz F and Goldblatt J, *The Sports Event Management and Marketing Playbook: Managing and Marketing Winning Events*, John Wiley & Sons, 2004 ISBN 9780471460077 Westerbeek H et al, *Managing Sport Facilities and Major Events*, Routledge, 2006 ISBN 9780415401098

Journals *International Journal of Event and Festival Management* – Includes case studies of different events and the latest research on event management. *International Journal of Event Management Research* – Seeks to enhance, disseminate and promote research findings and good practice in all aspects of event management. *International Journal of Sport Management and Marketing* – Presents current practice and research in the area of sport management and marketing with some useful references to event management. *Journal of Applied Sport Management* – Provides cutting-edge applied research in the field of sport management including event management.

## Unit 11: Research Project in Sport

Textbooks Gratton C and Jones I, *Research Methods for Sports Studies (Second Edition)*, Routledge, 2010 ISBN 9780415493932 – Useful textbook on research methods that will provide a helpful overview to many of the topics included in this unit. Pitney WA and Parker J, *Qualitative Research in Physical Activity and the Health Professions, Human Kinetics*, 2009 ISBN 9780736072137 – Useful textbook on qualitative research.

Journals *Qualitative Research in Sport, Exercise and Health* (Taylor & Francis) – Qualitative research methods. Publishes different articles on qualitative research in sport, exercise and health.

## Unit 22: Investigating Business in the Sport and Active Leisure Industry

Textbooks Stafford-Brown J and Rea S, *BTEC National Sport: Development, Coaching and Fitness (Second Revised Edition)*, Hodder Education, 2010 ISBN 1444136720

## Unit 23: Skill Acquisition in Sport

Textbooks Pearson Sport Textbook Chow JY, Davids K, Button C and Renshaw I, *Nonlinear Pedagogy in Skill Acquisition: An Introduction*, 2015, Routledge ISBN 0415744393 Hodges N and Williams MA, *Skill Acquisition in Sport: Research, Theory and Practice (Second Edition)*, Routledge, 2012 ISBN 0415607868 Stafford-Brown J and Rea S, *BTEC National Sport: Development, Coaching and Fitness (Second Revised Edition)*, Hodder Education, 2010 ISBN 1444136720

## 25: Rules, Regulations and Officiating in Sport

### Textbooks

Diagram Group – *Rules of the Game: The Complete Illustrated Encyclopedia of All the Sports of the World* (Saint Martin's Press Inc, 1995) ISBN 9780312119409

Mahoney C – *Managing People and Situations* (Coachwise, 2005) Code B23970 available from [www.1st4sport.com/1st4sportsite/productsearch/B23970.html](http://www.1st4sport.com/1st4sportsite/productsearch/B23970.html)

Pegg D – *An Introduction to Sports Officiating* (Coachwise, 2005) Code B23822 available from [www.1st4sport.com/1st4sportsite/productsearch/B23822.htm](http://www.1st4sport.com/1st4sportsite/productsearch/B23822.htm)

Sharma A et al – *The Illustrated Encyclopaedia of Rules in Sports and Games* (Sports Publication, 2004) ISBN 9788178791432

### Journals

*International Journal of Sports Science and Coaching*  
*Journal of Sports Sciences*  
*PE Review*



## **26: Technical and Tactical Demands of Sport**

### **Textbooks**

Expert (2011), How to Play Badminton – Including Official Rules (Foulsham's Sports Library), Read Books, ISBN 978 1 44742 668 4.

Gledhill, A., et al. (2016), BTEC Nationals Sport Student Book 1, Pearson Education, ISBN 9781292134000.

Hinkson, J. and Lombardi, J. (2011), Lacrosse For Dummies, 2nd edition, Wiley Publishing, ISBN 978 0 47073 855 9.

## **Unit 28: Environmental Sustainability for Outdoor and Adventurous Activities**

**Textbooks** Pearson Sport Textbook Pike ECJ, **Outdoor Adventure and Social Theory**, Routledge, 2013 ISBN 0415532671 – This book has information about the role of outdoor education and environmental issues. Stafford-Brown J and Rea.S, **BTEC National Sport: Development, Coaching and Fitness (Second Revised Edition)**, Hodder Education, 2010 ISBN 1444136720 – This book has useful information about planning and carrying out projects.