



Books

S. Bointon, et al. 2016. Cambridge Technical Level 3 Sport and Physical Activity, 2016, Hodder Education - ISBN: 9781471874857

(main textbook – advised as the book to purchase)

Clegg, C. 1995. *Exercise Physiology and Functional Anatomy*. Feltham Press

Walder, P. 1998. *Mechanics and Sport Performance*. Feltham Press

Honeybourne, J. 2006. *Acquiring Skill in Sport: An Introduction*. Routledge

Bean, A. 2017. *The Complete Guide to Sports Nutrition*. Bloomsbury Publishing.

Scholarly articles

Polley, M. 2008. *'The amateur rules': Amateurism and professionalism in post-war British athletics*. *Contemporary British History*, pages 81-114.

Quennerstedt, M. Ohman, M & Armour, K. 2014. *Sport and exercise pedagogy and questions about learning*. *Sport, Education and Society*, pages 885-898.

Alexandris, K. Tsorbatzoudis, C. & Grouios, G. 2017. *Perceived Constraints on Recreational Sport Participation: Investigating their Relationship with Intrinsic Motivation, Extrinsic Motivation and Amotivation*, *Journal of Leisure Research*, pages 233-252.

Zaichkowsky, L. 2004. *Arousal in Sport*. *Applied Psychology*.

Weinberg, R. S. (2002) *Goal setting in sport and exercise: Research to practice*. *Exploring sport and exercise psychology*, pages 25-48.

Reading for pleasure

You Are a Champion – Marcus Rashford

Calling the Shots – Sue Barker

The Art of Resilience – Ross Edgely

Strongman – Eddie Hall

Unbelievable – Jessica Ennis

Shoe Dog – Phil Knight

How (Not) to be Strong – Alex Scott

Lioness My Journey to Glory – Beth Mead

Too Many Reasons to Live – Rob Burrow

Journeys to Impossible Places – Simon Reeve

30 Day Kick Start Plan – Joe Wicks

Start your Engines – Sam Briggs

Chased by Pandas – Dan Martin

Touching the Void – Joe Simpson

The Fight – Normal Mailer

The Blind Side – Michael Lewis

The Big Miss – Hank Haney

Slaying the Dragon – Michael Johnson

Legacy – James Kerr

Leading – Alex Ferguson

Friday Night Lights – HG Bissinger

Hardest Geezer – Mind over Miles – Russ Cook