

Recommended Reading Resources

Suitable for Level 2 Title	Author/Publisher/ ISBN Number	Information
Anatomy Colouring Book	Kapit & Elson Addison ISBN:0064550168	An excellent learning resource as it allows you to colour in various body parts to enhance your understanding of them!
The Muscle Book	Paul Blakey Bibliotek Books ISBN: 1873017006	Excellent easy to follow muscle identification, clearly illustrated, appropriate level of knowledge.
Basic Anatomy & Physiology	H. G. O. Rowett Grantham ISBN: 0719585929	This well established reference book focuses on the key aspects of human anatomy and physiology by combining concise text with clear, informative line diagrams.
National Extension College	Janette Edwards 18 Brooklands Ave Cambridge CB2 2HN Tel: 01223 316644	Excellent resource manual with tutor and study guides.
The Complete Guide to Strength Training	Anita Bean A & C Black ISBN: 0713660406	The latest scientific methods for increasing strength using training methods and optimal nutrition.
Effective Strength Training	Douglas Brooks ISBN: 0736041818	An exploration of the latest scientific principles and theories related to Resistance Training.
Steps to Success (Weight Training)	Beachle & Groves Human Kinetics ISBN: 0880117184	A background to establishing a successful weight training programme.
Strength Training for Sport	Rex Hazeldene Crowood ISBN: 0185223085	The author explains the principles of strength training as a vital part of preparing for sport, or within a general fitness programme.
Fitness for Sport	Rex Hazeldene Crowood ISBN: 0185223051	The classic beginner's guide to developing readiness for sport. It discusses endurance, flexibility, strength, speed and nutrition.
Fitness Leaders Handbook	Egger, Champion, Bolton A & C Black ISBN: 0713650915	This book guides fitness professionals through a range of topics, including: principles of exercise programming, aerobic, strength and flexibility training and fitness testing.
The Health & Fitness Handbook	Julia Dalglish & Stuart Dollery (Ed. Heather Frankham) Longman ISBN: 0582418798	Everything the candidate needs as a reference manual to accompany each module at level two.
Aerobic Instructors Handbook	N. Champion & G. Hurst A & C Black ISBN: 0713653590	A comprehensive resource for the Exercise to Music instructor.
The Complete Guide to Exercise to Music	Debbie Lawrence A & C Black ISBN: 071364995X	The definitive practical handbook, recommended by YMCA Fitness Industry Training, offering a thorough grounding in all of the disciplines covered under the Exercise to Music umbrella.
Aquarobics	Glenda Baum Tel: 0208 789 9352 ISBN: 702022349	Specially devised by physiotherapist Glenda Baum, this complete programme of water exercises can be adapted to suit anyone.
The Complete Guide to Exercise in Water	Debbie Lawrence A & C Black ISBN: 0713647949	The definitive practical handbook, recommended by YMCA Fitness Industry Training, offering a thorough grounding for the exercise instructor in this distinct area of expertise.
Step Aerobics – for Schools, Clubs & Studios	Iris Pahmeier & Corinna Niederbaumer	This book looks at the theoretical aspects of training types and teaching methods; and

		advances on to the practical dimension of various step combinations.
The Complete Guide to Circuit Training	Debbie Lawrence A & C Black ISBN: 0713658630	The definitive practical handbook, recommended by YMCA Fitness Industry Training, offering a thorough grounding in the field of Circuit Training.
Fitness Walking	Therese Ikoian Human Kinetics ISBN: 0873225538	Written by a leading authority on walking for fitness, offering a practical and flexible approach to training.
Abdominal Training	C. M. Norris A & C Black ISBN: 0173659521	A guide to developing the trunk muscles. It explains how the spine and trunk muscles work, the concepts of abdominal training and a variety of abdominal exercises.
The Complete Guide to Stretching	C. M. Norris A & C Black ISBN: 0713649569	An overview of the scientific principles behind stretching.
Suitable for Level 3 Title	Author/Publisher/ ISBN Number	Information
Exercise Physiology	McArdle, Katch & Katch Williams Wilkins ISBN: 0781725445	A wealth of in depth information covering Energy Systems, Nutrition and Human Performance. An excellent reference book.
Physiology of Sport and Exercise	Jack H. Wilmore & David Costill Human Kinetics ISBN: 0736000844	This book is an excellent introductory text for undergraduate students. Superbly written, with careful attention given to explaining concepts clearly in language appropriate for introductory students, this text is also impressively illustrated throughout.
Fitness & Health	Brian J. Sharkey PHD Human Kinetics ISBN: 0736039716	This study of fitness and health covers aerobic and muscular fitness, nutrition, weight management, work and sport performance.
Science of Flexibility	Michael J. Alter Human Kinetics ISBN: 0873229770	Revised and updated version contains new chapters on joint manipulation and chiropractic adjustment, controversial stretches and flexibility for specific sports and health conditions.
ACSM's Guidelines for Exercise Testing and Prescription – 6 th Ed.	Lippincott, Williams & Wilkins ISBN: 0781727359	<i>The</i> text for health and fitness professionals. Among the new topics addressed are: cardiovascular screening, supervision of exercise tests, absolute versus relative exercise intensity, and legal issues.
Advanced Fitness Assessment & Exercise Prescription	Vivian H. Heyward Human Kinetics ISBN: 0880114835	This book discusses exercise physiology, fitness assessment and exercise prescription. A useful text for Advanced Fitness Instructor and Client Appraisal programmes.
Living with Stress	C. L. Cooper, R. D. Cooper & L. H. Eaker Penguin Health ISBN: 0140098666	A useful reference book for those undertaking the Client Lifestyle and Fitness Appraisal module.
Essentials of Strength Training & Conditioning	NSCA Editors: Thomas R. Baechle & Roger W. Earle Human Kinetics ISBN: 0736000895	An in depth resource which explores the scientific principles, concepts, theories and practicalities of strength training.
Serious Strength Training	Tudor O. Bompa PHD, Mauro Di Pasquale MD & Lorenzo J.	Tudor Bompa expands on his periodised approach to strength training to include

	Cornacchia Human Kinetics ISBN: 0880118342	periodisation of nutrition.
Designing Resistance Training Programmes	Steve J. Fleck & William J. Kraemer Human Kinetics ISBN: 0873225082	A guide to developing individualised training programmes for both athletes and fitness enthusiasts. The book may also be used as an undergraduate textbook for courses in resistance training prescription.
High Performance Sports Conditioning	Editor: Bill Foran Human Kinetics ISBN: 0736001638	This book is a guide to building athletic performance. It addresses sports specific performance factors and periodisation of training programmes.
Sports Speed	George Dintiman, Bob Ward & Tom Tellez Human Kinetics ISBN: 0880116072	Designed for both individuals and team performers, this book reveals how to train for maximum speed. It addresses strength and power training, plyometrics, speed endurance and overspeed training.
Serious Training for Endurance Athletes	Rod Sleamaker & Ray Browning Human Kinetics ISBN: 0873226445	A comprehensive guide to training plans for running, mountain biking, cycling, swimming, duathlon and triathlon.
The Complete Guide to Cross Training	Fiona Hayes A & C Black ISBN: 071364883X	This book is a useful tool for sports coaches and exercise instructors. It examines the concept and advantages of cross training exercise programmes.
Fitness Programming	Fiona Hayes ISBN: 1900078023	An approachable guide to fitness, sampling a number of typical but different fitness programmes and suggesting some of the best ways to improve your own fitness.
Periodization – Theory and Methodology of Training	Tudor O. Bompa PHD Human Kinetics ISBN: 0880118512	Probably the definitive text for athletes looking to optimise training schedules, this book examines: principles of programming, short and long term training plans, strategies for peak competition and customised training.
Ageing Physical Activity & Health	Roy J. Shepherd Human Kinetics ISBN: 0873228898	A review of the scientific literature on the physiological changes of ageing and how regular physical activity affects the ageing process.
Exercise for Older Adults	American Council on Exercise, Editor: Richard T. Cotton Human Kinetics ISBN: 088011942X	Recognising the needs of the older adult population, this text provides fitness professionals with essential information to meet their needs with safe and effective programmes.
Physical Dimensions of Ageing	Waneen W. Spirduson Human Kinetics ISBN: 0873223233	A comprehensive integration of research literature on physical ageing.
Exercise Management for Persons with Chronic Diseases and Disabilities	ACSM Human Kinetics ISBN: 0873227980	This is informative material for those who are involved in exercise for special populations.
Promoting Physical Activity	Centre for Disease Control and Prevention, Atlanta Human Kinetics ISBN: 0736001522	An overview of the importance of physical activity in reducing the risk of heart disease and other diseases.
The Diabetic Athlete	Sheri Colberg PHD Human Kinetics ISBN: 0736032711	Detailed guide to utilising sport to minimise the effects of diabetes and in turn, maximising one's athletic capacity.
Fit for Two	YMCA of the USA with Thomas W. Hanlon	This book shows how to exercise safely and effectively during pregnancy. It examines

	Human Kinetics ISBN: 0873228286	prenatal exercise goals and guidelines, and offers aerobic and aquatic exercise programmes.
The Complete Guide to Postnatal Fitness	Judy Difiore A & C Black ISBN: 071364852X	The definitive practical handbook for the exercise instructor who needs a greater understanding of what postnatal fitness is and how to go about teaching it safely.
The Complete Guide to Sports Nutrition	Anita Bean A & C Black ISBN: 0713653892	A complete and practical guide to nutrition, providing guidance on maximising endurance and strength, formulae for calculating optimal calorie needs, advice on improving body composition and maintaining hydration, plus 30 eating plans.
Sport Nutrition for Health & Performance	Melinda Manore & Janice Thompson Human Kinetics ISBN:0873229398	This detailed text provides up to date and authoritative information on such contentious issues as the metabolic roles of various food groups, the physiology of fluid, electrolyte balance and the evaluation of ergogenic aids.
Sports Injuries: A Unique Guide to Self-diagnosis and Rehabilitation	Malcolm, Reade & Wade Butterworth Heinemann ISBN: 0750631120	This guide helps the reader to pinpoint the area of pain and then work through a range of self-diagnostic tests. It includes the latest advances in treatment and rehabilitation.
Exercise in Rehabilitation Medicine	Walter R. Frontera, David M. Dawson & David M. Slovik Human Kinetics ISBN: 0880118393	Assembles the latest research on exercise science and relates to specific clinical interventions for rehabilitation patients.