

Sport and Active Leisure resource list

Level 3

Books

- Advanced Fitness Assessment and Exercise Prescription
Published: Human Kinetics Europe Ltd
ISBN: 0736057323
Vivian, H;
Heywood PH. D
- Basic Anatomy & Physiology
Published by: Hodder Murray, 1999
ISBN: 0719585929
Rowett, H. G. Q
- Biomechanics of Sport And Exercise
Published by: Human Kinetics Europe Ltd
ISBN: 0736051015
McGinnis, P
- The Business of Sports Management
Published by: Financial Times/Prentice Hall, 2004
IBSN: 0273682687
Beech, J; Chadwick, S
- Dictionary of Sport and Exercise Science (Sports Science)
Published by: A & C Black Publishers Ltd, 2006
ISBN: 0713677856
Wilmore, J. H;
Costill, D. L
- The Economics of Football
Published by: Cambridge University Press, 2008
ISBN: 0521037204
Dobson, S; Goddard, J
- Economics of Sport and Recreation
Published by: Spon Press, 2000
ISBN: 978-0419189602
Gratton, C; Taylor, P
- Effective Strength Training
Published: Human Kinetics Europe Ltd, 2001
ISBN: 0736041818
Brooks, D
- Exercise Physiology: Energy, Nutrition, and Human Performance (Exercise Physiology)
Published by: Lippincott Williams and Wilkins, 2006
ISBN: 0781749905
McArdle, W; Katch, F &
Katch, V
- Finance for Sport and Leisure Managers: An Introduction
Published by: Routledge, 2007
ISBN: 0415404479
Wilson, R; Joyce, J
- Fitness for Sport
Published by: The Crowood Press Ltd
ISBN: 1861263368
Hazeldine, R
- Health and Fitness: A Guide to a Health Lifestyle
Published by: Kendall/Hunt Publishing Co, U.S
ISBN: 0757526047
Bounds, L; Darnell, G &
Shea, K

Introduction to Sport Marketing: A Practical Approach Published by: Butterworth-Heinemann, 2008 ISBN: 0750686855	Smith, A
Kinesiology of the Musculoskeletal System Published by: Mosby, 2002 ISBN: 0815163495	Neumann, D
Leadership for Recreation and Leisure Programs and Settings Published by: Sports Publishing LLC, 1999 ISBN: 1571674373	Edginton, C; Hudson, S & Ford, P
Leisure and Recreation Management Published by: Spon Press, 1999 ISBN: 978-0419229407	Torkildsen, G
Leisure and Recreation Management Published by: Routledge, 2005 ISBN: 0415309964	George, T
Managing Public Sport and Leisure Services Published by: Routledge, 2004 ISBN: 978-0415270779	Robinson, L
Mastering Health Club Management: Insight and Inspiration for the Health Club Industry Published by: Oxygen Consulting, 2006 ISBN: 0955382602	Algar, R
Motivational Management Made Easy: For Hospitality, Tourism and Leisure. Published by: Management Books, 2008 ISBN: 1852525487	Tevor-Roper, C
The Muscle Book Published by: Himalayan Institute Press, 2008 ISBN: 0893892637	Blakey, P
Natural Alternatives to Dieting: Why Diets Don't Work and What You Can Do That Does Published by: Ted Smart, 1999 ISBN: 1856263177	Glenville, M
Physiology of Sport and Exercise Published by: Human Kinetics Europe Ltd, 2005 ISBN: 0736062262.	
The Politics of Sports Development Published: Routledge, 2002 ISBN: 978-0415277495	Houlihan, B; White, A
The Psychology of Lifestyle: Promoting Healthy Behaviour Published by: Routledge, 2008 ISBN: 0415416620	Thirlaway, K; Upton, D
Resistance Training Instruction	Aaberg, E

Published by: Human Kinetics Europe Ltd, 2007
ISBN: 0736064036

Sport and Leisure Operations Management
Published by: Thomson Learning, 2004
ISBN: 1844800636

McMahon-Beattie, U;
Yeoman, I

Sport and Social Exclusion
Published by: Routledge, 2003
ISBN: 978-0415259583

Collins, M; Kay, T

Sport Business in the Global Marketplace (Finance
Capital Markets)
Published: Palgrave Macmillan, 2002
ISBN: 140390300X

Westerbeek, H; and
Smith, A

Sport, Leisure and Culture in Twentieth-Century Britain
Published by: Palgrave Macmillan, 2002
ISBN: 978-0333726877

Hill, J

Sport, Policy and Politics
Published by: Routledge, 1997
ISBN: 978-0415129190

Houlihan, B

Sports Leaders & Success: 55 Top Sports Leaders & How They
Achieved Greatness.
Published: McGraw-Hill Professional, 2004
ISBN: 0071441018

Sports Management and Administration
Published by: Routledge, 2003
ISBN: 978-0415274579

Watt, D

Working with Volunteers in Sport
Published by: Routledge, 2006
ISBN: 0415384532

Cuskelly, G; Hoye, R
& Auld, C

Journals

Internal Journal of Sports Science and Coaching
www.multi-science.co.uk/sports-science&coaching.htm

Websites

- 12 steps to a Healthy Lifestyle www.the12steps.co.uk
- Action on Smoking and Health www.ash.org.uk/
- Active Places www.activeplaces.com
- Adventure Activities Licensing Authority www.aals.org.uk
- Age Concern www.ageconcern.org.uk/AgeConcern/staying_active.asp
- Audit Commission www.audit-commission.gov.uk
- BASES www.bases.org.uk
- BBC Health www.bbc.co.uk/health
- BHF National Centre www.bhfactive.org.uk

- British Association for Sport and Law www.britishsportslaw.org
- British Deaf Sports Council www.britishdeafsportsCouncil.org.uk
- British Heart Foundation www.bhf.org.uk
- British Olympic Association www.olympics.org.uk
- Cancer Research www.cancerresearchuk.org
- Central Council of Physical Recreation www.ccpr.org.uk
- Change For Life www.nhs.uk/Change4Life
- Components of a balanced diet www.openlearn.open.ac.uk
- Department for Culture, Media and Sport www.culture.gov.uk
- Dept for Communities and Local Government www.communities.gov.uk
- DirectGov www.direct.gov.uk
- EIS www.eis2win.co.uk
- Every Child Matters www.everychildmatters.gov.uk/culturesportplay/
- Federation of Small Businesses www.fsb.org.uk
- Fitness Facts www.shef.ac.uk/usport/s10/fitnessfacts/benefits.html
- Fitness Industry Association www.fia.org.uk
- Food for Fitness www.foodfitness.org.uk/tip4.aspx
- Health and Safety Executive www.hse.gov.uk
- Health Benefits of Exercising http://hcd2.bupa.co.uk/fact_sheets/html/exercise.html
- Healthy and Active Lifestyles in Wales www.wales.nhs.uk/documents/healthactlifewales-e.pdf
- InformaWorld www.informaworld.com
- Institute of Sport & Recreation Management www.isrm.co.uk
- Institute for Sport, Parks and Leisure www.ispal.org.uk
- Institute of Sport & Recreation Management www.isrm.co.uk
- Leisure Centre.com www.leisure-centre.com
- Leisure Management Magazine www.leisuremanagement.co.uk
- Lifestyle assessment www.befit4life.co.uk
- Local Government Association www.lga.gov.uk
- Media Studies www.mediaedu.co.uk/
- NHS Direct www.nhsdirect.nhs.uk/
- NHS Quit Smoking www.nhs.uk/smokefree
- Office for National Statistics www.statistics.gov.uk
- Oxygen Consulting www.oxygen-consulting.co.uk
- Patient UK www.patient.co.uk
- Peak Sporting Excellence Performance www.pponline.co.uk
- Quest www.quest-uk.org
- Register of Exercise Professionals www.reps-uk.org
- Skills Active www.skillsactive.com
- Sport and Active Leisure National Skills Academy www.sportactivenesa.co.uk
- Sport Development www.sportdevelopment.org.uk
- Sport England www.sportengland.org
- Sports Coach UK www.sportscoachuk.org
- Sports Law www.sportslaw-uk.co.uk
- Sports Leaders UK www.sportsleaders.org
- UK Sport www.uksport.gov.uk
- Working With Kids (volunteers) www.workingwithkids.co.uk
- Youth Sport Trust www.youthsporttrust.org