

SP1700 - Fundamentals of sport, health and exercise sciences (2016-2017)

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Jose Gonzalez-Alonso & Tom Korff

13 items

Essential (5 items)

Anatomy and biomechanics (2 items)

Seeley's anatomy & physiology, by Cinnamon L. VanPutte; Rod R. Seeley, c2014

[Book](#) | Essential reading

Basic biomechanics, by Susan J. Hall, 2015

[Book](#) | Essential reading

Physiology (1 items)

Seeley's anatomy & physiology, by Cinnamon L. VanPutte; Rod R. Seeley, c2014

[Book](#) | Essential reading

Psychology (2 items)

Inside sport psychology, by Karageorghis, Costas I.; Terry, Peter C, 2011

[Book](#) | Essential reading

Foundations of sport and exercise psychology, by Robert S. Weinberg; Daniel Gould, 2015

[Book](#) | Essential reading

Recommended (8 items)

Anatomy and biomechanics (3 items)

Kinetic anatomy, by Behnke, Robert S., c2012

[Book](#) | Recommended reading

Sports biomechanics: the basics : optimising human performance, by Anthony Blazeovich, 2010

[Book](#) | Recommended reading

The biomechanics of sports techniques, by Hay, James G., 1993

[Book](#) | Recommended reading

Physiology (2 items)

Physiology of sport and exercise, by W. Larry Kenney; Jack H. Wilmore; David L. Costill, 2015

[Book](#) | Recommended reading

Exercise physiology: nutrition, energy and human performance, by William D McArdle; Frank I. Katch; Victor L. Katch, 2015

[Book](#) | Recommended reading

Psychology (3 items)

Sport psychology: concepts and applications, by Cox, Richard H., 2012

[Book](#) | Essential reading

Motor learning and performance: a situation-based learning approach, by Richard A. Schmid; Craig A. Wrisberg, c2008

[Book](#) | Recommended reading

Psychological dynamics of sport and exercise, by Gill, Diane L.; Williams, Lavon, c2008

[Book](#) | Recommended reading
