

SP2704 - Applied Sport and Exercise Physiology

Oliver Gibson

View Online



-
1.
Kenney, W. L., Wilmore, J. H. & Costill, D. L. Physiology of sport and exercise. (Human Kinetics, 2015).

 2.
McArdle, W. D., Katch, F. I. & Katch, V. L. Exercise physiology: nutrition, energy and human performance. (Wolters Kluwer, 2015).

 3.
Cheung, S. S. Advanced environmental exercise physiology. vol. Advanced exercise physiology series (Human Kinetics, 2010).

 4.
Gleeson, M. Immune function in sport and exercise. vol. Advances in sport and exercise sciences series (Churchill Livingstone, 2006).

 5.
Jeukendrup, A. E. & Gleeson, M. Sport nutrition. (Human Kinetics, 2019).

 6.
MacLaren, D. & Morton, J. Biochemistry for sport and exercise metabolism. (Wiley-Blackwell, 2012).

7.

Whyte, G. P. & British Association of Sport and Exercise Sciences. The physiology of training. vol. Advances in sport and exercise science series (Churchill Livingstone Elsevier, 2006).

8.

Wilber, R. L. Altitude training and athletic performance. (Human Kinetics, 2004).