

CTEC Sport & Physical Activity Level 3 Extended Diploma Reading List

Bointon, S. et al. October 2016. Cambridge technicals level 3 sport and physical activity. Hodder Education

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.