



## Welcome to A Level PE

Please find a recommended reading list below. There is no pressure to read these books.

If you haven't done GCSE PE, it would be worth reading over the GCSE book.

*Miss Westcott*

### A level Recommended Reading

- Essentials of Strength Training and Conditioning - *Haff and Triplett*
- Physiology of Sport and Exercise - *Kenney, Wilmore and Costill*
- Foundations of Sport and Exercise Psychology - *Weinburg and Gould*
- Science and Application of High-Intensity Interval Training - *Laursen and Buchheit*
- Research Methods in Physical Activity - *Thomas, Nelson, Silverman*
- Science and Development of Muscle Hypertrophy - *Schoenfeld*
- Motor Learning and Performance - *Schmidt and Lee*
- Research Methods in Biomechanics - *Robertson, Caldwell, Hamill, Kamen*
- Open Side - *Warburton*
- Pure Sport - Practical sport psychology - *Kremer and Moran*
- Endure - Mind, Body and the Curiously Elastic Limits of Human Performance - *Hutchinson and Gladwell*
- The Science of Gymnastics - Advanced Concepts - *Jemni*
- Foundations of Physical Education, Exercise Science, and Sport - *Walton-Fisette and Wuest*
- Science in Soccer - Translating Theory into Practice - *Gregson and Littlewood*
- Science and Application of High Intensity Interval Training - *Laursen and Buchheit*
- Athletic Development - *Gambetta*
- The Sports Gene - *Epstein*
- Faster, Higher, Stronger - *McClusky*