

## KS5 - Level 3 Cambridge Technicals Sport and Physical Activity

### Books

- S. Bointon, et al. 2016. Cambridge Technical Level 3 Sport and Physical Activity, 2016, Hodder Education - ISBN: 9781471874857 (main textbook – advised as the book to purchase)  
<https://www.hoddereducation.co.uk/subjects/sport-pe/products/level-3/cambridge-technicals-level3-sport-and-physical-ac>
- Clegg, C. 1995. Exercise Physiology and Functional Anatomy. Feltham Press  
<https://www.amazon.co.uk/Exercise-Physiology-Functional-Physical-Education/dp/0952074311>
- Walder, P. 1998. Mechanics and Sport Performance. Feltham Press  
<https://www.amazon.co.uk/Mechanics-Sport-Performance-Peter-Walder/dp/0952074303>
- Honeybourne, J. 2006. Acquiring Skill in Sport: An Introduction. Routledge
- [https://www.worldofbooks.com/en-gb/books/john-honeybourne-education-con/acquiring-skill-insport-an-introduction/9780415349369?gclid=EAlaIqobChMlu-6iieu\\_8AIVn4FQBh38-QyAEAQYAiABEgKqFvD\\_BwE](https://www.worldofbooks.com/en-gb/books/john-honeybourne-education-con/acquiring-skill-insport-an-introduction/9780415349369?gclid=EAlaIqobChMlu-6iieu_8AIVn4FQBh38-QyAEAQYAiABEgKqFvD_BwE)
- Bean, A. 2017. The Complete Guide to Sports Nutrition. Bloomsbury Publishing.  
[https://www.worldofbooks.com/en-gb/books/anita-bean/complete-guide-to-sportsnutrition/9781408105382?gclid=EAlaIqobChMlrNnPo-u\\_8AIVB-7tCh2A0w47EAQYAiABEgKpzPD\\_BwE](https://www.worldofbooks.com/en-gb/books/anita-bean/complete-guide-to-sportsnutrition/9781408105382?gclid=EAlaIqobChMlrNnPo-u_8AIVB-7tCh2A0w47EAQYAiABEgKpzPD_BwE)
- Hylton, K, (2013), Sport Development, Routledge
- Owen, J. (2011), How to Lead, Third Edition, Prentice Hall.

### Scholarly Articles

- Polley, M. 2008. 'The amateur rules': Amateurism and professionalism in post-war British athletics. Contemporary British History, pages 81-114.
- Quennerstedt, M. Ohman, M & Armour, K. 2014. Sport and exercise pedagogy and questions about learning. Sport, Education and Society, pages 885-898.
- <https://www.tandfonline.com/doi/pdf/10.1080/13573322.2013.847824?needAccess=true>
- Alexandris, K. Tsorbatzoudis, C. & Grouios, G. 2017. Perceived Constraints on Recreational Sport Participation: Investigating their Relationship with Intrinsic Motivation, Extrinsic Motivation and Amotivation, Journal of Leisure Research, pages 233-252.
- [https://www.researchgate.net/publication/269001773\\_Perceived\\_constraints\\_on\\_recreational\\_sport\\_participation\\_Evidence\\_from\\_Chinese\\_university\\_students\\_in\\_Hong\\_Kong](https://www.researchgate.net/publication/269001773_Perceived_constraints_on_recreational_sport_participation_Evidence_from_Chinese_university_students_in_Hong_Kong)
- Zaichkowsky, L. 2004. Arousal in Sport. Applied Psychology.
- Weinberg, R. S. (2002) Goal setting in sport and exercise: Research to practice. Exploring sport and exercise psychology, pages 25-48.
- <https://www.leadershipandsport.com/leadership-styles-in-sports-coaching/>
- <https://psychology.iresearchnet.com/social-psychology/group/group-cohesion/>
- FIFA (2016), FIFA.com
- Olympic.org (2016) Official Website of the Olympic Movement
- Sport Dev (2016), Current Initiatives

- Sport England (2016) National Governing Bodies/Sport Health
- The National Lottery (2016) Funding
- Department for Culture, Media and Sport (2016)
- England Athletics (2016) National Disability Sport Organisation
- Journal of Sports Sciences