

Principles of Fitness and Training

Jane Freeman

View Online



1.

Fletcher IM; The acute effects of combined static and dynamic stretch protocols on fifty-meter sprint performance in track-and-field athletes. Journal Of Strength And Conditioning Research / National Strength & Conditioning Association [Internet]. 2007;21((3)):784–7. Available from: <http://search.ebscohost.com/login.aspx?direct=true&db=mdc&AN=17685686&authtype=sso&custid=s8993828&site=ehost-live>

2.

American College of Sport Medicine. Health-Related Physical Fitness Testing and Interpretation. In: ACSM's guidelines for exercise testing and prescription. 9th rev. ed. Baltimore, MD: Wolters Kluwer / Lippincott Williams and Wilkins Health; 2014.

3.

Dick FW. Theory and Practice of Endurance Development. In: Sports training principles [Internet]. 6th ed. Bloomsbury; 2014. Available from: <http://lib.myilibrary.com/browse/open.asp?id=662031&entityid=https://login.uea.ac.uk/entity>

4.

Dick FW. Theory and Practice of Speed Development. In: Sports training principles [Internet]. 6th ed. Bloomsbury; 2014. Available from: <http://lib.myilibrary.com/browse/open.asp?id=662031&entityid=https://login.uea.ac.uk/entity>

5.

Dick FW. Theory and Practice of Strength Development. In: Sports training principles [Internet]. 6th ed. Bloomsbury; 2014. Available from: <http://lib.myilibrary.com/browse/open.asp?id=662031&entityid=https://login.uea.ac.uk/entity>

6.

Dick FW. Periodising the year. In: Sports training principles [Internet]. 6th ed. Bloomsbury; 2014. Available from: <http://lib.myilibrary.com/browse/open.asp?id=662031&entityid=https://login.uea.ac.uk/entity>

7.

American College of Sport Medicine. Exercise Prescription for Patients with Cardiovascular and Cerebrovascular Disease. In: ACSM's guidelines for exercise testing and prescription. 9th rev. ed. Baltimore, MD: Wolters Kluwer / Lippincott Williams and Wilkins Health; 2014.

8.

American College of Sport Medicine. Exercise Prescription for Populations with Other Chronic Diseases and Health Conditions. In: ACSM's guidelines for exercise testing and prescription. 9th rev. ed. Baltimore, MD: Wolters Kluwer / Lippincott Williams and Wilkins Health; 2014.

9.

Sharkey BJ, Gaskill SE. Chapter 11 'Nutrition and Health' of Fitness & Health. In: Fitness & health. 7th edition. Leeds: Human Kinetics; 2013.

10.

American College of Sport Medicine. ACSM's guidelines for exercise testing and prescription. 9th rev. ed. Baltimore, MD: Wolters Kluwer / Lippincott Williams and Wilkins Health; 2014.

11.

Armstrong N, McManus AM. Elite young athlete [Internet]. Basel: Karger; 2011. Available

from:

[http://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=373647&authtype=ss
o&custid=s8993828&site=ehost-live&scope=site](http://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=373647&authtype=ss&custid=s8993828&site=ehost-live&scope=site)

12.

Austin D, Mann B. Powerlifting. Champaign, IL: Human Kinetics; 2012.

13.

Baechle TR, Earle RW, National Strength & Conditioning Association (U.S.). Essentials of strength training and conditioning. 3rd ed. Leeds: Human Kinetics; 2008.

14.

Bompa TO, Buzzichelli C. Periodization training for sports [Internet]. Third edition. Champaign, IL: Human Kinetics; 2015. Available from:
<http://lib.mylibrary.com/browse/open.asp?id=720189&entityid=https://login.uea.ac.uk/entity>

15.

Bompa TO, Haff G. Periodization: theory and methodology of training. 5th ed. Leeds: Human Kinetics; 2009.

16.

Buckley J. Exercise physiology in special populations. Edinburgh: Churchill Livingstone/Elsevier; 2008.

17.

Cale L, Harris J. Exercise and young people: issues, implications and initiatives. Basingstoke: Palgrave Macmillan; 2005.

18.

Cale L, Harris J. Getting the buggers fit. 2nd ed. London: Continuum; 2009.

19.

Cale L, Harris J. Fitness testing in physical education – a misdirected effort in promoting healthy lifestyles and physical activity? *Physical Education & Sport Pedagogy*. 2009 Jan;14(1):89–108.

20.

Coulson M. *Teaching exercise to children: the complete guide to theory and practice*. London: A. & C. Black; 2010.

21.

Dawes J, Roozen M, National Strength & Conditioning Association (U.S.). *Developing agility and quickness* [Internet]. Vol. Sport performance series. Champaign, IL: Human Kinetics; 2012. Available from: <http://lib.myilibrary.com/browse/open.asp?id=334129&entityid=https://login.uea.ac.uk/entity>

22.

Dick FW. *Sports training principles* [Internet]. 6th ed. Bloomsbury; 2014. Available from: <http://lib.myilibrary.com/browse/open.asp?id=662031&entityid=https://login.uea.ac.uk/entity>

23.

Durstine JL, American College of Sports Medicine. *ACSM's exercise management for persons with chronic diseases and disabilities*. 3rd ed. Leeds: Human Kinetics; 2009.

24.

Durward BR, Baer GD, Rowe PJ. *Functional human movement: measurement and analysis*. Oxford: Butterworth-Heinemann; 1999.

25.

Floyd RT. *Manual of structural kinesiology*. 18th ed., International student ed. New York:

McGraw-Hill; 2012.

26.

Hamill J, Knutzen KM. Biomechanical basis of human movement. 4th ed. Wolters Kluwer Health; 2015.

27.

Hardman AE, Stensel DJ. Physical Activity and Health: The Evidence Explained. Routledge; 2016.

28.

Harris J, Teacher Training Agency. Health-related exercise in the national curriculum, key stages 1 to 4. Champaign, Ill: Human Kinetics; 2000.

29.

Heyward VH. Advanced fitness assessment and exercise prescription. 7th ed. Human Kinetics Publishers; 2014.

30.

Malina RM, Bouchard C, Bar-Or O. Growth, maturation, and physical activity. 2nd ed. Champaign, Ill: Human Kinetics; 2004.

31.

Maud PJ, Foster C. Physiological assessment of human fitness. 2nd ed. Champaign, Ill: Human Kinetics; 2006.

32.

McArdle WD, Katch FI, Katch VL. Exercise physiology: nutrition, energy, and human performance. Eight edition. Philadelphia: Wolters Kluwer Health; 2015.

33.

Morrow J, Jackson A, Disch J, Mood D. Measurement and evaluation in human performance. 5th ed. Human Kinetics Publishers; 2016.

34.

Mujika I. Tapering and peaking for optimal performance. Champaign, IL: Human Kinetics; 2009.

35.

Powers SK, Howley ET. Exercise physiology: theory and application to fitness and performance. 9th ed. McGraw-Hill; 2015.

36.

Reuter B, National Strength & Conditioning Association (U.S.). Developing endurance. Vol. Sport performance series. Champaign, Ill: Human Kinetics; 2012.

37.

Stone MH, Stone M, Sands B. Principles and practice of resistance training. Champaign, IL: Human Kinetics; 2007.

38.

Kenney WL, Wilmore JH, Costill DL. Physiology of sport and exercise. 5th ed. Champaign, Ill: Human Kinetics; 2012.

39.

Winter EM, British Association of Sport and Exercise Sciences. Sport and exercise physiology testing guidelines: the British Association of Sport and Exercise Sciences guide. Abingdon: Routledge; 2007.

40.

Bushman BA, American College of Sports Medicine. Complete guide to fitness & health [Internet]. Leeds: Human Kinetics; 2011. Available from: <http://lib.myilibrary.com/browse/open.asp?id=392270&entityid=https://login.uea.ac.uk/entity>