

REQUIRED TEXTS FOR 2011

Programme Name: Bachelor of Exercise and Sport Science - Year 1 - Palmerston North

ISBN	Author (date)	Title (edition)	Publisher
HP111 ANATOMY & PHYSIOLOGY			
9780321594199	Marieb, E & Hoehn, K. (2009)	Human anatomy and physiology (8th)	New York: Addison Wesley Longman
HP121 EXERCISE PHYSIOLOGY			
9780781749909	McArdle WD, Katch FI, Katch VL (2006)	Exercise Physiology: Energy, nutrition and human performance (6th)	Lippincott, Williams Wilkins
HP114 SKILL LEARNING & PERFORMANCE			
9780736069649	Schmidt, R.A., & Wrisberg, C.A. (2008)	Motor learning and performance : a situation-based learning approach (4th ed) (2008)	Champaign, IL: Human Kinetics
HP112 PHYSICAL CONDITIONING 1A & HP122 PHYSICAL CONDITIONING 1B			
9780736058032	Baechle, T. & Earle, W. (2008)	Essentials of strength training and conditioning (3rd)	Champaign, IL: Human Kinetics
NUTRITION 1			
9780072969993	Bryd-Bredbenner, Carol ; Moe, Gaile ; Beshgetoor, Donna & Berning, Jacqueline (2009)	Wardlaw's perspectives in nutrition (8th ed.)	New York: McGraw-Hill
HP124 BIOMECHANICS OF HUMAN MOVEMENT			
0071260412	Hall, S.J. (2007)	Basic Biomechanics (5th)	New York: McGraw-Hill

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Programme Name: Bachelor of Exercise and Sport Science - Year 2 - Palmerston North

ISBN	Author (date)	Title (edition)	Publisher
HP232 PHYSICAL CONDITIONING 2A & HP245 PHYSICAL CONDITIONING PRACTICUM 1			
9780781797719	ACSM (2010)	ACSM's Health-Related Physical Fitness Assessment manual (3rd ed) (2010)	Lippincott, Williams & Wilkins Wolters Kluwer Health

9780781769037	ACSM (2010)	ACSM's Guidelines for Exercise Testing and Prescription (8th)	Wolters Kluwer Health
HP241 RESEARCH METHODS & DESIGN 1			
0736056203	S.J. (2005)	Research methods in physical activity (5th)	Champaign IL: Human Kinetics
HP233 NUTRITIONAL BIOCHEMISTRY			
9780781749909	McArdle WD, Katch FI, Katch VL (2006)	Exercise Physiology: Energy, nutrition and human performance (6th)	Lippincott, Williams Wilkins
HP244 NUTRITION FOR HUMAN PERFORMANCE			
9780072969993	Bryd-Bredbenner, Carol ; Moe, Gaile ; Beshgetoor, Donna & Berning, Jacqueline (2009)	Wardlaw's perspectives in nutrition (8th ed.)	New York: McGraw-Hill

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Programme Name: Bachelor of Exercise and Sport Science - Year 3 - Palmerston North

ISBN	Author (date)	Title (edition)	Publisher
HP351 RESEARCH METHODS & DESIGN 2			
0736056203	S.J. (2005)	Research methods in physical activity (5th)	Champaign IL: Human Kinetics
HP 355 PHYSICAL CONDITIONING PRACTICUM 2, HP365 PHYSICAL CONDITIONING PRACTICUM 3 AND HP 362 EXERCISE CONSIDERATION FOR SPECIAL POPUL			
9780781797719	ACSM (2010)	ACSM's Health-Related Physical Fitness Assessment manual (3rd ed) (2010)	Lippincott, Williams & Wilkins Wolters Kluwer Health
9780781769037	ACSM (2010)	ACSM's Guidelines for Exercise Testing and Prescription (8th)	Wolters Kluwer Health

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