



Christopher Whitehead Language College and Sixth Form **A-Level PE Reading and Resources List**

Component 01 Physiological Factors

Textbooks

- OCR PE for A Level Year 1, including AS – John Honeybourne & Sarah Powell
- OCR PE for A Level Year 2 – John Honeybourne & Sarah Powell
- Bartlett, R (2014) *Introduction to Sports Biomechanics*, London: Routledge.
- Marieb, E. (2015) *Human Anatomy and Physiology*, Oxford: Pearson.
- Palastanga, N. (2012) *Anatomy and Human Movement: Structure and Function*, London: Churchill Livingstone.
- Sharkey, B.J and Gaskill, S. E. (2006) *Fitness and Health*, Champaign, IL: Human Kinetics.
- Tortora, G.J and Derrickson, B. H (2008) *Principles of Anatomy and Physiology*, London: John Wiley and Sons.

Websites

www.humankinetics.com

www.sportsci.org

www.topendsports.com