

Section 2 - Connect with your University



Reading List – Sports and Exercise Sciences

Here are some suggested podcasts, books to read and tasks to complete in preparation for studying Sport and Exercise Sciences at University next year.

Wider Reading:

- 1. Mechanical Contributions to Muscle Injury: Implications for Athletic Injury Risk Mitigation;**
http://scholar.google.com/scholar_url?url=https%3A%2F%2Fosf.io%2Fa5um4%2Fdownload&hl=en&sa=T&oi=gga&ct=gga&cd=0&d=2646861358398781162&ei=Gc-eXo33D9C6yQSVILaYCg&scisig=AAGBfm2_W-j50js5NHZynwHLazyvEWB1NQ&nossl=1&ws=1901x931&at=Mechanical%20Contribution%20to%20Muscle%20Injury%3A%20Implications%20for%20Athletic%20Injury%20Risk%20Mitigation&bn=1
- 2. Neuromuscular adaptations to concurrent training in the elderly: effects of intrasession exercise sequence;** <https://link.springer.com/article/10.1007/s11357-012-9405-y>
- 3. Benefits for bone from resistance exercise and nutrition in long-duration spaceflight: Evidence from biochemistry and densitometry;**
<https://asbmr.onlinelibrary.wiley.com/doi/full/10.1002/jbmr.1647>
- 4. The lumbar facet joint: a review of current knowledge: part 1: anatomy, biomechanics, and grading;** <https://link.springer.com/article/10.1007/s00256-010-0983-4>
- 5. Sports psychology can inform coaching and coaching psychology practice: Internal versus external imagery;**
https://www.researchgate.net/profile/Stephen_Palmer5/publication/326353826_Sports_psychology_can_inform_coaching_and_coaching_psychology_practice_Internal_versus_external_imagery/links/5b476d9caca272c6093ac7e4/Sports-psychology-can-inform-coaching-and-coaching-psychology-practice-Internal-versus-external-imagery.pdf
- 6. Ischemic preconditioning of the muscle improves maximal exercise performance but not maximal oxygen uptake in humans;**
<https://journals.physiology.org/doi/full/10.1152/jappphysiol.00266.2011>

7. **Functional anatomy of the Achilles tendon;**
<https://link.springer.com/article/10.1007/s00167-010-1083-7>

Podcasts:

1. **The Field of Exercise Science & Physical Education, Part I;**
<https://podcasts.apple.com/us/podcast/the-field-of-exercise-science-physical-education-part-i/id383724007?i=1000085039074>
2. **The Field of Exercise Science & Physical Education, Part II;**
<https://podcasts.apple.com/us/podcast/the-field-of-exercise-science-physical-education-part-ii/id383724007?i=1000085039063>

TV/Documentaries:

1. **The Game Changers:** *Meeting visionary scientists and top athletes, a UFC fighter embarks on a quest to find the optimal diet for human performance and health.*
Available on Netflix.
2. **Icarus:** *In his Oscar-winning film, an American cyclist plunges into a vast doping scandal involving a Russian scientist -- Putin's most-wanted whistle blower.*
Available on Netflix.
3. **Football Going Vegan:** *Former England footballer Jermaine Jenas goes on a journey to discover the world of veganism – experimenting with a plant-based diet at home while also exploring how the concept is spreading in the professional game.*
<https://www.bbc.co.uk/iplayer/episode/p07phy2i/football-going-vegan>
4. **Shane Williams: Rugby, Concussion and Me:** *Shane Williams is on a journey to understand how the world of rugby, from grassroots to the highest levels, is working to reduce concussions in the modern day-game to make the sport safer for future generations. As part of his journey, Shane talks to players both past and present and meets medical professionals, the governing bodies including World Rugby and those involved at the grassroots level of the sport in the UK and abroad.*
<https://www.bbc.co.uk/iplayer/episode/m000fvjz/ad/shane-williams-rugby-concussion-and-me>