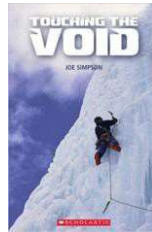


SPORTS STUDIES

BEGINNER



Fever Pitch: Nick Hornby



Touching the Void: Joe Simpson

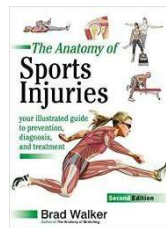


Can We Have Our Balls Back, Please? How the British Invented Sport: Julian Norridge

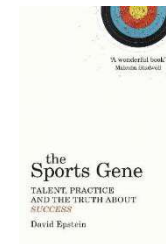
INTERMEDIATE



The Complete Guide to Sports Nutrition: Anita Bean

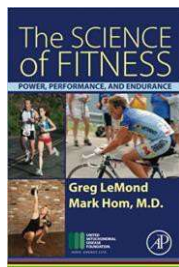


The Anatomy of Sports Injuries: Brad Walker

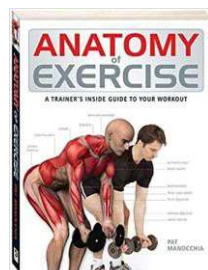


The Sports Gene: Talent, Practice and the Truth about Success: David Epstein

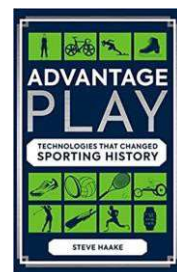
EXPERT



The Science of Fitness: Power, Performance and Endurance: Greg LeMond



Anatomy of Exercise: Pat Manocchia



Advantage Play: Technologies that Changed Sporting History: Steve Haake

SPORTS STUDIES ADDITIONAL RESOURCES

- <https://sportsscientists.com/>
- Podcast – BBC Radio 4 – Don't Tell Me The Score
- Podcast – The Real Science of Sport
- Podcast – BBC Radio 4 – Sport and the British
- BBC Sounds – Lots of great sports podcasts, including That Peter Crouch Podcast
- Jake Humphrey's High Performance Podcast
- <https://www.youtube.com/channel/UCPu81I88W5d38hZplqzsLXQ/videos>
- <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBklU3Xw>
- <https://www.theguardian.com/uk/sport>
- <https://www.sportengland.org/>
- <https://www.brianmac.co.uk/>
- <https://www.bbc.co.uk/sport>
- Men's Fitness Magazine
- Women's Health Magazine