

## MSc Strength and Conditioning

### Reading List

Prior to registering on the programme, prospective students should read the current editions of the following textbooks (ordered in relative importance):

Jeffreys, I. and Moody, J. (2016) *Strength and Conditioning for Sports Performance*. Routledge, London.

Turner, A. and Comfort, P. (2018) *Advanced Strength and Conditioning*. Routledge, London

Haff, G. and Triplett, T.N. (2015) *Essentials of Strength and Conditioning (4<sup>th</sup> edition)*. Human Kinetics, Leeds.

Moir, G. (2016) *Strength and Conditioning: A Biomechanical Approach*. Jones and Bartlett Learning.

Bompa, T.O. and Buzzichelli, C. (2019) *Periodization: Theory and Methodology of Training (6<sup>th</sup> edition)*. Human Kinetics, Leeds.

Turner, A. (2018) *Routledge Handbook of Strength and Conditioning*. Routledge, London.

Comfort, P., Jones, P.A. and Mahon, J.J. (2018) *Performance Assessment in Strength and Conditioning*. Routledge, London.

Brewer, C. (2017) *Athletic Movement Skills*. Human Kinetics, Leeds.

Prospective and current students should note that the above textbooks only provide foundational knowledge and understanding for the study of strength and conditioning. For more detailed and cutting-edge material, students should engage with papers published in relevant peer-reviewed journals.

Students should also note that each module specification includes a link to the module reading list in the University Library catalogue. Because the University Library stocks a wide range of textbooks and journals, students are advised to be judicious if they decide to purchase any materials.