

Suggested Reading

Any publications or manuals produced by

Michael Boyle, Lee Burton, Gray Cook, Gary Gray, Dan John, Stuart McGill, Mark Verstegen.

Some Old, Some New But Tried and True! References, too!

<u>Author</u>	<u>Title/Topic</u>	
Per-Olaf Astrand	Textbook of Work Physiology	www.amazon.com
Herbert Benson	The Relaxation Response	www.amazon.com
Tudor Bompá	multiple texts: Periodization	www.us.humankinetics.com
Donald Chu	multiple texts: Plyometrics	www.us.humankinetics.com
Florence P. Kendall et al	Muscles, Testing and Function	www.amazon.com
Thomas W. Myers	Anatomy Trains	www.anatomytrains.com
Pavel	Kettlebell Simple & Sinister	www.strongfirst.com
Shirley A. Sahrmann	Diagnosis and Treatment of Movement Impairment Syndromes	www.us.elsevierhealth.com
Richard Schmidt et al	Motor Control & Learning [6 th Ed]	www.us.humankinetics.com
Hans Selye	Stress, General Adaptation Syndrome	www.amazon.com
Joe Signorile	Bending The Aging Curve	www.us.humankinetics.com
Waneen W. Spirduso	Physical Dimensions of Aging	www.us.humankinetics.com
Michael Yessis	multiple texts: performance training	www.amazon.com

Favorite Journals [I actually READ them instead of scanning abstracts]

Exercise & Sport Sciences Reviews [ESSR] Medicine & Science in Sports & Exerciser [MSSE]
 J Aging & Physical Activity [JAPA]

Keep tabs on all movement disciplines, nutrition, metabolism, public health issues and medical, pharmacological and behavioral innovations relevant to your clients and athletes.