








Health and Fitness - KS 4 Suggested Reading List

BOOK	Author	CONTENT	
NCFE Level 1 / 2 Technical Award Health and Fitness	Louise Burnham and Penny Tassoni	Content required for the course	
My Revision Notes: NCFE Level 1 / 2 Technical Award in Health and Fitness, second edition (2023)	Mark Powell and Amanda Starr	Support for component areas 1-8	
Fitness for Life	Charles B. Corbin, Ruth Lindsey, and Linda Welk	Covers the basics of fitness, including exercise science, the importance of physical activity, and how to maintain a healthy lifestyle.	
Introduction to Exercise Science	Terry J. Housh, Don M. Housh, and Phillip A. E. Schmitz	A thorough introduction to the science of exercise. This book will <u>help</u> understand the physiology behind exercise, fitness principles, and how the body responds to different types of physical activity.	
The Complete Guide to Personal Training	<u>Marc</u> Coulson	This book is helpful for anyone interested in personal training or simply learning more about how to plan fitness regimes. It's particularly useful if you're looking to understand how to design fitness programs for others.	



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<p>Physical Fitness: A Way of Life</p>	<p>L. S. Obert and D. H. Cook</p>	<p>A great book that explores how to develop a lifelong habit of physical fitness, focusing on creating routines and the broader concept of health and wellness.</p>	
<p>The Exercise Effect: How Physical Activity Can Help Your Mental Health</p>	<p>Guy M. Merav</p>	<p>This book highlights the benefits of exercise on mental health, an area that increasingly plays a role in fitness and health. It helps understand the psychological effects of exercise and its importance for overall well-being.</p>	



Watch List

Some programmes and clips to help with the course.

Programme	Content
YouTube Channel: <i>Athlean-X</i> (by Jeff Cavaliere)	<p>Focus: Strength training, injury prevention, exercise form, and techniques.</p> <p>Why it's useful: Jeff Cavaliere is a renowned physical therapist and strength coach, providing valuable insights into correct exercise techniques, muscle anatomy, and tips for various fitness goals.</p>
YouTube Channel: <i>FitnessBlender</i>	<p>Focus: A variety of workouts ranging from strength training to cardio, HIIT, and flexibility exercises.</p> <p>Why it's useful: FitnessBlender offers easy-to-follow workout routines for all fitness levels, making it a great resource to understand different types of exercise and fitness goals.</p>
TV Show: <i>The Biggest Loser</i> (Various seasons)	<p>Focus: Weight loss, fitness, and lifestyle changes. Why it's useful: The show provides a great example of fitness journeys, exercise techniques, motivation, and real-world fitness challenges.</p>

<p>Documentary: <i>The Human Body</i> (BBC Documentary, hosted by Michael Mosley)</p>	<p>Focus: A comprehensive exploration of the human body and its functions.</p> <p>Why it's useful: This documentary gives an overview of the human body and includes a segment on how exercise affects the body and the importance of physical activity for health.</p>
<p>TV Show: <i>What the Health</i> (Netflix)</p>	<p>Focus: The role of diet and nutrition on health and disease prevention.</p> <p>Why it's useful: While controversial at times, this documentary covers how diet affects overall health and fitness, focusing on the impact of plant-based nutrition.</p>
<p>Documentary: <i>The Fittest</i> (Netflix)</p>	<p>Focus: The world of CrossFit and elite fitness.</p> <p>Why it's useful: This documentary highlights high-performance athletes and provides insight into training methods, mental resilience, and the demands of elite fitness.</p>
<p>YouTube Channel: <i>Jeremy Ethier</i></p>	<p>Focus: Evidence-based fitness advice, debunking myths, and workout strategies.</p> <p>Why it's useful: Jeremy Ethier provides practical advice based on scientific research. His channel is ideal for clarifying myths in the fitness world and helping viewers focus on the most effective fitness strategies.</p>

Useful websites

Title	Web address	Content
NHS - Live Well	www.nhs.uk/live-well	Provides reliable and up-to-date advice on healthy living, fitness routines, and diet. It covers physical activity, mental well-being, and lifestyle changes, making it a valuable resource for anyone pursuing a career in health and fitness.
Visible Body	www.visiblebody.com	An excellent interactive tool for exploring human anatomy and physiology. Visible Body offers detailed 3D models that allow you to study the human body in-depth, making it a perfect complement to your course materials.
Nutrition.org.uk (British Nutrition Foundation)	www.nutrition.org.uk	Offers evidence-based information on all aspects of nutrition, including healthy eating, sports nutrition, and how diet affects health and fitness. It's a valuable resource for understanding how to fuel the body for exercise and wellness.
Mental Health Foundation	www.mentalhealth.org.uk	This UK-based charity provides in-depth articles, reports, and resources on mental health and well-being, with a focus on the connection between physical and mental health.
The Health and Fitness Blog (By VeryWell Fit)	www.verywellfit.com	A comprehensive site with articles on exercise routines, fitness motivation, nutrition, and general health
UK Active	www.ukactive.com	A resource for individuals interested in pursuing a career in the health and fitness industry. UK Active promotes physical activity and wellness while providing career resources, news, and job opportunities.

Social Media

<u>Twitter</u>	<u>Instagram</u>	<u>Facebook</u>
@doctorjfitness	@precisionnutrition	@thebodycoach (Joe Wicks)
@thefitfoodie	@thebodycoach (Joe Wicks)	National Academy of Sports Medicine (NASM)
@strengthcoachnetwork	@mindbodygreen	MyFitnessPal
	@nasm_fitness	The National Strength and Conditioning Association (NSCA)



Stretch and Challenge

<u>Title</u>	<u>Web address</u>
"The Training and Development of Elite Sprint Performance" <i>Authors: Paul B. Laursen & David G. Jenkins</i> <i>Published: 2019</i>	https://sportsmedicine-open.springeropen.com/
"The lung at high altitude" <i>Authors: Peter D. Wagner</i> <i>Published: 2012</i>	https://pmc.ncbi.nlm.nih.gov/
"The Hydration Equation: Update on Water Balance and Cognitive Performance" <i>Authors: Lawrence E. Armstrong et al.</i> <i>Published: 2014</i>	https://pmc.ncbi.nlm.nih.gov/
"Advancement in Sports Injury Prevention: The Role of Biomechanics and Technology" <i>Authors: Sports Medicine Update</i> <i>Published: 2024</i>	https://www.sportsmed.org/
"Should You Prioritize Sleep or a Morning Workout? Experts Weigh In" <i>Authors: Health.com</i> <i>Published: 2025</i>	https://www.health.com/

