

Reference List

To assist you in preparing for the exam, the College has prepared a non-exhaustive list of references. Please note that the College does not sell or endorse these books, and cannot suggest a single “best” text for review. The College attempted to include the latest editions in this list; however, newer editions may be available by the time you read this.

1. College Study Resources

View the [College's study resources](#). Please also review the Jurisprudence Handbook found once you log in to the [Jurisprudence e-Learning Module](#).

2. Anatomy

Delavier, F. *Strength Training Anatomy* (3rd ed.). Human Kinetics, 2012.

Floyd R. T. *Manual of Structural Kinesiology* (6th ed.). McGraw-Hill, 2007.

Moore, K. L., Dalley, A. F., & Aqur, A. M. *Clinically Oriented Anatomy* (6th ed.). Lippincott Williams & Wilkins, 2009.

3. Biomechanics

Chaffin, D. B., Andersson, G., & Martin, B. J. *Occupational Biomechanics*. Wiley-Interscience, 2006.

Durstine, J. L., Moore, G., Painter, P., & Roberts, S. *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities* (3rd ed.). Human Kinetics, 2009.

Durstine, J. L., & Moore G. *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities* (2nd ed.). Human Kinetics, 2003

Hall, S. J. *Basic Biomechanics*, McGraw Hill, 2003.

Robertson, D. G. E., Caldwell, G. E., Hamill, J., Kamen, G., & Whittlesey, S. N. *Research Methods in Biomechanics*. Human Kinetics, 2004.

Oatis, C.A. *Kinesiology: The Mechanics and Pathomechanics of Human Movement*, (2nd edition). Lippincott, Williams & Wilkins, 2009.

Winter, D. A. *Biomechanics and Motor Control of Human Movement* (4th ed.). John Wiley & Sons, 2009.

4. Clinical

American College of Sports Medicine. *ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic, and Hematologic Conditions* (2nd ed.). Lippincott Williams & Wilkins, 2009.

American College of Sports Medicine. ACSM Position Stands. Retrieved from <https://www.acsm.org/acsm-positions-policy/official-positions/ACSM-position-stands>

Canadian Association of Cardiac Rehabilitation. *Canadian Guidelines for Cardiac Rehabilitation and Cardiovascular Disease Prevention: Translating Knowledge Into Action* (3rd ed.). Retrieved from <https://cacpr.ca/Guidelines>, 2012.

Canadian Diabetes Association. Physical Activity and Diabetes. Retrieved from <https://guidelines.diabetes.ca/cpg/chapter10>

Canadian Society of Exercise Physiology. Position Stands. Retrieved from <http://www.csep.ca/view.asp?ccid=519>

Dagenais & Haldeman. *Evidence based management of low back pain*. Elsevier Mosby, 2012.

Ehrman J., Gordon P., Visich P. & Keteyian S. *Clinical Exercise Physiology* (2nd ed.). Human Kinetics, 2009.

Houglum, P. *Brunnstrom's. Clinical Kinesiology* (6th ed.). F. A. Davis Company, 2012.

Kisner, C. & Colby, A. L. *Therapeutic Exercise* (5th ed.). F. A. Davis Company, 2007.

Lusardi, M. M. *Orthotics and Prosthetics in Rehabilitation*. Elsevier Saunders, 2007.

Magee, D. *Orthopedic Physical Assessment*. Elsevier Saunders, 2007.

5. Physiology & Training

Ainsworth, B. E., Haskell, W. L., Whitt, M. C., & Irwin, M. L. Compendium of physical activities: an update of activity codes and MET intensities. *Medicine and Science in Sports and Exercise*. 2000.

American College of Sports Medicine. ACSM Position Stands. Retrieved from <https://www.acsm.org/acsm-positions-policy/official-positions/ACSM-position-stands>

Baechle & Earle. *Essentials of Strength Training and Conditioning* (3rd ed.). Human Kinetics. 2008.

Canadian Society of Exercise Physiology. Position Stands. Retrieved from <http://www.csep.ca/view.asp?ccid=519>

Corbin, Corbin, Welk, & Welk. *Concepts of Physical Fitness* (4th ed.). McGraw-Hill, 2008.

Faney, T., Insel, P., & Roth, W. *Fit & Well*. McGraw-Hill, 2010.

Kenney, Wilmore, & Costill. *Physiology of Sport & Exercise*. Human Kinetics, 2012.

Klabunde, R. E. *Cardiovascular Physiology Concepts* (2nd ed.). Lippincott Williams & Wilkins, 2011.

Larsen, L. *Fitness and Exercise Sourcebook*. Peter E. Ruffner, 2011.

Markland, D., & Tobin, V. A modification to the behavioral regulation in exercise questionnaire to include an assessment of a motivation. *Journal of Sport and exercise Psychology*, 2004.

McArdle, Katch & Katch. *Exercise Physiology: Nutrition, Energy and Human Performance* (7th ed.). Lippincott Williams & Wilkins, 2009.

National Strength and Conditioning Association. *Essentials of Strength Training and Conditioning* (3rd ed.). NSCA, 2008.

Powers, S., & Howley, E. *Exercise Physiology: Theory and Application to Fitness & Performance* (8th ed.). McGraw-Hill, 2012.

Swain, D. P., & Leutholtz, B. C. *Exercise Prescription. A Case Study Approach to the ACSM Guidelines*. Human Kinetics, 2002.

Ehrman, J. *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* (6th ed.). Lippincott Williams and Wilkins, 2010.

Wilmore, Costill, & Kenney. *Physiology of Sport and Exercise* (4th ed.). Human Kinetics 2008.

6. Neuroscience & Psychomotor Learning

Enoka, R. M. *Neuromechanics of Human Movement* (4th ed.). Human Kinetics, 2008.

Schmidt, R., & Donald, T. *Motor Control and Learning: A Behavioral Emphasis*. Human Kinetics, 2011.

7. Musculoskeletal Injuries

Anderson, M. K., Parr, G. P., & Hall, S. J. *Foundations of Athletic Training: Prevention, Assessment, and Management* (4th ed.). Lippincott Williams & Wilkins, 2008.

Anderson M., & Parr G. *Sports Injury Management* (3rd ed.). Lippincott Williams & Wilkins, 2011.

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8. Nutrition

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9. Ergonomics

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Chengalur, Rodgers & Bernard. *Kodak's Ergonomic Design for People at Work*. John Wiley and Sons, 2004.

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Kroemer, K. H. E. *Fitting the Human: Introduction to Ergonomics* (6th ed.). Taylor and Francis Group, 2009.

Occupational Health and Safety Council of Ontario (OHSCO) Musculoskeletal Disorders Prevention Series Part 1- Part 3 (A,B,C). Retrieved from <https://www.iwh.on.ca/tools-and-guides/msd-prevention-series>

10. Assessment & Exercise Prescription

American College of Sports Medicine. *ACSM's Guidelines for Exercise Testing and Prescription* (8th ed.). Lippincott Williams & Wilkins, 2010.

American College of Sports Medicine. *ACSM's Guidelines for Exercise Testing and Prescription* (7th ed.). Lippincott Williams & Wilkins, 2006.

Jonas, S., & Phillips, E. *ACSM's Exercise is Medicine: A Clinician's Guide to Exercise Prescription*. Lippincott Williams & Wilkins, 2009.

Heyward, V. H. *Advanced Fitness Assessment and Exercise Prescription* (6th ed.). Human Kinetics, 2010.

Prentice, W. *Rehabilitation Techniques for Sports Medicine and Athletic Training*. McGraw-Hill, 2004

11. Psychology

Lox, C., Martin Ginis, K. A. & Petruzzello, S. J. *The Psychology of Exercise: Integrating Theory and Practice* (3rd ed.). Holcomb Hathaway, 2010.

Weinberg, R. S., & Gould, D. *Foundations of Sport and Exercise Psychology*. Human Kinetics, 2011.

12. Statistics

Vincent, W., & Weir, J. *Statistics in Kinesiology* (4th). Human Kinetics, 2012.