



Appendix 4: Additional Reading

Coaching

Brown, B. (2001). *1001 Motivational Messages and Quotations for Athletes and Coaches: Teaching Character Through Sport*. Monterey, CA, USA: Coaches Choice.

Dale, G., & Conant, S. (2004). *101 Team Building Activities: Ideas Every Coach Can Use to Enhance Teamwork, Communication and Trust*. Durham, NC, USA: Excellence in Performance.

Halden-Brown, S. (2003). *Mistakes Worth Making: How to Turn Sports Errors into Athletic Excellence*. Champaign, IL, USA: Human Kinetics.

Klemash, C. (2006). *How to Succeed in the Game of Life: 34 Interviews with the World's Greatest Coaches*. Kansas City, MO, USA: Andrews McMeel, LLC.

Krzyzewski, M., & Phillips, D. T. (2000). *Leading with the Heart: Successful Strategies for Basketball, Business, and Life*. New York, NY, USA: Warner Business Books.

Leonard, R. (2005). *The Administrative Side of Coaching: A Handbook for Applying Business Concepts to Coaching Athletics*. Morgantown, WV, USA: Fitness Information Technology.

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Pierson, C. J. (2011). *The Politics of Coaching: A Survival Guide To Keep Coaches From Getting Burned*. USA: Double Nickel Press.

Sanborn, M. (2006). *You Don't Need a Title to Be a Leader: How Anyone, Anywhere, Can Make a Positive Difference*.

Wooden, J., & Jamison, S. (2004). *My Personal Best: Life Lessons from an All-American Journey*. New York, NY, USA: McGraw-Hill.

Wooden, J., & Jamison, S. (2006). *Wooden on Leadership*. New York, NY, USA: McGraw-Hill.

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Disability & Paralympic Sport

Brittain, I. (2010). *The Paralympic Games Explained*. New York, NY, USA: Routledge.

DePauw, K. P., & Gavron, S. J. (2005). *Disability Sport* (2nd ed.). Champaign, IL, USA: Human Kinetics.

Goosey-Tolfrey, V. (Ed.). (2010). *Wheelchair Sport: A complete guide for athletes, coaches, and teachers*. Champaign, IL, USA: Human Kinetics.

Physical Education and Physical Activity

Davis, R. W. (2002). *Inclusion Through Sport: A Guide to Enhancing Sport Experiences*. Champaign, IL, USA: Human Kinetics.



Davis, R. W. (2011). *Teaching Disability Sport: A Guide for Physical Educators* (2nd ed.). Champaign, IL, USA: Human Kinetics.

Rink, J. E. (2010). *Teaching Physical Education* (6th ed.). New York, NY, USA: McGraw-Hill Higher Education.

Sherrill, C. (2004). *Adapted Physical Activity, Recreation and Sport: Crossdisciplinary and Lifespan* (6th ed.). New York, NY, USA: McGraw-Hill.

Winnick, J. P. (Ed.). (2011). *Adapted Physical Education and Sport* (5th ed.). Champaign, IL, USA: Human Kinetics.

Risk Management

Spengler, J. O., Connaughton, D. P., & Pittman, A. T. (2006). *Risk Management in Sport and Recreation*. Champaign, IL, USA: Human Kinetics.

Sports Psychology and Mental Skills Training

Azinger, P., & Braund, R. (2010). *Cracking the Code: The Winning Ryder Cup Strategy: Make It Work for You*.

Carron, A. V., Hausenblas, H. A., & Eys, M. A. (2005). *Group Dynamics in Sport* (3rd ed.). Morgantown, WV, USA: Fitness Information Technology.

Hemmings, B., & Holder, T. (Eds.). (2009). *Applied Sport Psychology: A Case-based Approach*. Chichester, West Sussex, UK: Wiley-Blackwell.

Horn, T. S. (Ed.). (2008). *Advances in Sport Psychology* (3rd ed.). Champaign, IL, USA: Human Kinetics.

Journal of Applied Sport Psychology – A journal available from the Association for Applied Sport Psychology.

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Orlick, T. (2008). *In Pursuit of Excellence: How to win in sport and life through mental training* (4th ed.). Champaign, IL, USA: Human Kinetics.

Selk, J. (2009). *10-Minute Toughness: The Mental-Training Program for Winning Before the Game Begins*. New York, NY, USA: McGraw-Hill.

Smith, D., & Bar-Eli, M. (Eds.). (2007). *Essential Readings in Sport and Exercise Psychology*. Champaign, IL, USA: Human Kinetics.

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Weinberg, R. S., & Gould, D. (2007). *Foundations of Sport and Exercise Psychology* (4th ed.). Champaign, IL: Human Kinetics.



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Training, Conditioning, and Sports Medicine

Baechle, T. R., & Earle, R. W. (Eds.). (2008). *Essentials of Strength Training and Conditioning - National Strength and Conditioning Association (3rd ed.)*. Champaign, IL, USA: Human Kinetics.

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

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Ramsbottom, S, & Hays, S. (2011). *Wheelchair Training: A Complete Strength and Conditioning Program for Men and Women with Spinal Cord Injuries*. Burnaby, B.C., Canada: Performance Institute.

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