

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)