

Reference List

*Updated January 2025

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

Dalley, Arthur F., Agur, Anne M. R. *Moore's Clinically Oriented Anatomy* (9th Edition). Wolters Kluwer Health, 2023.

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

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

3. Biomechanics

McGinnis, Peter. M. *Biomechanics of Sport and Exercise* (4th Edition). Human Kinetics Publishers, 2020.

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

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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.

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4. Clinical

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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>

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

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

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

5. Physiology & Training

Bouchard, Danielle R. *Exercise and Physical Activity for Older Adults*. Human Kinetics Publishers, 2020.

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.

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

Brusseau, Duane V. Knudson, Timothy A. *Introduction to Kinesiology* (6th Edition). Human Kinetics Publishers, 2021.

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

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

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6. Neuroscience & Psychomotor Learning

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7. Musculoskeletal Injuries

Anderson, Marcia K., Barnum, Mary. *Foundations of Athletic Training: Prevention, Assessment, and Management* (7th Edition). Wolters Kluwer Health, 2023.

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8. Nutrition

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9. Ergonomics

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10. Assessment & Exercise Prescription

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Feito, Yuri. *ACSM's Fitness Assessment Manual* (6th Edition). Wolters Kluwer Health, 2023.

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11. Psychology

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