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The Physiological Basis for Exercise and Sport , Edward L. Fox, Richards W. Bowers, Merle L. Foss, 1993, Exercise, 710 pages. .

Nutrition for Sports and Exercise , Lori A. Smolin, Mary B. Grosvenor, Jan 1, 2009, Health & Fitness, . .

The guru guide the best ideas of the top management thinkers, Joseph H. Boyett, Jimmie T. Boyett, May 20, 1998, Business & Economics, 385 pages. Examines the core business theories and principles of such management theorists as Peter Drucker, Margaret Wheatley, Stephen Covey, and Tom Peters.

Applied Exercise Psychology A Practitioner's Guide to Improving Client Health and Fitness, Mark H. Anshel, 2005, Health & Fitness, 260 pages. This is the first applied handbook for practitioners who want to help patients begin and maintain an exercise program as a lifestyle change. Mental health practitioners (MHPs).

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