

BOOKS RECOMMENDED FOR PURCHASE

Adopted P.E. :

- **Trombly, C.A.** (2007). Occupational Therapy for Physical Dysfunction : Comprehensive Atlas. Lippincott Williams & Wilkins, 6th Ed.

Biomechanics of Sports :

- **Hall, S.J.** (1995). (A rare book). Basic Biomechanics. 2nd Edition, Mosby Publishers.
- **Hamill, J. & K.M. Kuntzen** (2003). Biomechanical Basis of Human Movement. Lippincott Williams.
- **Hay, J.G.** (1993). Biomechanics of Sports Techniques Pearson. Benjamin Cummings, San Francisco, California, USA.

Environmental Studies :

- **Miller, G.T. and S. Spoolman** (2008). Environmental Science – Principles, Connections & Solutions.

Exercise Physiology/Anatomy & Physiology:

- **Fox, E.L., R.W. Bowers and M.L. Foss** (1988) : The Physiological Basis of Physical Education and Athletics. 4th & last Edition. W.B. Saunders Company, USA.
- ❖ **McArdle, W.D., F.I. Katch, and V.L. Katch's** Exercise Physiology (2010) : Energy, Nutrition and Human Performance. 5th Ed., Lippincott Williams and Wilkins.
- **Power, S. and E. Howley**(2006) : Exercise Physiology : Theory and Applications. 5th Edition, McGraw Hill Publishers, New York, USA.
- ***Seeley, R.R., T.D. Stephens & P.Tate** (2003): Anatomy & Physiology. McGraw Hill's. 6th Edition, New York, USA.
- **Sherwood, L.** (1997). Human Physiology: From Cells to Systems. Thomson Wadsworth, Belmont, California, USA.
- **Tortora, G.J. and S.R. Grabowski** (2003): Principles of Anatomy & Physiology. John-Wiley & Sons.
- ❖ **Wilmore, J.H. and D.L. Costill** (2004): Physiology of Sports and Exercise. 3rd Ed. Human Kinetics. Champaign, USA.

Foundations & History of Physical Education :

- **Gabbard, C., B. LeBlanc and S. Lowy** (1994). Physical Education for Children. 2nd Ed. Prentice Hall.
- **Hoffman, S.J.** (2005). An Introduction to Kinesiology. 2nd Ed. Human Kinetics, Champaign, Illinois, USA.
- **Lumpkin, A.** (2007). Introduction to Physical Education, Exercise Science and Sports Studies. McGraw Hill, USA.
- ❖ **Seidentop, D.** (2007). Introduction to Physical Education, Fitness and Sports. McGraw Hill Publishers, New York, USA.
- **Van-Dalen, D.B. and B.L. Bennett.** (1971) . A World History of Physical Education, Second Edition.
- ❖ **Wuest, D.A. and C.A. Bucher** (2003). Foundations of Physical Education, Exercise Science and Sports. 14th Ed. McGraw Hill. New York, USA.

Health Education and Nutrition :

- ❖ **Anspaugh, D.J. and G. Ezell** (2003). Teaching Today's Health. Pearson Benjamin Cummings, San Francisco, CA.
- **Applegate, L.** (2002). Encyclopedia of Sports & Exercise Nutrition. Sports Nutrition.
- **Brown, J.E.**(2005). Nutrition Now. Thomson-Wadsworth, USA.
- **Donatelle, R.J.** (2009). Health – The Basics. Benjamin Cummings, San Francisco, California, USA.
- ❖ **Donatelle, R.J. & P. Ketcham** (2007). Access to Health, Benjamin Cummings.
- **Floyd, P.A., S.E. Mimms and C. Yelding** (2003). Personal Health : Perspectives & Lifestyles. Thomson-Wadsworth, Belmont, California, USA.
- **Goldberg, L. & D.L. Elliot** (2002). The Healing Power of Exercise. National Health & Wellness Club, USA.
- **Hales, D.** (2005). An Invitation to Health. Thomson-Wadsworth.
- **Howly, E.T. and B.D. Franks** (2003). Health Fitness Instructor's Handbook. Human Kinetics.
- **Jackson, A.W., J.R. (Jr.) Morrow, D.W. Hill and R.K. Dishman.** Physical Activity for Fitness and Health. **Human Kinetics.**
- **McDermott, R. and P. Sarvela** (1999). Health Education Evaluation and Measurement : A Practitioners Perspective. William C. Brown Publishers, USA.
- **Payne, W.A., D.B. Hahn & E.B. Mauer** (2005). Understanding your Health. McGraw Hill, New York, USA.
- **Park, K. :** Park's Textbook of Preventive and Social Medicine. Banarsi Das Bhanot Publication, New York, USA.
- **Thomas, D.Q. and J.E. Kotecki** (2007) : Physical Activity and Health. Jones & Bartlett, USA.
- **Whitney, E. and S.R. Rolfes** : Understanding Nutrition 10th Ed. Thomson-Wadsworth.

Holistic Personality Development (For All Subjects) :

- **Covey, S.R.** (1989). The Seven Habits of Highly Effective People. Simon & Schuster Publishers, New York, USA.
- **Covey, S.R.** (2004). The Eighth Habit : From Effectiveness to Greatness. Franklin Covey Co., USA.
- **Kansal, D.K.** (2012). Holistic Personality Development. Sports & Spiritual Science Publications, New Delhi (In Press).
- **Kiyosaki, T. and S.L. Lechter** (2001). Rich Dad, Poor Dad. Warner Books.
- **Loehr, J. and T. Schwartz** (2003). The Power of Full Engagement : Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal. Free Press Paperbacks, New York, USA.

- **Peeke, P.** (2005). The National Body Challenge Success Program for the Whole Family, Hay House Publishers.

Measurement & Evaluation :

- **Barrow, H.M. & R.McGee** (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia, USA.
- **Baumgartner, T., A. Jackson, M. Mahar and D. Rowe** (2003). Measurement for Evaluation in Physical Education & Exercise Science. 7th Ed. McGraw Hill, USA.
- **Kansal, D.K.** (2008). Textbook of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science Publications, New Delhi (Also available in Hindi w.e.f. 2011 from Centre for Hindi Medium Promotion, University of Delhi).
- **Kansal, D.K.** (2012). A Practical Approach to Measurement & Evaluation in Physical Education & Sports. Sports & Spiritual Science Publications, New Delhi.
- **Safrit, M.J. and T.M. Wood** (1989) . Measurement Concepts in Physical Education & Exercise Science. **Human Kinetics**, Champaign, USA.
- **Tritschler, K.A.** : Barrow & McGee's. Practical Measurement and Assessment. Lippincott Williams & Wilkins Co., Philadelphia, U.S.A.
- **Thorndike, R.M.** (1996). Measurement and Evaluation in Psychology and Education. Prentice-Hall, 6th Ed.

Motor Learning & Pedagogy in Physical Education :

- **Gabbard, C.P.** (2000). Lifelong Motor Development. Allyn & Bacon, Needham Heights, Massachusetts, USA.
- **Gupta, Rakesh, Kumar, Pradeep & Tyagi, Sarita** (2006). Text book of Teaching Skill & Prowess, Friends Publication (India), New Delhi.
- **Magill, R.A.** (2004). Motor Learning and Control : Concepts and Applications. McGraw Hill Publishers, New York, USA.
- **Payne, V.G. & Z.D., Isoacs** (2005). Motor Development : A Life span Approach. 6th Ed. McGraw Hill, New York, USA.
- ❖ ***Schmidt, R.A. and C.A. Wrisberg** (2004). Motor Learning and Performance : A problem based Learning Approach. Human Kinetics, Champaign, Illinois, USA.
- **Stelmach, G.E.** (Editor). Information Processing in Motor Control and Learning, Academic Press.

Physical Fitness & Wellness :

- **ACSM** (2006). Resource Book for ACSM's Guidelines for Exercise Testing & Prescription. American College of Sports Medicine.
- ❖ **Anspaugh, D.J., M.H. Hamrick & F.D. Rosato** (2005). Wellness: Concepts and Application. McGraw Hill, USA.
- ❖ **Barnard, N.** (2001). Turn Off the Fat Gene. Harmony Books, New York, USA.
- ❖ **Corbin, C.B., G.J. Welk, W.R. Corbin and K.A. Welk** (2008). Concepts of Physical Fitness. Active Lifestyle for Wellness 14th Ed.
- ❖ **Cooper, K.H.** (1982. A primary source book). The Aerobics Program for Total Well-being. Bantam Books, USA.
- ❖ **Edlin, G. & E. Golanty** (2004). Health and Wellness. Jones and Bartlett Publishers, Sudbury, Massachusetts, USA.
- **Heyward, V.H.** (2006). Advanced Fitness Assessment and Exercise Prescription. Human Kinetics, Campaign, Illinois, USA.
- ❖ **Hoeger, W.W.K. & S.A. Hoeger** (2007). Fitness & Wellness, Thomson-Wadsworth, USA.
- ❖ ***Hoeger, W.W.K. and S.A. Hoeger** (2006). Principles and Labs for Fitness and Wellness. Thomson-Wadsworth, USA.
- **Peeke, P.** (2006). The National Body Challenge for the Whole Family. Hay House.
- **Power, S. K., SLDodd and V.J. Noland** (2006). Total Fitness and Wellness. Pearson Benjamin Cummings, San Francisco, California, USA.
- ❖ **Robbins, G., D. Powers and S. Burgess** (2008). A Wellness Way of Life, McGraw Hill, New York, USA.
- ❖ **Robbins, G., D. Powers and S. Burgess** (2008). A Fit & Well Way of Life, McGraw Hill Publishers, New York, USA.
- **Taub, E.A., F. Murad and D. Oliphant** (2007). The Wellness Solution. World Almanac Library Pub., Milwaukee, WI, USA.

Research Process & Statistics:

- **Bordens, K.S. and B.B. Abbott** (2008). Research Design and Methods 0073129068.
- **Gupta, Rakesh & Bedi, MMS** (2003). Research Process and Studies in Physical Education & Sports Sciences, Friends Publications (India), New Delhi
- **Kroll, W.P.** (1982). Graduate Study and Research in Physical Education. Human Kinetics (1982).
- **Tanner, J.M.** (1964). Physique of Olympic Athletes.
- ❖ **Thomas, J.R. & J.K. Nelson** (2001). Research Methods in Physical Activity, 4th Ed. Human Kinetics.

Sports Management and Basics of Management :

- **Bucher, C.A. and M.K. Krotee** (2002). Management of Physical Education & Sport. McGraw Hill, USA.
- **Kinicki, A. and B.K. Williams.** Management : A Practical Introduction. McGraw Hill Publishers.
- **Parkhouse, B.L.** The Management of Sports – its Foundations & Applications. McGraw Hill.
- **Sawyer, T.H.** (Editor). Facility Design and Measurement for Health, Fitness, Physical Activity, Recreation & Sports. Sagamore Publishing, L.L.C.

Professional Preparation & Curriculum Design :

- **Gupta, Rakesh & et al** (2004). Professional Preparation and Curriculum Design in Physical Education & Sports Sciences, Friends Publications (India), New Delhi.