



Sport & Fitness 2010/11



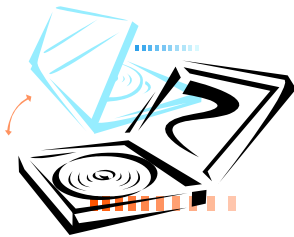


Online and on the shelves...

Welcome to all of our Sport students! We hope you enjoy your time at the College and look forward to seeing you in our Learning Centres. We have a variety of resources to make your studying easier and quicker, using the most up to date and reliable materials available.

We have a wide range of resources for you to use both onsite and online from home including books, DVDs, journals and newspapers.

A full list of the books and resources available can be found on the library catalogue.



DVD's (including)

Functioning Anatomy

Coaching Styles

Individual differences in

Performance

Magazines (including)

Coaching Edge

FitPro

Leisure Management

Leisure Opportunities

Men's Health

Health Club Management

Four Four Two

Running Fitness

We keep back copies in stock if you wish to borrow them.

If you cannot find what you are looking for, please ask us or use the library catalogue, available at:

<http://heritage.west-cheshire.ac.uk>

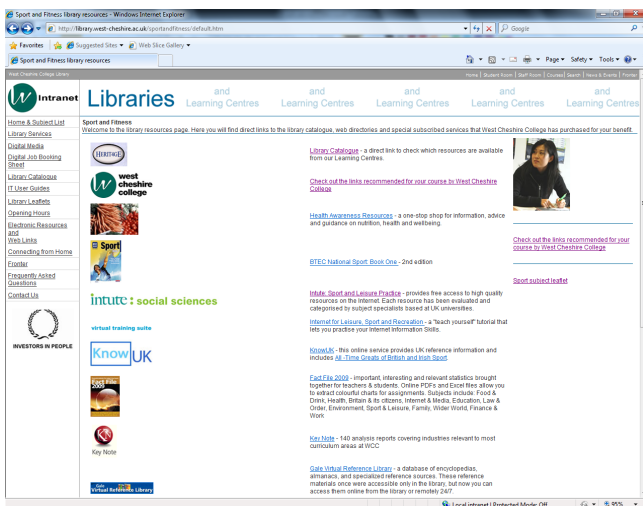


Our resources for you...

Online resources include journals, newspaper articles, recommended websites and electronic books, available 24/7 for staff and students of West Cheshire College through the Learning Resources Web site. To access them from home you will need to use your network username and password.

Sport and fitness resources on our website

<http://library.west-cheshire.ac.uk/sportandfitness/default.htm>



Online resources e.g.

Intute: Sport and Leisure Practice

Infotrac (online journals and newspapers)

Issues online

E-books e.g.

BTEC National Sport Book 1

Sport Psychology

Sport and Leisure

<http://library.west-cheshire.ac.uk>



library@west-cheshire.ac.uk





Where to find the books you need...

| Subject | Class No |
|-----------------------|-----------------|
| Anatomy | 611 |
| Exercise & Fitness | 613.7 |
| First Aid | 616.0252 |
| Health & Safety | 363.1 |
| Human Biology | 612 |
| Sport Massage | 615.822 |
| Nutrition & Dietetics | 641.1 & 613.2 |
| PE in Schools | 375.796 |
| Sport | 796 |
| Sports Injuries | 617.1027 |
| Sports Science | 796.01 |

Ellesmere Port Learning Centre

01244 670348

Chester Campus Learning Centre

01244 670574