

Textbooks for the STAC Graduate Program

Fall

- STAC 743- Functional Anatomy
 - Anatomy Trains
 - Thomas Myers
 - ISBN 13: 9780702046544
- STAC 765- Organization and Administration of S&C Programs
 - No Text Required
- EXSS 701- Advanced Exercise Physiology
 - Exercise Physiology - Energy, Nutrition and Human Performance 7th Ed. Or latest edition
 - McArdle, Katch, Katch
 - ISBN: 978-0-7817-9781-8

Spring

- EXSS 715- Statistics and Research Methods in Health and Human Performance
 - Research Methods in Physical Activity-7th Edition
 - Jerry Thomas, Jack Nelson, Stephen Silverman; 2011
 - ISBN-978-1-4504-7044-5;
- STAC 725- Muscle Physiology
 - Skeletal Muscle from Molecules to Movement
 - Jones, Round, Haan
 - ISBN- 0-443-07427-5
 - Neuromechanics of Human Movement Fifth Edition
 - Enoka
 - ISBN-13: 978-1450458801
 - ISBN-10: 1450458807
- STAC 735- Sports Movement Analysis
 - Applied Sport Mechanics Fourth Edition
 - Burkett
 - ISBN- 978-1-4925-5843-9

Summer

- STAC 760- Sports Performance Program Design
 - Periodization 6th Edition
 - Bompa and Buzzichelli
 - ISBN-13: 978-1492544807
 - Block Periodization: Breakthrough in Sport Training
 - Issurin and Yessis
 - ISBN-13: 978-0981718002
 - Block Periodization II: Breakthrough in Sport Training
 - Issurin

- ISBN-13: 978-0981718040
- STAC 761- Advanced Strength Speed and Power Design
 - Periodization 6th Edition
 - Bompa and Buzzichelli
 - ISBN-13: 978-1492544807
 - Block Periodization: Breakthrough in Sport Training
 - Issurin and Yessis
 - ISBN-13: 978-0981718002
 - Block Periodization II: Breakthrough in Sport Training
 - Issurin
 - ISBN-13: 978-0981718040
- STAC 705- Sports Nutrition
 - Sport Nutrition 3rd edition
 - Asker Jeukendrup and Michael Gleeson
 - ISBN: 978-1-4925-2903-3