



Faculty of Arts and Social Sciences
Sports Science

Course Reading

The human body and physical activity

Valid from 01/15/2024

Course Code: IDGF30

Course Title: The human body and physical activity

Credits: 7.5

Degree Level: Undergraduate level

Books

Karlsson. M., Stenevi-Lundgren, S., Linden .C., & Gärdsell. P. (2006). *Daglig gymnastik stärker skelettet*. https://lakartidningen.se/wp-content/uploads/OldWebArticlePdf/5/5035/LKT0640s2979_2980.pdf

Parker, S. (2013). *Människokroppen. En komplett guide till människans anatomi och fysiologi* (2 ed.). Tukan förlag

Tonkonogi, M., & Bellardini, H. (2012). *Åldersanpassad fysisk träning för barn och ungdom*. SISU Idrottsböcker

Referensmaterial

Kenney, L. W., Wilmore, J. & Costill, D. (2019). *Physiology of Sport and Exercise, 7rd Edition*. Human Kinetics

Manore, M., Meyer, N., & Thompson, J. (2009). *Sport Nutrition for Health and Performance* (2nd Ed.). Human Kinetics

Vetenskapliga artiklar tillkommer

Approved by the Faculty Board of Arts and Social Sciences 09/14/2023