



# Faculty of Sport and Exercise Medicine UK

Excellence in Musculoskeletal Medicine, Exercise Medicine and Team Care

## FACULTY OF SPORT AND EXERCISE MEDICINE UK ("FSEM")

### DIPLOMA IN SPORT AND EXERCISE MEDICINE – READING LIST

ACSM's Guidelines for Exercise Testing and Prescription. Lippincott, William & Wilkins, 2021

ACSM's Exercise Testing and Prescription, 2nd Edition. Jonas and Phillips. Lippincott, William & Wilkins, 2023

Active Conversations: <https://activeconversations.co.uk/>

Brukner & Khan's Clinical Sports Medicine. Volume 2 The Medicine of Exercise. Peter Brukner, Karim Khan, 5th edition, 2019

Exercise Physiology: Energy, Nutrition and Human Performance. McArdle, Katch and Katch. Wolters Kluwer Health; Ninth, International edition, 2022

Moving Medicine Website: <https://movingmedicine.ac.uk>

Physical Activity and Health: The Evidence Explained 3rd Edition: David J. Stensel, Adrienne E. Hardman, Jason M.R. Gill. Routledge 2021.

Physical Activity Guidelines: UK Chief Medical Officers' report. Department of Health and Social Care. Published; 7 September 2019. Last updated; 9 January 2020 <https://www.gov.uk/health-and-social-care/exercise-physical-activity>

WHO Global action plan 2018-2030 and global status report 2022

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

World Health Organization 2020 guidelines on physical activity and sedentary behaviour

<https://pubmed.ncbi.nlm.nih.gov/33239350/>

*All lists correct as of October 2023*

**Note for all candidates:** There is no requirement to purchase all the resources listed above; these are suggested support resources that would be helpful in preparation for the examination.

Candidates should base their revision on the syllabus, and there will be resources not part of this list that can be accessed to give more information on subjects in the syllabus. Please view this reading list as guidance only, not a requirement for your exam preparation.