

SPORTS CONDITIONING

SEM 1	FALL (15 weeks)	Book Costs	ISBN #	Book Title
REC105	Leadership and Program Planning	22.95	9780736036856	Best New Games
REC108	Introduction to Recreation/Leisure Services	82.00	9780736057813	Intro to Recreation & Leisure
REC113	Introduction to Sport Conditioning	24.95	9780736047012	Path to Athletic Power
REC114	General Exercise Protocol	104.00	9780736000154	NSCA's Essentials of Personal Training
CMM125	General Business Communication	126.75	9780176500467	Business Communication: Brief & Coursepk
PSY100	Foundations of Psychology	<u>73.25</u>	9780470679630	Visualizing Psychology
	Total	433.90		
SEM 2	WINTER (15 weeks)			
REC111	Health and Wellness			
REC119	Resistance Training for Athletes			
REC123	Recreation Facilities			
REC128	Sports and Special Events			
REC130	Legislation and Risk Management			
SOC100	Foundations of Sociology			
SEM 3	FALL (15 weeks)			
REC214	Adm of Recreation/Leisure Services	90.00	9780671027032 9780736069229	How to Win Friends&Influence People/Leisure Serv M
REC218	Marketing Recreation and Leisure	61.25	9781892132659	Marketing in Leisure & Tourism
REC235	Science of Sport Conditioning	NBR		
REC254	Work Plac.Sp.Cond. (Class-45, Plac-100)	32.25	9781580089876	What Color is Your Parachute / course pack
CMM190	Report Writing	<u>10.75</u>		Grammar Workbook course pack
	Total	194.25		
SEM 4	WINTER (15 weeks)			
REC230	Financial Management			
REC232	Volunteer Management			
REC234	Leagues and Tournaments			
REC231	Agility, Plyometric and Speed Training			
REC255	Internship (class-24, Internship-280)			

NBR = No Book Required

“Canadore College has made every effort to ensure the accuracy of this booklist. It remains the responsibility of each student to compare this list against your schedule to ensure that you purchase and secure only the materials that you need.”