

## Acknowledgements

### Chapter 1 - Health, fitness and exercise

Image Placement	Image Description	Acknowledgements
1.1	Children exercising	DGLimages
1.1	Cycling to work	Peter Macdiarmid/Getty Images
1.1	Handgrip dynamometer	BanksPhotos
1.1	Katarina	Ian Walton/Getty Images
1.2	Bolt and Mo	Clive Brunskill/Getty Images
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1.2	Cycling	Bryn Lennon/Getty Images
1.3	Ballet warm up	Vico Images/Alin Dragulin
1.3	Rest	Streeter Lecka/Getty Images
1.4	Mo	Michael Steele/Getty Images
1.6	Working - desks	monkeybusinessimages

## Chapter 2 - Exercise Physiology

Image Placement	Image Description	Acknowledgements
2.1	Cyclists	Doug Pensinger/Getty Images
2.1	Bolt	Paul Gilham/Getty Images
2.1	Muscular contraction - no movement	
2.1	Muscular contraction - movement	
2.1	Muscular contraction - movement	
2.1	Bicep	Ron Chapple Stock/Getty Images
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2.1	Muscle hypertrophy	Photo from Flickr: <a href="http://bit.ly/2ePKkhV">http://bit.ly/2ePKkhV</a>
2.2	Skeleton / football	video-doctor/Getty Images
2.2	Synovial joints 2	Types of synovial joints, OpenStax College/ Wikimedia CC, <a href="http://bit.ly/297Pxhl">http://bit.ly/297Pxhl</a>
2.2	Bicep/flexion	Ryan McVay/Getty Images
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2.2	Rotation	Andrew Redington/Getty Images
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## Chapter 3 - Movement analysis

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## Chapter 3 - Movement analysis

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3.3	Viper pod	David Rogers / Staff / Getty Images

## Chapter 4 - Psychology of sport

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4.6	Treadmill	Dragan Radojevic
4.6	Federer	Julian Finney/Getty Images

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## Chapter 6 - Personal fitness programme

Image Placement	Image Description	Acknowledgements