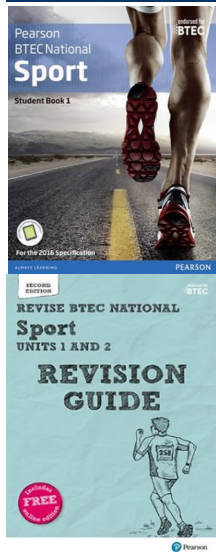


# Unit 1: Principles of Anatomy and Physiology in Sport



BTEC Nationals Sport Student Book 1 + Activebook For the 2016 Specifications - BTEC Nationals Sport 2016

Revise BTEC National Sport Units 1 and 2 Revision Guide

## You Tube:

100 Essential things you need to know about sport.  
How biomechanics works in sport. [https://youtu.be/IDR\\_pIFapVo](https://youtu.be/IDR_pIFapVo)

Basic overview of all areas of Exercise Physiology with some useful video links  
[https://www.physio-pedia.com/Physiology\\_In\\_Sport](https://www.physio-pedia.com/Physiology_In_Sport)

<https://www.nutrition.org.uk/healthyliving/an-active-lifestyle/eating-for-sport-and-exercise.html>  
The importance of Nutrition in sport

Adaptations to the Cardiovascular Systems  
<https://www.youtube.com/watch?v=ITA2ADs3g3A>  
<https://youtu.be/OLGy1a3w08s>

Adaptations to the respiratory system <https://www.youtube.com/watch?v=2JyopRjCkU>

## WEBSITES:

<https://www.theguardian.com/sport/2017/apr/07/olympic-marathon-gold-sumgong-tests-positive-drugs>

<https://www.youtube.com/watch?v=X3l3Zl1qnf5>

<https://www.wired.com/2016/03/meldonium-became-doping-drug-choice/>

<https://www.menshealth.com/uk/fitness/a749332/blood-doping-in-sport/>

<https://edgardaily.com/articles/10-famous-athletes-caught-doping/>

Andy Murray Documentary: Resurfacing [https://youtu.be/\\_e2jjv4TI6U](https://youtu.be/_e2jjv4TI6U)

<https://www.brianmac.co.uk/> Exercise Physiology, Fitness Testing, Training, Sports Psychology, Anatomy and Physiology, Nutrition

<https://www.wada-ama.org/> World anti-doping organisation up date information re use of drugs in sport

<https://www.topendsports.com/> Topend Sports is all about the top end of sports. If you are a top sports person or professional who works with athletes, or want to be, Topend Sports provides a wide range of quality information about sports, science, fitness and nutrition, plus much more.

## INSPIRATION:



Ilkley Grammar School  
A Moorlands Learning Trust Academy

# BTEC SPORT LEVEL 3

POST-16

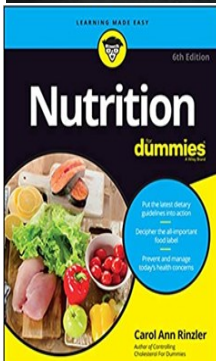
Subject Enhancement



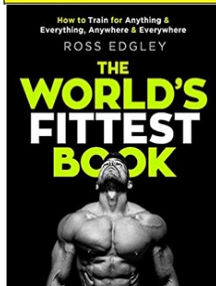
## Unit 2: Health and fitness



American College of sports medicine health and fitness journal



Nutrition for dummies- by Carol Ann Rinzler  
Good nutrition is the key to achieving and maintaining healthy weight and lifelong good health no matter how you slice it. Nutrition for Dummies, 6th Edition is a one-size-fits-all guide to nutrition that shows you how to manage your diet so you get the most bang for your buck.



The worlds fittest book- by Ross Edgley

### You Tube

An information video on lifestyle modification techniques for smoking, alcohol, stress and physical activity.

[https://www.youtube.com/watch?v=ChmNiGIV\\_as](https://www.youtube.com/watch?v=ChmNiGIV_as)

Components of physical fitness- information video looking at all 11 components of physical and skill-related fitness, includes sporting examples.

<https://www.youtube.com/watch?v=4sb37LdMO0c>

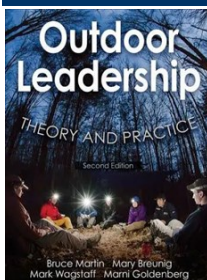
Principles of fitness training programmes: FITT

<https://www.youtube.com/watch?v=nRJUzI7mOfs>

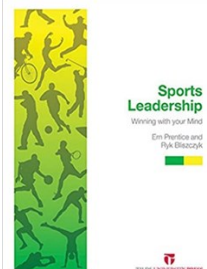
Nutritional guidance- eat well plate

<https://www.youtube.com/watch?v=MIw6q-DL6I>

## Unit 4: Sports Leadership



Outdoor Leadership Theory and Practice: Second edition by B.Martin, C,Cashel, M.Wagstaff and M.Bruening



Sports Leadership: Winning with your mind. Authors – E.Prentice & R. Bliszczyk



Leadership: Practice and Perspectives by Kevin Roe

### You Tube

Sports Leaders

<https://www.youtube.com/user/SportsLeadersUK>

Kobe Bryant: The Leader

<https://www.youtube.com/watch?v=B4YWdUQIZSI>

Remember the Titans – Leadership

<https://www.youtube.com/watch?v=0VZW54uJW4s>

Lessons in LEADERSHIP from Jürgen Klopp

<https://www.youtube.com/watch?v=4jWZVtkJdC0>

Leadership and Motivation – Coach Carter

<https://www.youtube.com/watch?v=V9SHN8jZiR4>

Rio Ferdinand's top tips - Leadership Qualities

[https://www.youtube.com/watch?v=U6HhJHT\\_ftk](https://www.youtube.com/watch?v=U6HhJHT_ftk)

## SCHOOL INFORMATION

Exam Board: Pearson

Subject Leader: Mr R C Burton

Minimum grade required: GCSE PE Grade 4

### Netflix

