

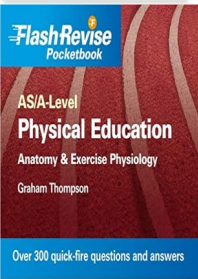
Exercise Physiology, Anatomy and Biomechanics



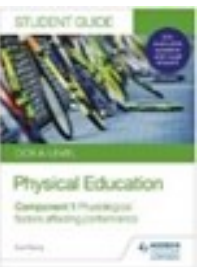
The OCR Course Text Book or all areas of the course



The OCR Course Revision Guide or all areas of the course

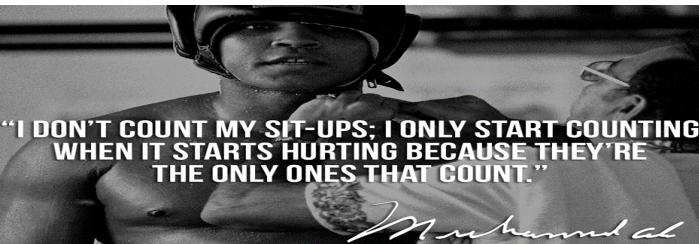


AS/A-Level Physical Education: Anatomy and Exercise Physiology Flash Revise Pocketbook Paperback



The OCR Course Revision Guide for Physiological factors Affecting Performance

INSPIRATION



Websites: Exercise Physiology, Anatomy and Biomechanics

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

<https://www.youtube.com/watch?v=X3l3Zl1qnfs>

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

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

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

Andy Murray Documentary: Resurfacing https://youtu.be/_e2jjv4Tl6U

<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.

<https://www.topendsports.com/biomechanics/>

You Tube: 100 Essential things you need to know about sport. How biomechanics works in sport. https://youtu.be/IDR_plFapVo

Basic overview of all areas of Exercise Physiology with some useful video links

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>

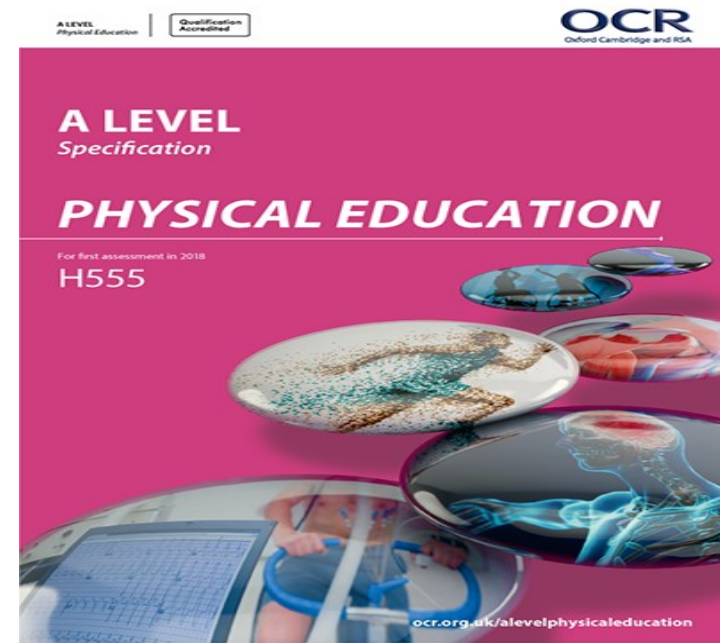
Adaptations to the respiratory system <https://www.youtube.com/watch?v=2JyropRjckU>



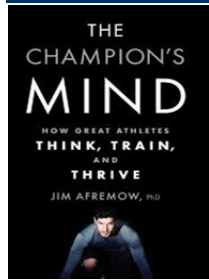
Ilkley Grammar School
A Moorlands Learning Trust Academy

A Level PE

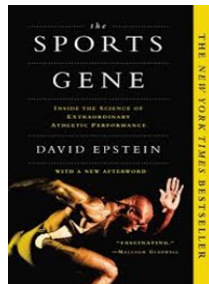
POST-16
Subject Enhancement



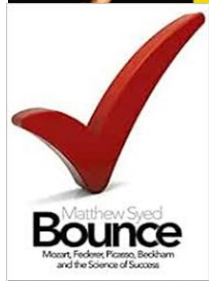
Sports Psychology



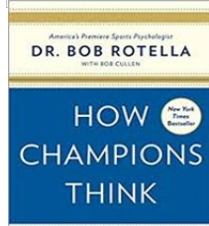
The Champion's Mind: How Great Athletes Think, Train, and Thrive
Book by James A. Afremow



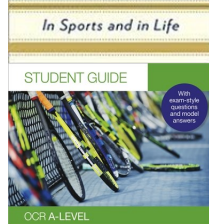
The Sports Gene: Inside the Science of Extraordinary Athletic Performance
Book by David Epstein



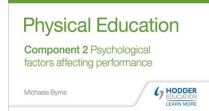
Bounce: The Myth of Talent and the Power of Practice
Book by Matthew Syed



How Champions Think: In Sports and in Life
Book by Bob Rotella



OCR A-level Physical Education Student Guide 2: Psychological factors affecting performance

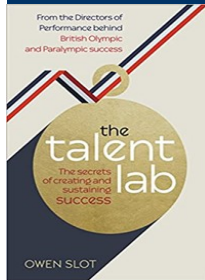


Physical Education

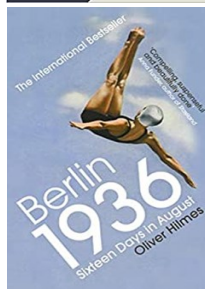
Component 2 Psychological factors affecting performance

HODDER EDUCATION

Socio-cultural issues in physical activity and sport



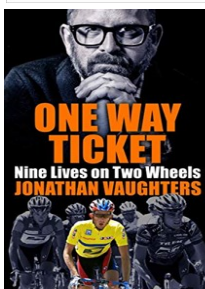
The Talent Lab: The secret to finding, creating and sustaining success



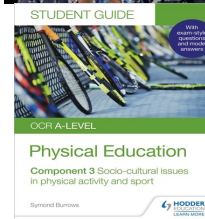
Berlin 1936: Sixteen Days in August



Sport inc.: Why money is the winner in the business of sport



One Way Ticket: Nine Lives on Two Wheels



OCR A-level Physical Education Student Guide 3: Socio-cultural issues in physical activity and sport

SCHOOL INFORMATION

Exam Board: OCR

Subject Leader: Mr S Peltier

Minimum grade required: GCSE grade 6

WEBSITES: Socio-cultural issues in physical activity and sport

<https://www.sportengland.org/>



<https://www.uk sport.gov.uk/>



<https://www.ukad.org.uk/>



INSPIRATION



NETFLIX



The English Game

The invention of football and how it rose to become the world's game by crossing class divides.



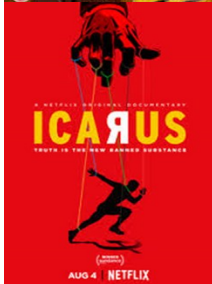
The Game Changers

Meeting visionary scientists and top athletes, a UFC fighter embarks on a quest to find the optimal diet for human performance and health.



Stop at Nothing: The Lance Armstrong Story

An intimate but explosive portrait of the man behind the greatest fraud in sporting history. Lance Armstrong enriched himself by cheating his fans, his sport, and the truth. But the former friends whose lives and careers he destroyed would prove to be his nemesis.



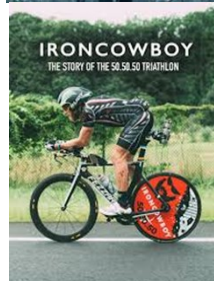
Icarus

In his Oscar-winning film, an American cyclist plunges into a vast doping scandal involving a Russian scientist -- Putin's most-wanted whistleblower.

AMAZON PRIME



[insert book name/author...]
[book description...]



Iron Cowboy

An Iron Man distance consists of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run. completing one race is considered a lifetime achievement.



Andy Murray: Resurfacing. (300)8.11h 48min2019X-Ray16+. A documentary film that tracks the tennis star's devastating injury journey between 2017-2019.

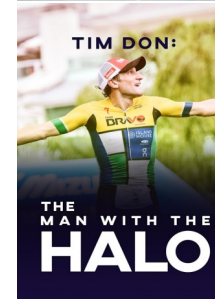


Building Jerusalem

YOU TUBE



Eluid
Our short film from inside Eliud Kipchoge's training camp, that explores the philosophies that have made him the greatest marathon runner of all time



The Man With The Halo

The Man with the Halo – A story of bravery and determination in the face of adversity.



Nike: Breaking 2

Breaking2 was a project by Nike to break the two-hour barrier for the marathon.



Michael Johnson: Survival of the Fastest

Olympian Michael Johnson makes a personal genealogical and scientific journey to discover if African American and Caribbean athletes are successful as a result of slavery