

Below are a selection of resources that are to support and help students stay engaged so that they are as well prepared to start the BTEC Sport in September.

To Watch

There are a variety of excellent sports documentaries on Netflix and Amazon prime which relate to many of the topics studied. Watching films or documentaries can provide much needed context to the areas of study and practical examples that students can use in their discussion of sport.

The English Game (History of Sport)	All or nothing series' – e.g Manchester City, The All blacks
Icarus (Drugs in Sport)	Fittest on Earth (Anatomy & Physiology, Exercise & Training)
Eat Race Win (Nutrition)	The Test (Sports psychology, Sports Coaching)
Fast Ball (Biomechanics, physiology)	Fittest on Earth – A Decade of Fitness (Exercise & Training)
Film – Moneyball (Performance Analysis)	Film - When we were Kings

Youtube is also an excellent resource for sport specific material like match highlights, coaching sessions or links to sports science and if used wisely can help students build contextual knowledge and a bank of sporting examples to support theoretical concepts.

To Read

BTEC Sport Extended Certificate in Sport specification- Year 12 units.

Unit 1 Anatomy and Physiology page 21

Unit 2: Fitness Training and Programming for Health, Sport and Well-being page 31

https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446958278_BTEC_NAT_L3_EXTDIP_SPORT_SPEC.pdf

Textbooks

If you can buy the revision guide below, it is very helpful:

Revise BTEC National Sports Units 1 and 2 Revision guide: Second edition. Paperback 19th Sept 2017 . Sue Hartigan and Kelly Sharp .

Additional reading – For some lighter reading here are a selection of recommended books: read any sports autobiography (e.g Kevin Pieterston – *KP*, Kobe Bryant – *the Mamba Mentality*, Phil Jackson - *11 Rings*, Luis Suarez – *Crossing the Line*, Andre Agassi - *Open*); Matthew Syed books – *Bounce* or *The Greatest*; David Epstein – *the Sports Gene*; H.G Bissinger – *Friday Night Lights*; Nick Hornby – *Fever Pitch: A Fan's Life*.

Websites -

Exercise & Training: www.brianmac.com;
www.topendsports.com

Elite Sport – English Institute of Sport
www.eis2win.co.uk & UK Sport –
www.uk sport.gov.uk

NSCA – National Strength and Conditioning Association
– www.nasca.com

National Governing Body Websites – e.g
www.rfu.com, www.thefa.com,
www.englishockey.co.uk

Benefits of physical activity –
www.sportengland.com Peak Performance –
www.peakendurancesport.com British Association of
Sport and Exercise Science –

BASES – www.bases.org.uk
BBC Bitesize – PE - www.bbc.co.uk/bitesize
www.bbc sport.co.uk

The Guardian Sports Blog -
<https://www.theguardian.com/sport/blog>

Fitness / Staying Active – There are several fitness and exercise apps available which offer sample workouts to help you remain active – check out Darebee.com or the Nike Training App and get started on one of the thousands of sample workouts. It would also be very beneficial to get out running or cycling using tracking apps like Nike Run Club, Strava, Map My Run or Runkeeper. These apps will record key stats like distance run, pace, speed, calories burned and will map your run so that you can get a taste of how technology is used to track and monitor performance in sport.

Twitter account @CharterPEdept. To follow the daily challenges, competitions and highlights of the week.

