

Year 11-12

Resources to help you prepare for Sport A Level

 Complete this MOOC <u>Football: more than a game</u> <i>University of Edinburgh</i>	 Listen to this radio programme from the BBC World service. Sports Hour is a live Saturday morning sports show with reports, debate and humour. There are over 280 shows available covering all world sport. <u>BBC World Service: Sports hour</u> <i>BBC Programmes</i>	 Read this article which explores the science behind wearing a helmet in sporting activities and how helmets are there to stop brain fracture and not concussion. <u>Football helmets don't protect against concussion - and we're not sure what does</u> <i>Ideas.Ted.Com</i>	 Watch this TED talk which explores how racial stereotypes have infiltrated the language we use to discuss athletes. <u>Shouldn't sports be colour-blind</u> <i>TED Talks – Patrick Ferrucci</i>	 Complete this course. <u>Exercise prescription for the prevention and treatment of disease</u> <i>Future Learn</i>
 Listen to this radio programme. This is a daily podcast bringing you the latest from the Premier League, EFL, European football and more. <u>BBC Radio 5 Live</u> <i>BBC Programmes</i>	 Read this article which explores some of the key gender issues in sports. <u>Sports are designed around men – and that needs to change</u> <i>Ideas TED</i>	 Watch this TED talk. <u>Are athletes really getting faster, better, stronger?</u> <i>TED Talks – David Epstein</i>	 Listen to this podcast in which Callum and Buncey react to KSI's split decision victory over Logan Paul in Los Angeles. <u>KSI vs Logan Paul II</u> <i>BBC Sounds</i>	 Watch this Ted Talk. <u>My 12 pairs of legs</u> <i>TED Talks – Aimee Mullins</i>
 Watch this TED Talk in which Valorie Kondos Field, long time coach of the UCLA woman's gymnastics team, shares the secret of her success. Hint: it has nothing to do with "winning". <u>Why Winning doesn't always equal success</u> <i>TED Talk – Valorie Kondos</i>	 Watch this TED talk in which Christopher McDougall explores the mysteries of the human desire to run. <u>Are we born to run?</u> <i>TED Talk – Christopher McDougall</i>	 Watch this TED Talk. How much do you know about intellectual disabilities? <u>Special Olympics let me be myself – a champion</u> <i>TED Talk – Matthews Williams</i>	 Watch this TED Talk. Amazing, inspiring feats of daring and determination that will bring you everywhere from the high skies to the deep sea. (Playlist of eight talks). <u>Extreme sports</u> <i>TED Talks</i>	 Listen to this podcast from the British Journal of Sports Medicine. It covers all sorts of aspects of Sports Medicine, from the science behind running shoes to the power of sleep. <u>BJSM Podcast</u> <i>Also available on other podcast providers – search 'BJSM'</i>

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