

Physical Education

The first year of the course is split into the three topic areas of Skill Acquisition, Anatomy & Physiology and Sport in Society.

All areas of the course are different in their focus but do come together to provide a multi-disciplinary approach to understanding how we learn the skills we need to perform, how our body responds to exercise and why we play the sports that we do.

To get an insight into where this fits into your course we suggest that you watch or listen to a range of material to give you a wider understanding of the subject and how this fits together:

Watch:

YouTube

- Are Athletes really getting faster, better, stronger? David Epstein
- Sport Psychology - inside the mind of champion athletes
- Martin Hagger Bounce - How Champions are made? Matthew Syed

BBC iPlayer

- Football going Vegan - Does it make a difference?
- Bats, Balls and Bradford Girls



Netflix

- The Game Changers
- Icarus

Listen

BBC Sport Podcast - Sport & The British Episodes:

- The Rise of Olympism
- The Making of Men
- The Corinthian Ideal
- The Dawn Of Professionalism
- Tennis & Golf In Suburbia

