



Read/Research	Watch/Listen	Revisit	Other Tasks
<ol style="list-style-type: none"> Pearson, BTEC Nationals Sport Student Book 1 Pearson, Revise BTEC National Sport Units 1 and 2 – Revision Guide Revise BTEC National Sport Units 1 and 2 Revision Workbook McArdle, Katch, Katch: Exercise Physiology Health Fitness Instructor’s Handbook (Fourth Edition), Human Kinetics Publishers Anatomy and Human Movement: Structure and Function (Fifth Edition) British Journal of Sports Medicine Exercise and Sport Science The journal of strength and conditioning research Preparing the Perfect CV, Kogan Page Successful Interview Skills, Kogan Page 	<ol style="list-style-type: none"> https://www.youtube.com/watch?v=3qnY20ezaaQ https://www.youtube.com/watch?v=uCmNQQWlrc0 https://www.youtube.com/watch?v=S-TE3iYBck&list=PLcdQDUUQX4vcifsRu-iOyqZsxtlOsWxydfgdfgdf https://www.teambath.com/fitness/fitness-testing/ Brianmac is a great website containing lots of information for a range of topics. Fitness testing is one example. https://www.brianmac.co.uk/eval.htm Physioroom.com is much more than a sales website. It contains a wealth of information on the human body, physiology, fitness testing and rehabilitation. https://www.physioroom.com/injuries/index.php Dedicated BTEC Sport podcasts. Specific to the course. https://www.btecpe.com/podcast https://www.pearsonschoolsandcolleges.co.uk/FEAndVocational/Sport/BTEC/Level3BTECNationalSport/VideoPodcast/Video%20Podcast.aspx https://www.youtube.com/watch?v=eSAqwZtTWhI 	<ol style="list-style-type: none"> Edexcel GCSE Physical Education: Unit 1. Practical merit of warm up and cool down – taught in KS3 Edexcel GCSE Physical Education: Fitness testing PEP Review how successful you were at managing exercise books and handouts. Did you ensure they were always organised in advance of the next lesson? 	<ol style="list-style-type: none"> Stay actively involved in a minimum of one competitive sport Organisation is key. Buy a diary or planner or search for suitable apps. Challenge yourself to independently start and complete tasks Research possible pathways linked to this course at post Y13 study Research blogs, podcasts and the internet for advice on how to manage a large workload

	10. https://www.youtube.com/watch?v=L_VeaCcmemU		
--	---	--	--