









CTECH Sport and Physical Activity

To help you to make the best start in your new subject, and to help you explore different and enriching aspects of the subject, your teachers have prepared a Reading, Watching and Listening list. Please access all of these resources over the summer.

	Title	Description	Hyperlink
 Read	S. Bointon, et al. 2016. Cambridge Technical Level 3 Sport and Physical Activity, 2016, Hodder Education - ISBN: 9781471874857	This is the main textbook that is required for the course and it is advised that it is purchased for the course. Unit 1 Body Systems is the first unit you will cover and this is an exam unit. The hyperlink is for Unit 1.	
 Read	Difference between ligaments and tendons	Clear, brief descriptions of a ligament and tendon. Further information on rapture damage of each is also given.	https://www.livestrong.com/article/125439-description-tendons-ligaments-muscles/
 Read	Muscle roles and contraction types	Information and explanation of muscle function and types of contractions can be found on this website.	https://www.ptdirect.com/training-design/anatomy-and-physiology/skeletal-muscle-roles-and-contraction-types
 Watch	Joints in our body	These clips show the joints and joint actions using simple animation.	https://www.youtube.com/watch?v=yYEXQbPq5jM https://www.youtube.com/watch?v=DLxYDoN634c https://www.youtube.com/

			watch?v=eSAqwZtTWhI
 Watch	Respiratory System Part 1	A crash course in the respiratory system.	https://www.youtube.com/watch?v=bHZsvBdUC2I
 Watch	Types of muscles	This clip shows the different types of muscles in the human body.	https://www.youtube.com/watch?v=YPVnIPeZKT0
	4.1 Structure of lungs and their roles	-About 2 minutes in there is a good view of a camera travelling down all the structures	https://www.youtube.com/watch?v=MF9DBxLRGIU
	4.4 Gaseous Exchange		https://www.youtube.com/watch?v=57byXpOUpSU
	LO5 Energy Systems: Role of ATP		https://www.youtube.com/watch?v=S-TE_3iYBCK
	Lactic Acid System		https://www.youtube.com/watch?v=21CMPAVT7Qs
	Aerobic System		https://www.youtube.com/watch?v=8plSKZYtHnI
	Energy continuum		https://www.youtube.com/watch?v=aYzx C5Gy8SQ

 Listen	Ted podcasts related to sport	These podcasts talk about how athletes train for their respective sports – e.g. what factors help sprinters run faster	https://blog.ted.com/5-great-ted-talks-for-athletes/
 Listen	Ted Podcasts related to physiology of sport	Generic Physiology podcasts about sport and the human body	https://www.ted.com/search?q=physiology+and+sport