

A Level Physical Education

We are delighted that you are interested in studying Physical Education for A-Level. The qualification covers many different aspects of sport and physical activity and builds upon knowledge learnt at GCSE.

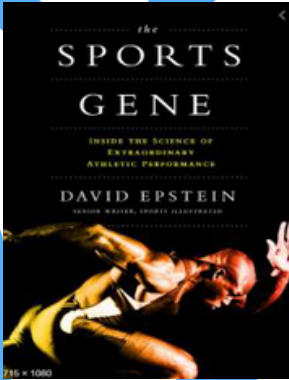
We study the AQA specification. Use the link below to have a look at this:

<https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582>

Over the summer it is important that you are following what is going on in the sporting world. There are a number of international events over the holidays so be sure to watch these and use newspapers and apps to keep up to date with current affairs. Below are a number of recommended books and documentaries which will give you insight in to the sporting world.

Recommended Reads

Although not AQA Physical Education endorsed books the following will help you to develop a deeper understanding of sports science that you will be able to apply to many different aspects of the specification. You may prefer to access some of these on Audible

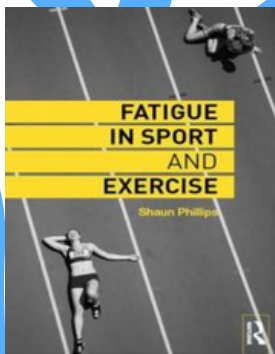


The Sports Gene: Inside the Science of Extraordinary Athletic Performance (By David Epstein)

This book explores the question of nature versus nurture as it pertains to training for athletes in sports using anecdotes which favor both sides of the argument. These anecdotes are combined with the results of statistical studies to give the reader an understanding of the magnitude that biology plays in athletics. Topics such as the effects of gender, race, genetics, culture, and physical environment are discussed as contributors to success in specific sports.

The Science of the Tour de France Training secrets of the world's best cyclists (By James Witts)

Find out why Formula One telemetry is key to more bike speed; how power meters dictate training sessions and race strategy; how mannequins, computational fluid dynamics and wind-tunnels are elevating aerodynamics to the next level; why fats and training on water alone are popular in the peloton; and why the future of cycling will involve transcranial brain stimulation and wearable technology.

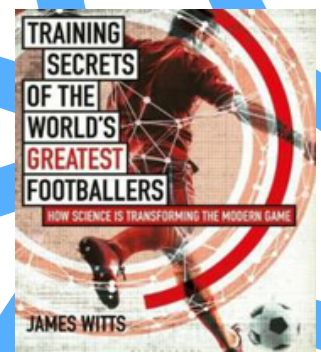


Fatigue in Sport and Exercise (By Shaun Phillips)

The book examines the different 'types' of fatigue and the difficulties of identifying which types are prevalent during different types of exercise, including a discussion of the most important methods for measuring fatigue. It introduces the fundamental science of fatigue, focusing predominantly on covering physiological aspects, and explores key topics in detail, such as energy depletion, lactic acid, dehydration, electrolytes and minerals, and the perception of fatigue.

Training Secrets of the World's Greatest Footballers How Science is Transforming the Modern Game (By James Witts)

Why does Paul Pogba wear custom-made compression socks? Why does Sergio Agüero altitude-train when returning from injury? From virtual-reality units to the omnipresence of GPS vests, taking in brain-training, innovative gear and performance nutrition along the way, you'll discover what it takes to reach the top of the game - and how to apply this knowledge to your own training.



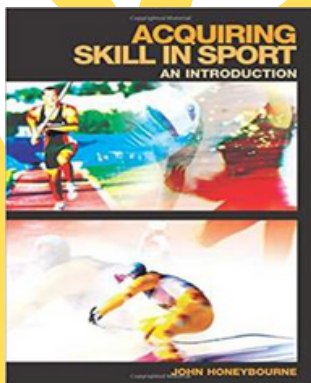
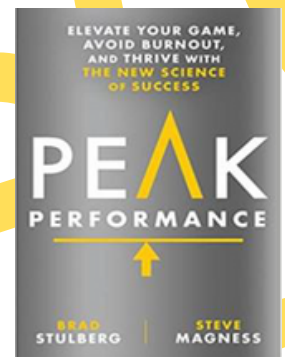


Bounce: The Myth of Talent and the Power of Practice (By Matthew Syed)

What is the magic spark that sees David Beckham and Tiger Woods soar above all their competitors, and could the secret lie in the practice regime of Mozart? Matthew Syed's dazzling investigation of high achievement draws on the stories of sports stars and the most up-to-date science to uncover the surprising factors that lead to world beating success. The follow up books *The Greatest: The Quest for Sporting Perfection* is also worth a read. Lots of relevance to the skill acquisition section of the specification.

Peak Performance: (By Brad Stulberg)

Peak Performance combines the inspiring stories of top performers across a range of capabilities from athletic to intellectual to artistic with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. Peak Performance presents the newly-discovered links that hold promise as performance boosters, but that have been traditionally overlooked.



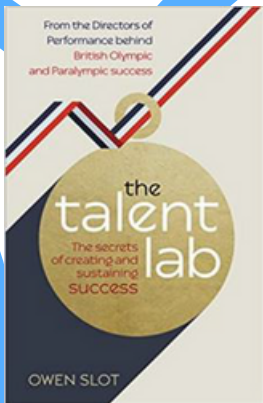
Acquiring Skill in Sport: An Introduction: (By John Honeybourne)

The book is a user-friendly, highly accessible text for the students to understand the basic concepts of sport skills acquisition. Each chapter covers important theoretical background and shows how this theory can be applied through practical examples from the world of sport. The book also examines the ways in which skills can be most effectively and addresses issues such as: characteristics and classifications of abilities and skills in sport, information processing in sport, motor programmes and motor control, and the process of learning and presentation of skills and practices.

Peak : How All of Us Can Achieve Extraordinary Things (By Anders Ericsson)

Ericsson's research focuses on the real world, and he explains in detail, with examples, how all of us can apply the principles of great performance in our work or in any other part of our lives.' Do you want to stand out at work, improve your athletic or musical performance, or help your child achieve academic goals? Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens.



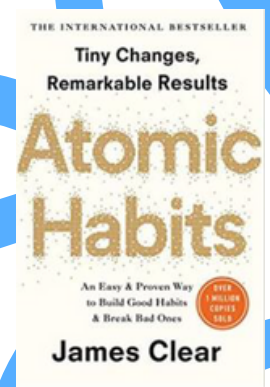


The Talent Lab: The secret to finding, creating and sustaining success. (By Owen Slot)

The Talent Lab is the inside story of exactly how a smart-thinking army of athletes, coaches, talent finders, innovators, disruptors, analysts and psychologists utilised the cutting-edge insight of elite performance to succeed where other nations failed – and turn Britain into an Olympic superpower.

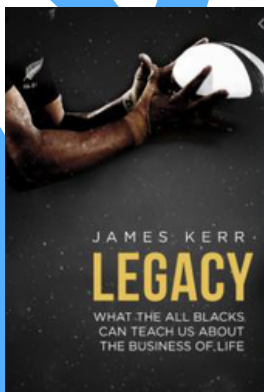
10. Atomic Habits: Tiny changes, remarkable results. (By James Clear)

James Clear reveals how miniscule changes can grow into life-altering outcomes. He uncovers a handful of simple hacks...and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way he tells inspiring stories of Olympic gold medallists, leading CEOs and distinguished scientists who have used the science of tiny habits to stay productive, motivated and happy.



Legacy: What the All Blacks can teach us about life. (By James Kerr)

The All Blacks are the world's most successful sporting outfit, undefeated in over 75% of their international matches over the last 100 years. What is the secret of their success? And what can we - as individuals, companies and teams - learn from them?



The Secret Race: Inside the Hidden World of the Tour de France (By Tyler Hamilton & Daniel Coyle)

On a fateful night in 2009, Tyler Hamilton and Daniel Coyle met for dinner in Boulder, Colorado. Over the next eighteen months, Hamilton would tell Coyle his story, and his sport's story, in explosive detail, never sparing himself in the process. In a way, he became as obsessed with telling the truth as he had been with winning the Tour de France just a few years before.



Sports Documentaries

Watching the following documentaries will add to your depth of knowledge that will add to your understanding of sport. Many of these can be found on YouTube or on Netflix or Prime TV. This is not an exhaustive list and will be added to over time.

Icarus

When filmmaker Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. Dirty urine, unexplained death and Olympic gold are all part of the exposure of the biggest scandal in sports history.

<https://www.netflix.com/title/80168079>



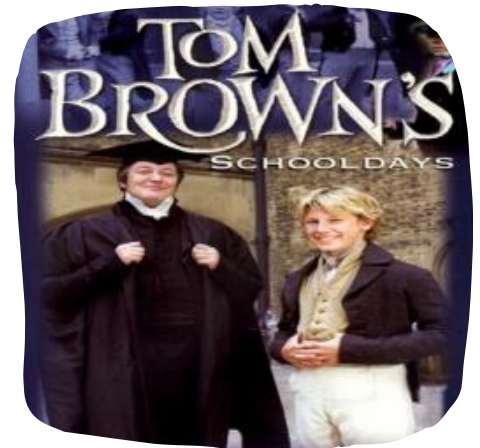
Lance & Oprah – This Interview

In this interview disgraced cyclist Lance Armstrong has held a "no-holds barred" interview with chat show host Oprah Winfrey. The 41-year-old American lifts the lid on one of the most high-profile stories in sporting history. Links to the drugs in sports and deviance areas of the course.

<https://www.youtube.com/watch?v=2jtDH-10m2s>

Tom Browns Schooldays

Drama about life at Rugby School in Victorian England. The headmaster is fair but not effective and life is brutal for the young boys because of bullying and its consequences. Links the era of popular recreation and the influence of Public Schools on rational recreation.



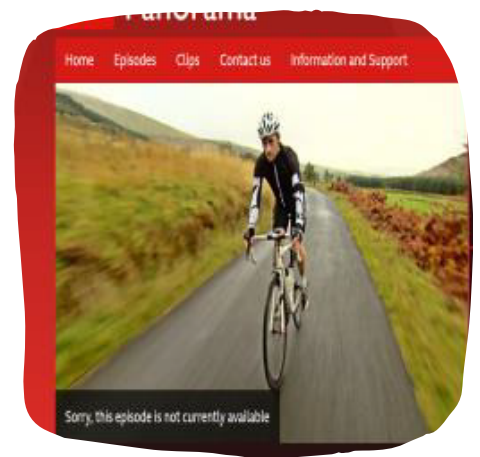
ESPN Films: Enhanced (Six Episode Docuseries 2019)

Unprecedented behind-the-scenes look at how athletes are using modern technology and science to achieve greatness. https://www.espn.com/video/clip/_id/24055829 Can be found on the media platform vimeo.com. Great links to sports technology physiology & psychology.

Sports Documentaries

Catch Me if You Can. BBC Panorama Documentary.

Mark Daly investigates doping in athletics and explores apparent allegations against Alan Wells, Alberto Salazar and Galen Rupp, allegations which they all strenuously deny. <https://www.youtube.com/watch?v=O4ck8LwApd4> Great links to deviance and drugs in sport.



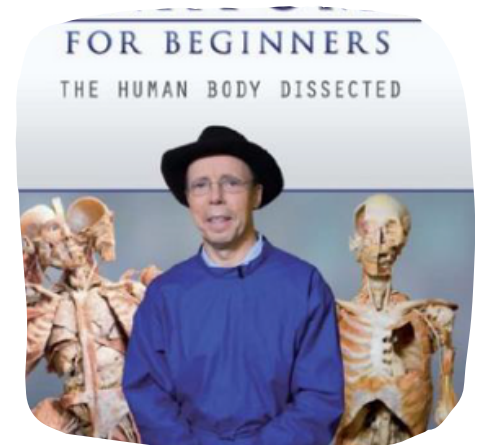
Whites Vs Blacks: How Football changed a Nation. BBC Documentary.

Adrian Chiles looks into an extraordinary game of professional football that took place in May 1979, when an all-white team took on a side comprised solely of black players. <https://www.youtube.com/watch?v=3ne6eRxtBCs> Links to factors effecting participation in sport.



Anatomy for Beginners – The Human Body Dissected.

In this series you can see highlights of the dissections and learn more about the human body. Your anatomical guides are controversial anatomist Dr Gunther von Hagens, who dissects the bodies, and pathologist Prof. John Lee who explains how they work in health and in disease. At the heart of each episode is a human dissection, carried out by von Hagens, each episode focusing on a different set of anatomical systems: movement, circulation, digestion and reproduction.



The Truth about Fitness

Medical journalist Michael Mosley teams up with scientists whose latest research is turning common knowledge about fitness on its head. They reveal why 10,000 steps is just a marketing ploy and that two minutes of exercise is all a person needs each week. They discover how to get people to stick to their fitness plans and what exercise can actually make everyone more intelligent. Whether it is for couch potatoes who hate the thought of exercise, someone too busy to consider the gym, or even for fitness fanatics who are desperate to do more - science can help everyone exercise better.

<https://www.bbc.co.uk/iplayer/episode/b09qjl7d/the-truth-about-15-getting-fit>



Sports Documentaries

The English Game

Netflix drama that is highly relevant to the Sport and Society section of the course. This series looks at the invention of football and how it rose to become the world's game by crossing class divides.

<https://www.netflix.com/title/80244928>



Breaking 2

Brilliant Amazon TV documentary focusing on three athletes attempting to break the 2hr marathon record.

<https://www.amazon.com/Breaking2-Season-1/dp/B075QV64XY>

The Game Changers

James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live.

<https://www.netflix.com/title/81157840>



Crossing the Line

This is the story of the highly controversial 2018 Test series between Australia and South Africa involving the infamous ball-tampering scandal, Sandpapergate. Links to the deviance in sport and group dynamics section of the specification.

<https://www.youtube.com/watch?v=MKcuHAec6GM>

Sports Documentaries

Break Point.

Follows a diverse group of tennis players on and off the court as they compete in gruelling slams with hopes of winning a final and even bigger dreams of becoming world number one. Break Point gets up close and personal with top players on the tennis circuit through an entire year traveling across the globe for all four Grand Slams and the ATP and WTA tours.

<https://www.netflix.com/gb/title/81569920>



FORMULA 1 DRIVE TO SURVIVE



Formula 1: Drive to Survive

Formula 1: Drive to Survive is a documentary series produced in a collaboration between Netflix and Formula One, to give a behind-the-scenes look at the drivers and races of the Formula One World Championship.

<https://www.netflix.com/gb/title/80204890>

Full Swing

This immersive documentary series follows a diverse group of professional golfers – on and off the course – during a relentless season of competition.

<https://www.netflix.com/gb/title/81483353>



Welcome to Wrexham

Docuseries chronicling the purchase and stewardship of Wrexham AFC, one of professional football's oldest clubs, by two Hollywood actors, Ryan Reynolds and Rob McElhenney.

Available to watch on Disney+

