

# BTEC Sport

The first year of the course is split into a range of units, which vary in their focus and their assessment. All areas of the course are different 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 a range of material to give you a wider understanding of the subject and how this fits together.

## **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