

CTEC Sport Level 3 Reading list

Books

Course textbook;

https://www.amazon.co.uk/Cambridge-Technicals-Level-Physical-Activity/dp/1471874850/ref=sr_1_1?dchild=1&keywords=ocr+cambridge+technicals+sport+level+3&qid=1590069318&sr=8-1

Other;

https://www.amazon.co.uk/Bounce-Myth-Talent-Power-Practice/dp/0007350546/ref=asc_df_0007350546/?tag=googshopuk-21&linkCode=df0&hvadid=310872601819&hvpos=&hvnetw=g&hvrnd=436910992298763619&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9046096&hvtargid=pla-453642636168&psc=1&th=1&psc=1

Articles

Sport Development;

<https://www.uk sport.gov.uk/our-work/investing-in-sport/how-uk-sport-funding-works>

<https://www.sportengland.org/campaigns-and-our-work>

Sport psychology;

<http://www.sportpsychologytoday.com/sport-psychology-for-coaches/the-power-of-visualization/>

Injuries;

<https://www.nhs.uk/conditions/sports-injuries/>

<https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/>

<https://www.healthline.com/health/sports-injuries#types>

Women in sport;

<https://www.womeninsport.org/research-and-advice/our-publications/reframing-sport-for-teenage-girls-building-strong-foundations-for-their-futures/>

Training and programming;

<https://www.ptdirect.com/training-delivery/client-assessment/the-pro2019s-and-con2019s-of-fitness-testing>

<https://www.livestrong.com/article/353538-personal-training-workout-routines-for-clients/>

Watching list

Psychology;

<https://www.youtube.com/watch?v=BxgQ61aKANw>

The last Dance - Netflix

Women in sport;

<https://www.womeninsport.org/research-and-advice/our-publications/removing-the-barriers-to-sport-for-muslim-girls/>

Training and programming;

<https://www.bbc.co.uk/sport/get-inspired/32416767>