

BTEC Level 3 Sport

Core textbooks

- Pearson BTEC National Sport

Revision Guides

- Revise BTEC National Sport Units 1 and 2
- Revise BTEC National Sport Unit 1 Practice Assessments Plus
- Revise BTEC National Sport Unit 2 Practice Assessments Plus

Further resources to aid with BTEC curriculum

- Quizizz
- Past Papers- [BTEC Nationals | Sport \(2016\) | Pearson qualifications](#)



Take it further

To extend and develop your subject knowledge and understanding do look at resources outside of the BTEC curriculum. The resources below are not an exhaustive list. Please do discuss with the PE department anything in particular that you are interested in finding out about and we can point you in the right direction.

Unit	Read	Listen- Podcasts	Watch	Explore and visit
1: Anatomy and Physiology	<ul style="list-style-type: none"> Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers Human Anatomy & Physiology (10th Edition) Anatomy and Human Movement: Structure and Function (Fifth Edition) British Journal of Sports Medicine Exercise and Sport Science International Journal of Sports Science and Coaching 	<ul style="list-style-type: none"> Anatomy and Physiology for Students Understanding Anatomy and Physiology (F.A Davis) Focus on Sports Medicine: Specific Effects of Exercise on the Cardiac Anatomy and Physiology Essentials of Anatomy and Physiology (Sixth Edition F.A. Davis) 	<ul style="list-style-type: none"> Planet PE- You Tube Human- The World Within- Netflix Functions of the skeleton https://www.youtube.com/watch?v=ltFutvTye8c Factors affecting the skeletal system https://www.youtube.com/watch?v=J0QHINPBuyQ Types of muscles https://www.youtube.com/watch?v=YPVnIPeZKT0 Responses of the skeletal system to exercise https://www.youtube.com/watch?v=w07r1e6U-54 <p>Channels</p> <ul style="list-style-type: none"> My PE Exam https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ The PE Tutor https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug James Morris – https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw Icarus- Netflix Breaking 2: The Documentary Breaking2. Nike GB 	<ul style="list-style-type: none"> Science Museum- London Queen Elizabeth Olympic Park- London Body Worlds Exhibition (only available at certain times of the year- check availability here: BODY WORLDS - Take an eye-opening journey under the skin!)

2: Fitness Training and Programming for Health, Sport and Wellbeing	<ul style="list-style-type: none"> Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers American College of Sports Medicine's Health and Fitness Journal British Journal of Sports Medicine Exercise and Sport Sciences 	<ul style="list-style-type: none"> Fitness and Strength Training (Francis Sanderson) Huberman Lab: Guest Series Dr Andy Galpin: Optimize Your Training Program for Fitness & Longevity 	<ul style="list-style-type: none"> Diet and Nutrition https://www.youtube.com/watch?v=M2z78d2nfl4 Sedentary Lifestyle https://www.youtube.com/watch?v=1qZ_Miilz6U <p>Channels</p> <ul style="list-style-type: none"> Planet PE https://www.youtube.com/channel/UCZYCR8YjZlb5S3DMZW3u7g My PE Exam https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ The PE Tutor https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug James Morris https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw Pumping Iron- Netflix Froning: The Fittest Man in History- Amazon 	<ul style="list-style-type: none"> Snap Fitness Swallows Gym Reynolds Gym Team RAF Personal Training & Fitness
3: Professional Development in the Sports Industry	<ul style="list-style-type: none"> Working with Volunteers in Sport Preparing the Perfect CV, Kogan Page Successful Interview Skills, Kogan Page The Perfect Job Application, Kogan Page Sport and Fitness Uncovered, Trotman 	<ul style="list-style-type: none"> The Work in Sports Podcast- Insider Advice for Sports Careers (Brian Clapp) Women in Sports Therapy (Sports Therapy Association) The SportsGrad Podcast: The Ultimate Guide to Make it in the Sports Industry 	<ul style="list-style-type: none"> All or Nothing- Amazon Prime The Last Dance- Netflix I am Bolt- Netflix <p>Unit 3: Professional development in the sports industry - A2 task - YouTube</p> <p>Unit 3 Professional development in the sports industry. Job Description & Personal Specification - YouTube</p> <p>Unit 3 Professional development in the sports industry - Legislation - YouTube</p> <p>Channels</p> <ul style="list-style-type: none"> SBPE- You tube 	<ul style="list-style-type: none"> Queen Elizabeth Olympic Park- London Wimbledon Lawn Tennis Museum- London Wembley Stadium- London Twickenham Rugby Museum- London Cyclopark- Gravesend

<p>5: Application of Fitness Testing</p>	<ul style="list-style-type: none"> • Exercise Physiology Laboratory Manual: Health and Human Performance (Fourth Edition), McGraw Hill • American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription • The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness • Advanced Fitness Assessment and Exercise Prescription (Fifth Edition), Human Kinetics • Exercise Physiology: Theory and Application to Fitness and Performance (Sixth Edition), McGraw Hill 	<ul style="list-style-type: none"> • Amateur Boxing Strength and Conditioning, Fitness Testing and More: Episode 36 • The Knowledge Podcast: Testing, Testing, 1,2,3: Why Fitness Testing Matters (Episode 25) • Stronger by Science: Q&A: Exercise Selection, Fitness Testing and Work-Life Balance (Episode 106) 	<ul style="list-style-type: none"> • Fitness Testing at Home! 11 Tests for Students, PE Teachers & Personal Trainers - YouTube • BTEC PE - Fitness Testing Overview - YouTube • Neville v Carragher in the Referee Fitness Test! The Referees Part 1 - YouTube <p>Channels</p> <ul style="list-style-type: none"> • Mr B - Mr B - YouTube • Planet PE https://www.youtube.com/channel/UCZY YCR8YjZlb5S3DMZW3u7g 	<ul style="list-style-type: none"> • Snap Fitness • Swallows Gym • Reynolds Gym • Team RAF Personal Training & Fitness
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