



An Interesting
Article...

How COVID-19 is Affecting the World of Sports



**Course Outline** 



## **TED Talk**

How Playing Sports Benefits Your Body and Brain



## **Online Course**

Nutritional Strategies for Sports Performance and Growth



## **Wider Reading**

Catastrophe Theory in Sport



Thinking About Careers

Unifrog

SPORT AND PHYSICAL ACTIVITY





## **YouTube**

Jessica Ennis-Hill Workout with a Champion