

## Podcasts

- **BBC Radio 4 Don't Tell Me The Score:** What can sport teach us about life and how best to live it? Each week Simon Mundie sits down with an expert and uses sport to answer life's big questions.
- **The Real Science of Sport:** Sports scientist Professor Ross Tucker and veteran journalist Mike Finch break down the myths, practices and controversies from the world of sport.
- **BBC Sounds:** Numerous sport podcasts including the hilarious **That Peter Crouch** Podcast.
- **Experts in Sport:** Bringing together sporting excellence and academic knowledge from Loughborough University. On iTunes and Spotify.

## Websites & You Tube

- <https://sportsscientists.com/> <https://www.uksport.gov.uk/>
- <https://www.sportengland.org/>
- <https://www.bbc.co.uk/sport>
- <https://www.theguardian.com/uk/sport>
- <https://www.sportandrecreation.org.uk/>
- <https://www.youthsporttrust.org/>

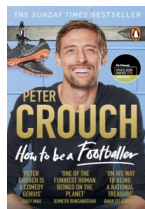
Just a small selection of the numerous online resources available.



JSTOR.ORG

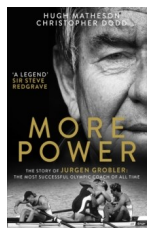
The school subscribes to JSTOR, a digital library of academic journals, e-books and primary sources.

## Memoirs



### How to be a Footballer by Peter Crouch

Hilarious insight into the world of the premiership footballer. The fashion, the cars, the social media gaffs with a bit of ball kicking here and there. **796**



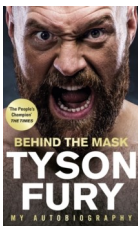
### More Power: The Story of Jurgen Grobler by Dodd & Matheson

Arriving from East Germany after the fall of the Berlin Wall, this is the story of the rowing coach who consistently took England to Olympic glory, with various boat classes and an ever changing group of athletes. **797**



### Running up that Hill: The Highs and Lows of Going That Bit Further by Vassos Alexander

Radio personality and Swindon Park Run regular, Alexander recalls his own endurance running tales, and what keeps him going mile after mile after mile. **796**



### Behind the Mask: My Autobiography by Tyson Fury

Unflinching autobiography from a great boxer and man who demonstrated strength of a very different kind by conquering his demons. **796**

## Inspiration

“Sport is a universal language, building more bridges between people than anything else.”

Sebastian Coe

Learning Resource Centre 2023/24



The  
Ridgeway  
Sixth  
Form  
College

## DIPLOMA IN SPORT

### SUBJECT RESOURCES FOR R6 STUDENTS

All available from the

### LEARNING RESOURCE CENTRE



Learning Resource Centre 2023/24

# Non-Fiction

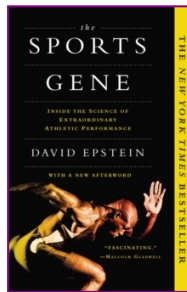
Books you may find useful to broaden your

Sports knowledge will be found in libraries under the following Dewey Decimal numbers:

**Events Management:** 394      **Human Anatomy:** 611

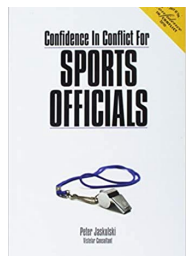
**Human Physiology:** 612      **Personal Health:** 613

**Outdoor Sport:** 796



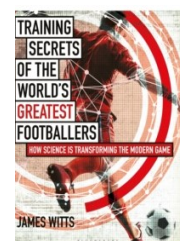
**The Sports Gene: Inside the Science of Extraordinary Athletic Performance** by David Epstein

Scientific exploration of whether sports champions are genetic freaks or normal people who have overcome their biological limits through sheer force of will and obsessive training. **611**



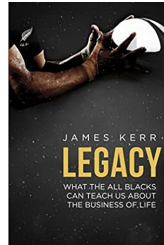
**Confidence in Conflict for Sports Officials: Practical Tips for Staying out of the Cross Fire and Keeping the Peace During the Game** by Pete Jaskulski

Top tips for anyone, of any age who officiates at sports events. **796**



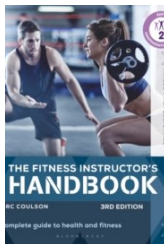
**Training Secrets of the World's Greatest Footballers** by James Witts

How sports scientists are key figures at every top club, applying cutting-edge techniques to boost fitness, accelerate recovery to create lean, mean, winning machines. **796**



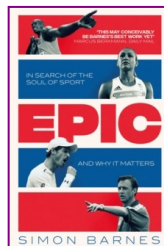
**Legacy: What the All Blacks Can Teach Us About the Business of Life** by James Kerr

The secrets of sustainable success in 15 powerful lessons, based on the practice of one of the most successful sporting teams in the world—the All Blacks. **650**



**The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness** by Morc Coulson

The essential guide for anyone working in, or wishing to enter, the fitness industry. **613**



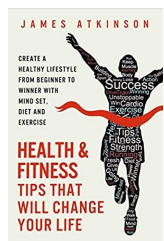
**Epic: In Search of the Soul of Sport and Why it Matters** by Simon Barnes

Combining a journalistic eye for detail and emotional integrity, Barnes' recollections of epic sporting moments of the last 30 years, show us how sport can help us enjoy life for the better. **796**



**The Event Manager's Bible: The Complete Guide to Planning and Organising a Voluntary of Public Event** by D G Conway

Top tips on research, planning and delivering any event attended by more than a handful of people! **394**



**Health & Fitness Tips that will Change Your Life** by James Atkinson

Easy to implement strategies on nutrition, exercise and mind-set to enhance your lifestyle. **796**

# School Information

**Exam Board:** Pearson

**Subject Leader:** Mrs R Hill

Minimum grade required: 5 GCSE's with grades 5-9.

# Magazines & Newspapers

You may wish to consider subscribing to :



**Women's Health**

Monthly publication with workout tips, recovery advice, health, nutrition and fitness gear.



**Men's Fitness**

Monthly publication with advice and articles on workouts, health, fitness, nutrition and gear.



**Newspapers**

For a quick weekly round up of current sport commentary, fixture and articles, look in the Sunday newspapers.