

OCR Level 3 Cambridge Extended Certificate in Sport and Physical Activity

Websites/Videos/Downloads:

- www.brianmac.co.uk
 - Anatomy & Physiology: <http://www.brianmac.co.uk/physiol.htm>
 - Fitness Testing: <http://www.brianmac.co.uk/eval.htm>
 - Altitude Training: <http://www.brianmac.co.uk/environ.htm>
 - Energy Systems for Performance:
<http://www.brianmac.co.uk/articles/scni2a6.htm>
- https://www.ted.com/talks/pico_iyer_what_ping_pong_taught_me_about_life
- https://www.ted.com/talks/alex_honnold_how_i_climbed_a_3_000_foot_vertical_cliff_without_ropes
- https://www.ted.com/talks/erez_garty_football_physics_the_impossible_free_kick