

Sports Reading List (A Level and BTEC)

Wider Reading

- The Performance Cortex - How neuroscience is redefining athletic genius by Zach Schonbrun
- Mo Farah – Autobiography
- What doesn't kill us by Scott Carney
- Becoming a supple leopard by Kelly Starrett
- Legacy by James Kerr
- Chasing Excellence by Ben Bergeron
- Gaming the World: How Sports Are Reshaping Global Politics and Culture by Andrei Markovits
- The Changing Politics of Sport by Lincoln Allison
- The Psychology of Winners by Dr. Dennis Waitley
- Feet in the clouds : A tale of Fell-running and obsession by Richard Askwith
- Born to Run: The Hidden tribe, the ultra-runners and the greatest race the world has never seen. By Christopher Mcdougall
- Bounce : The myth of talent and the power of practice by Matthew Syed

Podcasts, Journals and Other resources

- The A Level PE Podcast
- The Sport Psych Show (Podcast)
- BBC Sports Podcast

TED Talks

- There are lots of sports TED Talks, start here:

https://www.youtube.com/watch?v=yG7v4y_xwzQ

