Cambridge TECHNICALS

RESOURCES LINK LEVEL 3

VERSION 2

SPORT

Level 2 and Level 3

OCR

Oxford Cambridge and RSA

WELCOME

Resources Link is an e-resource, provided by OCR, for teachers of Cambridge Technicals in Sport. It provides descriptions of, and links to, a variety of teaching and learning resources that you may find helpful.

In Resources Link you will find details of OCR's own support materials along with information about publisher partner, endorsed and other independent resources.

Where appropriate, we have mapped the resources to the OCR specifications, and provided information about their cost and format.

If you know of other resources you would like to see included here, or discover broken links, please let us know. We would also like to hear from you if have any feedback about your use of these, or other, OCR resources. Please contact us at resourcesfeedback@ocr.org.uk

Types of Resource

OCR Produced Resources
These are resources devised and produced directly by the Resources Development Team at OCR.

Publisher Partner Resources
For many subjects OCR works with a publisher partner to ensure that good quality resources such as textbooks are available for first teaching.

Whilst the publisher partner has access to our subject experts and we quality check and endorse these resources they are produced by, and remain the property of, the publisher partner. There is no financial link between OCR and its publisher partners and we do not pay for the development of, or receive any royalties from, these resources.

Endorsed Resources
These resources were produced entirely independently of OCR, but we have quality checked them for their suitability as a resource to support our qualifications.

Other Resources
Unless specifically stated these resources are completely independently produced and are not endorsed by OCR. We have looked at them though, and we think they could be useful in supporting our specifications.

We leave it to you, as a professional educator, to decide if any of these resources are right for you and your students, and how best to use them.

You can now ***click here***, if you want to see an index of all resources mapped to subject topics.

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click on a resource to go to the appropriate page.

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- Long term effects of exercise on the cardiovascular system
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- Exercise and muscle directory
- Exercise database
- Physiology of Sport and Exercise – W. Larry Kenney

The skeletal system

This resource gives a comprehensive overview of the skeletal system, including structure of bones and joints and the range of movement possible at different joints.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

http://healthpages.org/anatomy-function/musculoskeletal-system-bones-joints-cartilage-ligaments/

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Movement analysis

This website provides analysis of skeletal movement for major sporting actions

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

www.brianmac.co.uk/moveanal.htm

If you know of any resources that you think should appear here, or if you identify broken links please let us know. We would also like to hear from you with your feedback about your use of any of the resources listed here. Please contact us at

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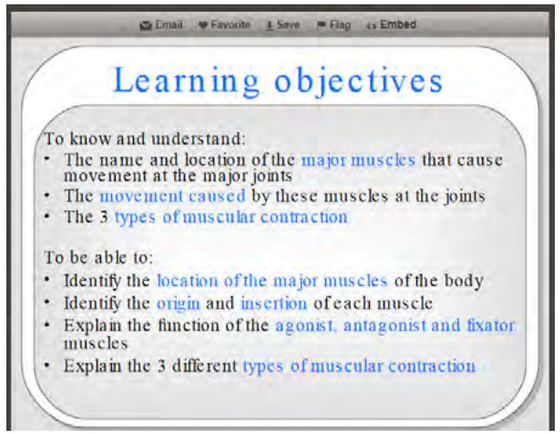
Muscles and movement



This PowerPoint presentation details the major muscles, how these muscles move at each joint and the different types of muscle contraction.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: PowePoint

www.slideshare.net/hchapman28/muscles-and-movement-2

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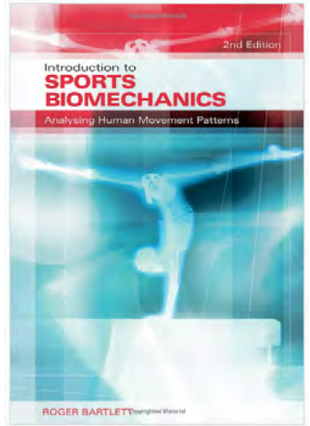
Introduction to sports biomechanics



This book provides an accessible and comprehensive guide to biomechanics and is full of visual aids to support the text. Every chapter contains cross references to key terms and definitions from that chapter, learning objectives and summaries, study tasks to confirm and extend your understanding, and suggestions to further your reading.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Approx £30

Format: Book

www.amazon.co.uk/dp/0415339944

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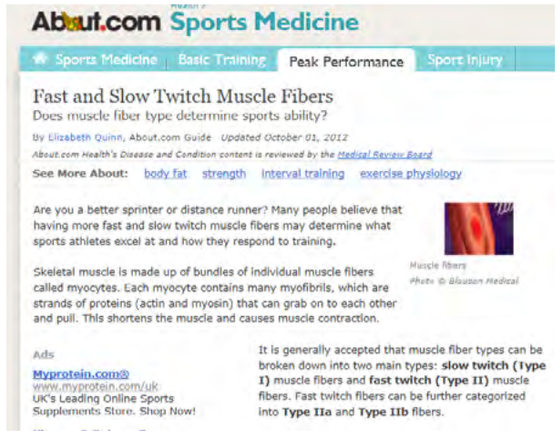
Fast and slow twitch muscle fibres



This webpage gives a detailed description of fast and slow twitch muscle fibre and provides links to additional reading on this subject.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

http://sportsmedicine.about.com/od/anatomyandphysiology/a/MuscleFiberType.htm

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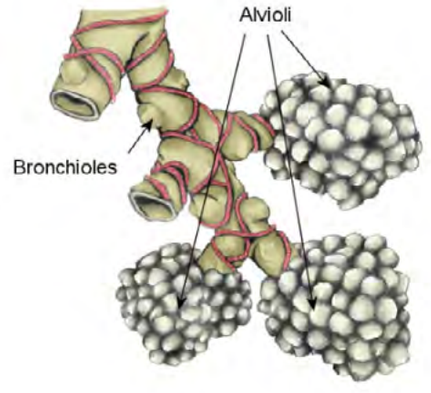
The respiratory system



This website includes clear diagrams and a detailed explanation of the respiratory system.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

www.teachpe.com/anatomy/respiratory_system.php

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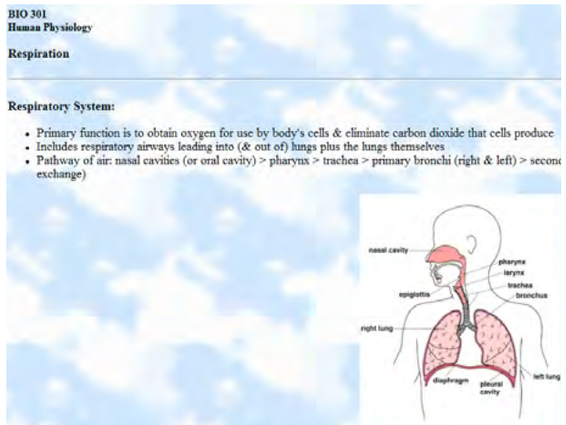
Respiratory system


BIO 301
Human Physiology

Respiration

Respiratory System:

- Primary function is to obtain oxygen for use by body's cells & eliminate carbon dioxide that cells produce
- Includes respiratory airways leading into (& out of) lungs plus the lungs themselves
- Pathway of air: nasal cavities (or oral cavity) > pharynx > trachea > primary bronchi (right & left) > secon exchange)

This resource includes a detailed description of the respiratory process and various diagrams and video clips to reinforce understanding.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

http://people.eku.edu/ritchisong/301notes6.htm

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resources.feedback@ocr.org.uk

Energy systems

This resource explains the different energy systems clearly and simply.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

www.topendsports.com/medicine/systems.htm

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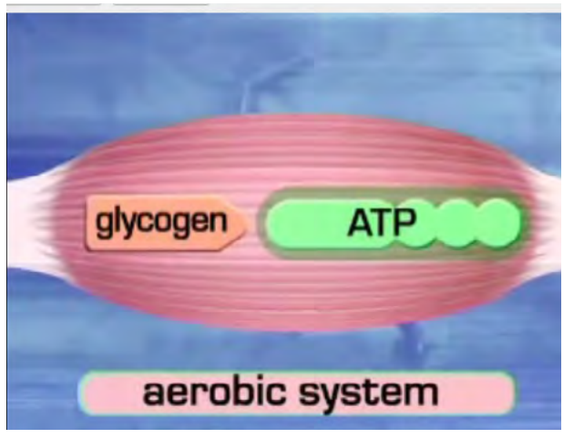
Aerobic system



This informative clip clearly explains the aerobic system and the effect it has on physical activity. There is a sister clip that covers the anaerobic energy system.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

www.youtube.com/watch?v=PQMsJSme780

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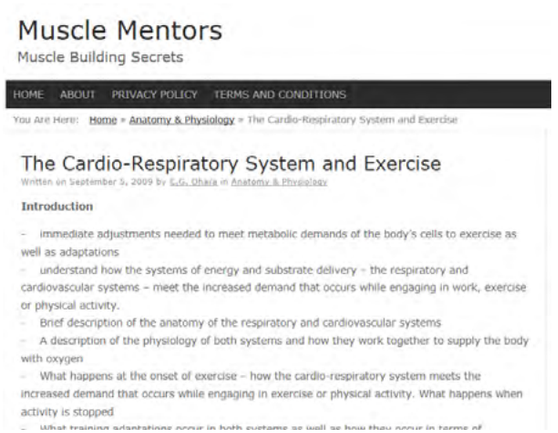
resources.feedback@ocr.org.uk

The cardio-respiratory system and exercise


Muscle Mentors

Muscle Building Secrets

HOME ABOUT PRIVACY POLICY TERMS AND CONDITIONS

You Are Here: Home » Anatomy & Physiology » The Cardio-Respiratory System and Exercise

The Cardio-Respiratory System and Exercise

Written on September 5, 2009 by S.G. Ohaja in Anatomy & Physiology

Introduction

- immediate adjustments needed to meet metabolic demands of the body's cells to exercise as well as adaptations
- understand how the systems of energy and substrate delivery – the respiratory and cardiovascular systems – meet the increased demand that occurs while engaging in work, exercise or physical activity.
- Brief description of the anatomy of the respiratory and cardiovascular systems
- A description of the physiology of both systems and how they work together to supply the body with oxygen
- What happens at the onset of exercise – how the cardio-respiratory system meets the increased demand that occurs while engaging in exercise or physical activity. What happens when activity is stopped

This comprehensive webpage explains the structure of the cardio-respiratory system and what happens to it during exercise.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 1: Principles of anatomy and physiology in sport

Cost: Free

Format: Website

www.musclementors.com/the-cardio-respiratory-system-and-exercise/

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resources.feedback@ocr.org.uk

Roles and responsibilities of sports coaches

This website looks at the roles and responsibilities of coaches of different sports, including football, golf and cricket.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

http://coachesgiveadvice.blogspot.co.uk/2009/03/roles-and-responsibilities-of-sports.html

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How a coach can affect sporting performance

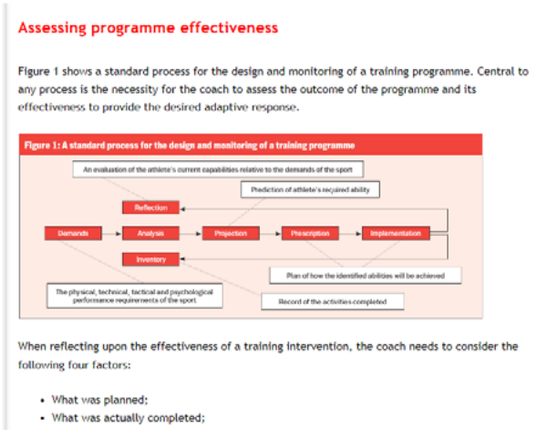
Assessing programme effectiveness

Figure 1 shows a standard process for the design and monitoring of a training programme. Central to any process is the necessity for the coach to assess the outcome of the programme and its effectiveness to provide the desired adaptive response.

Figure 1: A standard process for the design and monitoring of a training programme

When reflecting upon the effectiveness of a training intervention, the coach needs to consider the following four factors:

- What was planned;
- What was actually completed;

This resource looks in detail at the way a coach can improve sporting performance by using a well-planned training programme effectively.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

www.pponline.co.uk/encyc/sports-coaching-a-critical-assessment-of-how-an-athlete-can-improve-performance-40873

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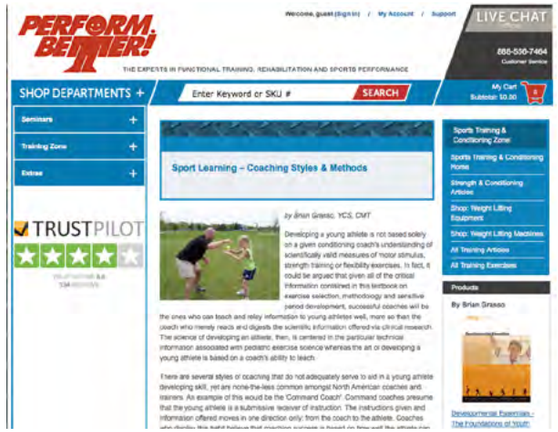
Sport Learning – Coaching Styles and Methods



This website gives an overview of the different phases that someone being coached goes through in terms of their learning and development.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

http://www.performbetter.com/webapp/wcs/stores/servlet/PBOnePieceView?storeId=10151&catalogId=10751&pagename=286

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resources.feedback@ocr.org.uk

The principles of sports coaching

The principles of sports coaching

This document looks in detail at sports coaching philosophy, different types of coaching styles and the skills that sports coaches need.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

www.playingforthefuture.co.uk/wp-content/uploads/2010/01/Coaching-principles.doc

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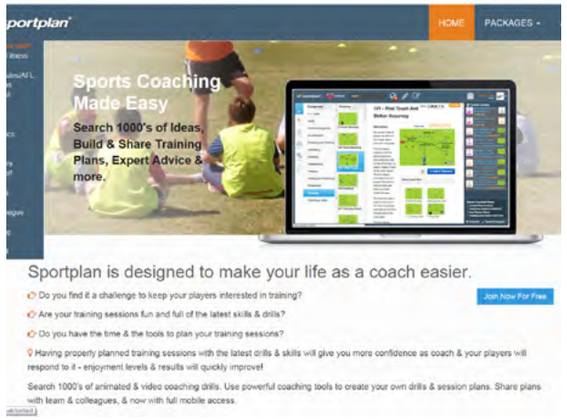
Sportplan



This website has thousands of drills and session plans in a range of different sports.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free (login required)

Format: Website

www.sportplan.net/drills/index.jsp

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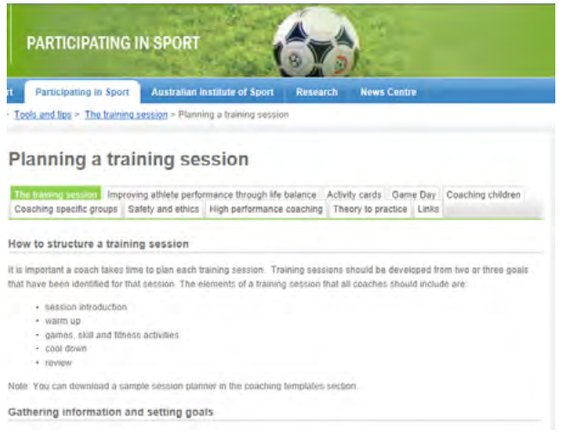
resources.feedback@ocr.org.uk

Planning a training session



This resource sets out the basic parameters for planning successful coaching sessions.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

www.ausport.gov.au/participating/coaches/tools/the_training_session/Planning

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resources.feedback@ocr.org.uk

Football Drills

This website has lots of drills and coaching ideas for many different sports.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

www.youtube.com/watch?v=FoUKRGpqwYQ

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resources.feedback@ocr.org.uk

Sports Leaders UK

Sports Leaders UK run sports leadership qualifications for young people from the age of 13. This website gives information about these qualifications.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

www.sportsleaders.org

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resources.feedback@ocr.org.uk

Sports session ideas

This website gives lots of ideas for fun sports activities.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: Website

www.sparkpe.org/after-school/curriculum/lesson-plans/

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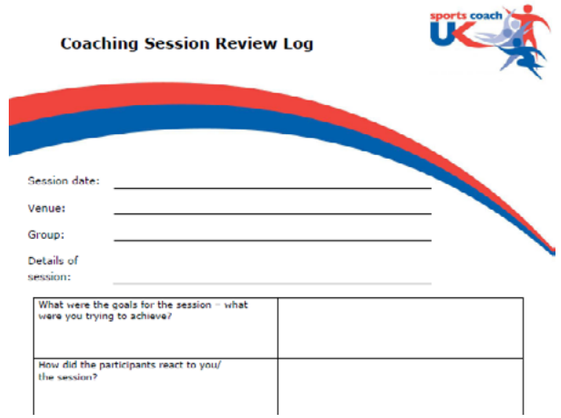
Session evaluation sheet


Coaching Session Review Log

Session date: _____

Venue: _____

Group: _____

Details of session: _____

What were the goals for the session – what were you trying to achieve?	
How did the participants react to you/ the session?	

This resource can be used by learners to review their coaching session.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 2: Sports coaching

Cost: Free

Format: PDF

http://sportscoachuk.org/resource/coach-manager-session-review-log

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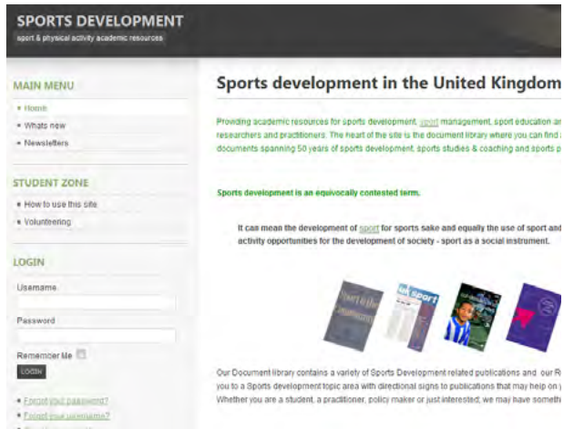
Sports development resources



This website provides sports development related resources for teachers, coaches and students.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: From £9.99 for annual subscription

Format: Website

www.sportdevelopment.info/

If you know of any resources that you think should appear here, or if you identify broken links please let us know. We would also like to hear from you with your feedback about your use of any of the resources listed here. Please contact us at

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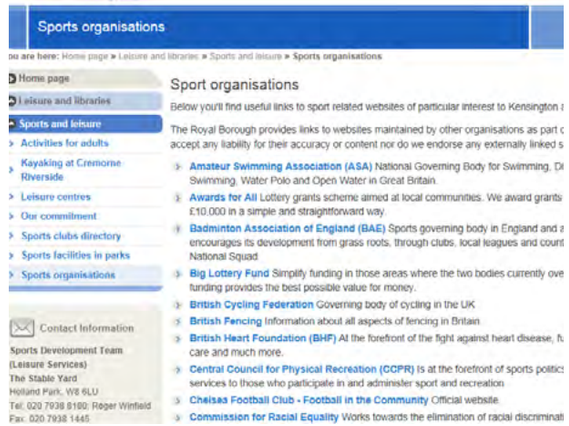
List of sports organisations



This website lists and links to National Governing Bodies of Sport and other relevant sports organisations.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: Website

www.rbkc.gov.uk/leisureandlibraries/sportsandleisure/sportsorganisations.aspx

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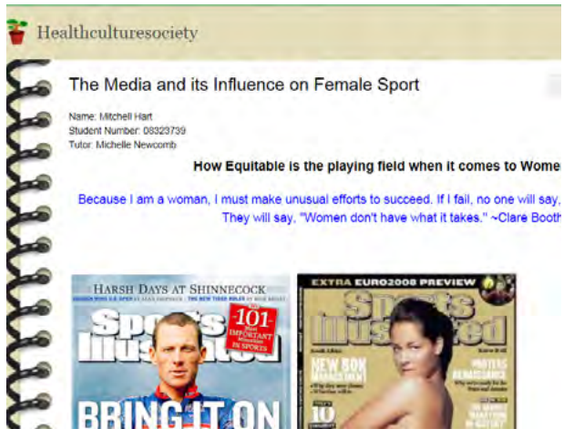
The media and its influence on female sport



This essay investigates the effect of the media on female sport.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: Website

http://healthculturesociety.wikispaces.com/The+Media+and+its+Influence+on+Female+Sport

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The influence of the media on sport

This PowerPoint resource looks at the influence of the media on sport.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: PowerPoint

www.revisionworld.co.uk/files/Sport_and_the_media.ppt

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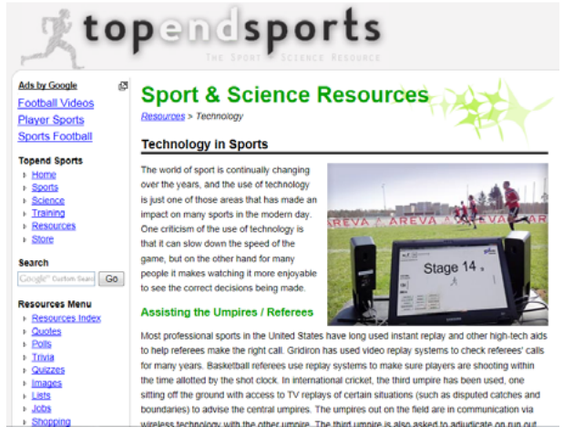
Technology in sport



This webpage looks at the different types of technology that are used in various sports and the effect that this has on the sport.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: Website

www.topendsports.com/resources/technology.htm

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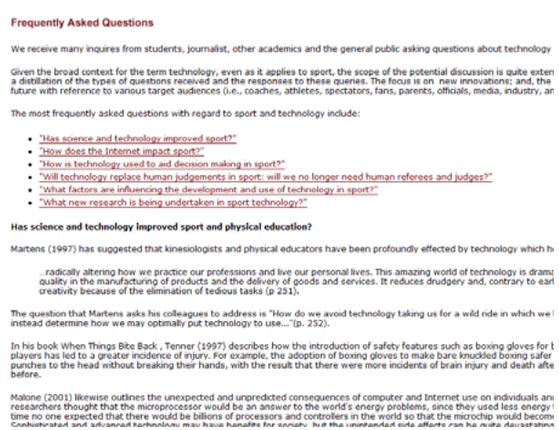
The impact of technology on sport



This resource tackles the most frequently asked questions with regard to sport and technology.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: Website

www.kin.ucalgary.ca/strc/8.htm

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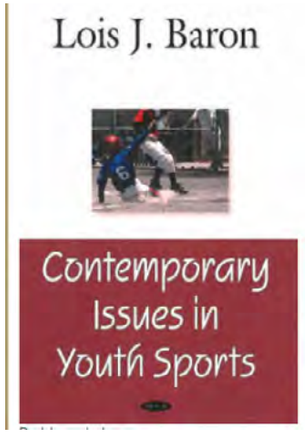
Contemporary issues in youth sport



There is an ever-growing number of youth participating in sport, organised or otherwise. This book deals with the important issues of involvement of parents, issues of fair play, child abuse, life skill development through sport and the commercialisation of sport.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Approx £90

Format: Book

www.amazon.co.uk/dp/1600215386

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Barriers to sport and physical activity participation

Research and Library Services

Northern Ireland Assembly

Research Paper 18/10 29 January 2010

BARRIERS TO SPORTS AND PHYSICAL ACTIVITY PARTICIPATION

Paper examining barriers to participation and how they affect specific socio-cultural and socio-economic groups.

This comprehensive research paper investigates the barriers to sports participation and includes useful statistics and quotes.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: PDF

www.niassembly.gov.uk/Documents/RaISe/Publications/2010/Culture-Arts-Leisure/1810.pdf

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resources.feedback@ocr.org.uk

Reasons and influences on participation

This powerpoint resource gives a clear overview of the influences and barriers that effect sports participation.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: PowerPoint

www.slideshare.net/MoodyNatalie/reasons-influences-on-participation

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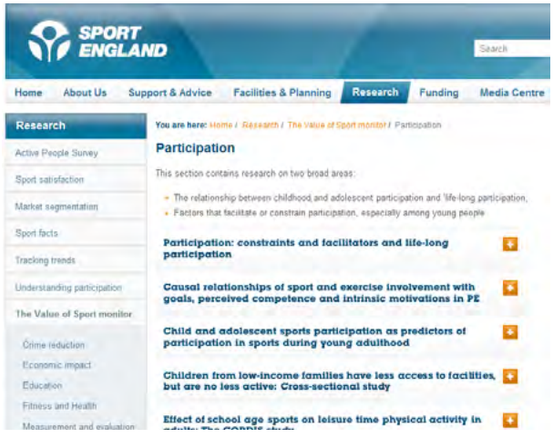
resources.feedback@ocr.org.uk

Sport England - Participation



This website lists more than 40 different research papers and information sheets linked to sports participation, summarising each one for ease of reading and extraction of information.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 3: Current issues in sport

Cost: Free

Format: Website

www.sportengland.org/research/benefits-of-sport/the-value-of-sport-monitor/participation/

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The body's response to acute exercise

This excellent powerpoint presentation covers the main aspects of the body's response to acute exercise and includes learner tasks.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: Website - PowerPoint

http://prezi.com/-pxkfjjdrjsb

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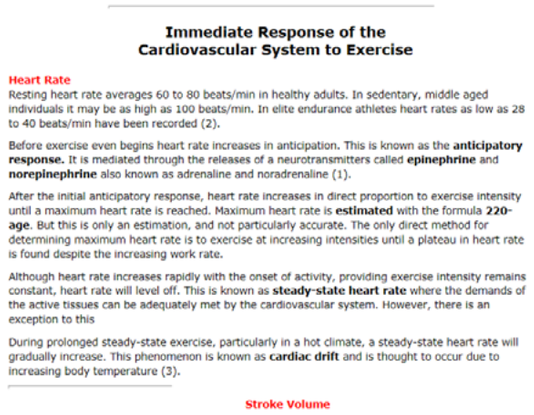
The cardiovascular system's response to acute exercise



Immediate Response of the Cardiovascular System to Exercise

Heart Rate

Resting heart rate averages 60 to 80 beats/min in healthy adults. In sedentary, middle aged individuals it may be as high as 100 beats/min. In elite endurance athletes heart rates as low as 28 to 40 beats/min have been recorded (2).

Before exercise even begins heart rate increases in anticipation. This is known as the **anticipatory response.** It is mediated through the releases of a neurotransmitters called **epinephrine** and **norepinephrine** also known as adrenaline and noradrenaline (1).

After the initial anticipatory response, heart rate increases in direct proportion to exercise intensity until a maximum heart rate is reached. Maximum heart rate is **estimated** with the formula **220-age**. But this is only an estimation, and not particularly accurate. The only direct method for determining maximum heart rate is to exercise at increasing intensities until a plateau in heart rate is found despite the increasing work rate.

Although heart rate increases rapidly with the onset of activity, providing exercise intensity remains constant, heart rate will level off. This is known as **steady-state heart rate** where the demands of the active tissues can be adequately met by the cardiovascular system. However, there is an exception to this

During prolonged steady-state exercise, particularly in a hot climate, a steady-state heart rate will gradually increase. This phenomenon is known as **cardiac drift** and is thought to occur due to increasing body temperature (3).

Stroke Volume

This resource explains in detail how the cardiovascular system responds to exercise.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: Website

www.sport-fitness-advisor.com/cardiovascular-system-and-exercise.html

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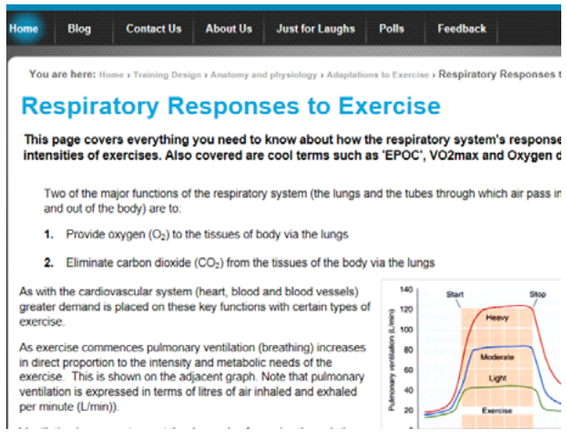
The respiratory system's response to exercise



This webpage explains how the respiratory system responds to different types and intensities of exercise.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: Website

http://www.ptdirect.com/training-design/anatomy-and-physiology/acute-respiratory-responses

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What are the effects of exercise on the skeletal system?

This resource explains the long terms effects of exercise on the skeletal system.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: Website

http://www.livestrong.com/article/131711-what-are-effects-exercise-skeletal-system/

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The long terms effects of exercise on the muscular system

This resource explains the long term effects of exercise on the muscular system.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: Website

www.ehow.com/about_5379692_effects-exercise-muscular-system.html

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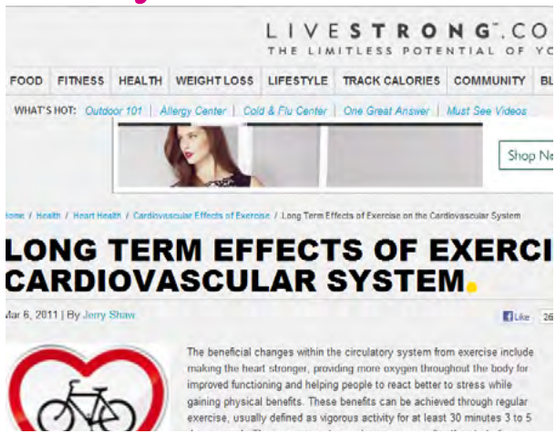
Long term effects of exercise on the cardiovascular system



This resource explains the long term effects of exercise on the cardiovascular system.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: Website

www.livestrong.com/article/22941-long-term-effects-exercise-cardiovascular/

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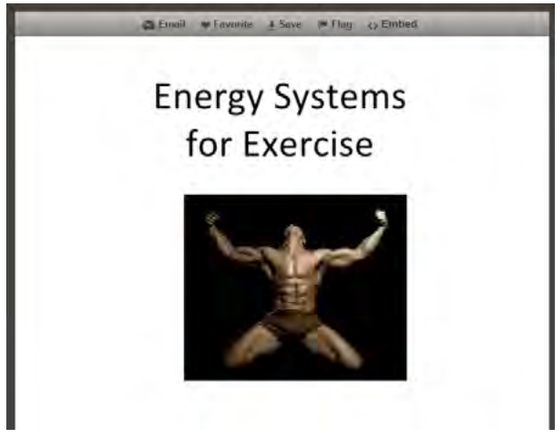
Energy systems for exercise



This detailed powerpoint looks at the way that the body creates, stores and uses energy and the implications this has for exercise.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: PowerPoint

www.slideshare.net/guest30140e/lesson-111-st-dec-2008-presentation

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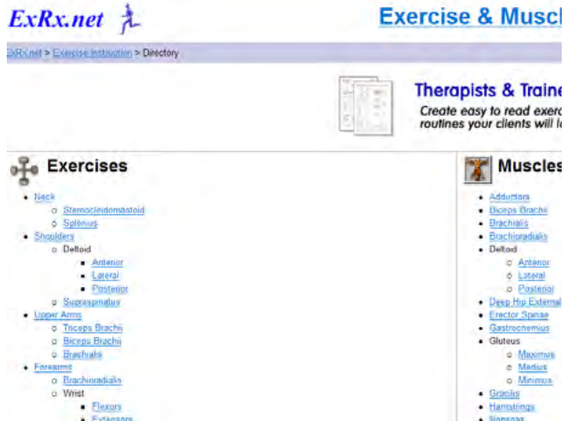
Exercise and muscle directory



This website has a muscle directory; click on the muscle you are interested in and it gives diagrams and other relevant information. The exercise directory lists exercises for each specific muscle or group of muscles.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: Free

Format: Website

www.exrx.net/Lists/Directory.html

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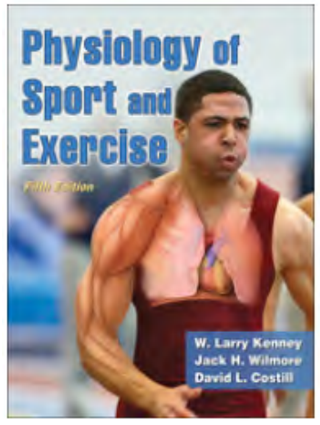
Physiology of Sport and Exercise – W. Larry Kenney



Physiology of Sport and Exercise, Fifth Edition, offers comprehensive coverage of the relationship between human physiology and exercise. Updated in both content and design, this edition features revamped artwork that better illustrates how the body performs and responds to physical activity.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 4: The physiology of fitness

Cost: RRP approx. £50

Format: Book

www.amazon.co.uk/dp/0736094091

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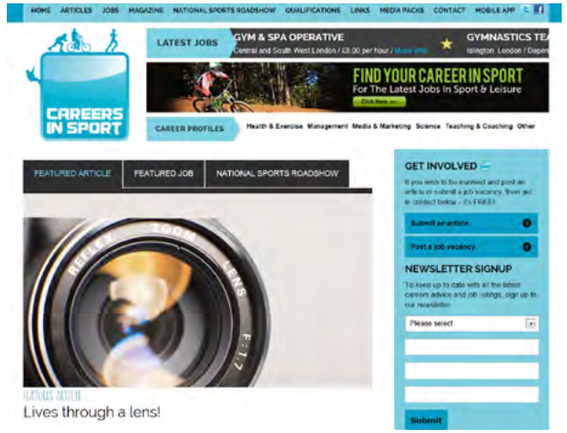
Careers in sport



A website for 14 – 19 year olds considering a career in the sport and leisure industry or studying a sports related degree in Higher Education. Highlights the diversity of careers within the sports industry and aims to provide anyone who would like to find a job in sport and leisure with the information they need to establish their career. Experts working within each profession provide detailed descriptions of their typical day, the benefits and disadvantages of the profession, as well as provide helpful advice on the right qualifications and experience required.

Supports: OCR Cambridge Technicals in Sport Level 3

Cost: Free

Format: Website

www.careers-in-sport.co.uk

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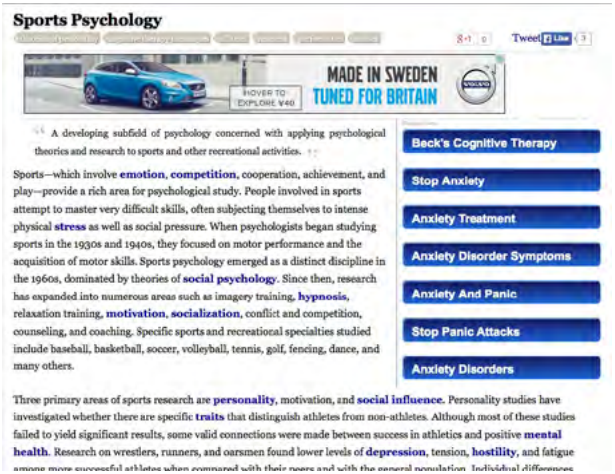
Sports Psychology



This website gives a brief history of how Sports Psychology has developed over time and offers detailed descriptions specific areas of psychological study that are focussed on within sport.

Supports: OCR Cambridge Technicals in Sport Level 3
Unit 6: Psychology for Sports Performance

Cost: Free

Format: Website

http://psychology.jrank.org/pages/608/Sports-Psychology.html

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