



St Benet Biscop Sixth Form

Personal Development

Sport

1. Documentaries

Huge range of sports documentaries through BBC iPlayer <https://www.bbc.co.uk/iplayer>

2. News/Magazines

Physiology News Magazine

Focus on sports physiology and the latest research <https://www.physoc.org/issue-numbers/autumn-september-2023-issue-131/>

3. MOOCs (Massive Open Online Courses)

Exploring Sport Coaching and Psychology

Exploring sport coaching and psychology, you will explore the influence of coaching and psychology through the lens of sports people and teams who have been successful. You will focus on coaching practices used with young people and adults, including research and advice of leaders in their fields.
<https://www.open.edu/openlearn/health-sports-psychology/exploring-sport-coaching-and-psychology/content-section-overview?active-tab=description-tab>

The Football World Cup: Where Sport and Politics Collide

Examines how sport and politics exist, support and challenge one another through the contextual backdrop of the football World Cup.
<https://www.open.edu/openlearn/health-sports-psychology/the-football-world-cup-where-sport-and-politics-collide/content-section-overview?active-tab=description-tab>

•Physical Activity for Health and wellbeing in the Caring Role

Designed to give an insight into the demands, both physically and mentally, of the caring role and look at how taking part in physical activity can offer benefits to the health and wellbeing of carers. The course also looks at possible ways to start incorporating physical activity into everyday life and reflects upon a number of case studies. By the end of the course you will have gained knowledge about strategies that will help you to understand how to support and improve the wellbeing of either yourself or a carer you know.
<https://www.open.edu/openlearn/health-sports-psychology/physical-activity-health-and-wellbeing-the-caring-role/content-section-overview?active-tab=description-tab>

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Level 2 Certificate in Improving Personal Exercise, Health and Nutrition

This qualification aims to provide a detailed understanding of the concepts of health and well-being, including basic anatomy and physiology. The course provides the knowledge on the role of nutrition in exercise, including energy requirements and fluid replacement, and then learn about how to measure personal fitness levels and create a personal programme of exercise and nutrition.
<https://www.theskillsnetwork.com/courses/level-2-improving-personal-exercise-health-nutrition>

Level 2 Certificate in Understanding Nutrition and Health

This is great for both individuals interested in nutrition and health, as well as employers looking for health training courses for their staff. This certificate in understanding nutrition and health provides training in the principles of healthy eating and weight management, nutrition in the context of eating disorders and how to prepare food safely in a home environment. The effects of diet are felt throughout the body, from the way we look to our mental health so knowing how to maintain a healthy diet is important.

<https://www.theskillsnetwork.com/courses/level-2-understanding-nutrition-health-course>

4. Books

Spoon Fed – Tim Spector

Tim Spector is an NHS Doctor and Research Scientist. This book breaks Through his pioneering scientific research, Tim Spector busts these myths and combats food fake news. Spoon-Fed explores the scandalous lack of good science behind many medical and government diet recommendations, and how the food industry holds sway over these policies and our choices.

Sport Psychology: A Complete Introduction – John Perry

Designed to give you everything you need to succeed, all in one place. It covers the key areas that students are expected to be confident in, outlining the basics in clear, jargon-free English and providing added-value features like summaries of key experiments and even lists of questions you might be asked in your seminar or exam.

Golf is Not a Game of Perfect – Dr. Bob Rotella

Dr. Bob Rotella is one of the hottest performance consultants in America today. Rotella, or “Doc,” as most players refer to him, goes beyond just the usual mental aspects of the game and the reliance on specific techniques. What Rotella does here in this extraordinary book, and with his clients, is to create an attitude and a mindset about all aspects of a golfer's game, from mental preparation to competition. The most wonderful aspect of it all is that it is done in a conversational fashion, in a dynamic blend of anecdote and lesson. And, as some of the world's greatest golfers will attest, the results are spectacular. Golfers will improve their golf game and have more fun playing.

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Touching the Void

Touching the Void is the heart-stopping account of Joe Simpson's terrifying adventure in the Peruvian Andes. He and his climbing partner, Simon, reached the the summit of the remote Siula Grande in June 1995. A few days later, Simon staggered into Base Camp, exhausted and frost-bitten, with news that that Joe was dead. What happened to Joe, and how the pair dealt with the psychological traumas that resulted when Simon was forced into the appalling decision to cut the rope, makes not only an epic of survival but a compelling testament of friendship.

A Life Too Short – Ronald Reng

Tells the heartbreaking story of his lifelong friend Robert Enke, a top German goalkeeper who took his own life in 2009. Enke played for clubs such as Barcelona and Benfica, he had a beautiful wife and children he loved dearly, but underneath it all, he suffered from debilitating depression.

5. Films/Documentaries

Welcome to Wrexham (Disney Plus)

In "Welcome to Wrexham," Rob McElhenney and Ryan Reynolds learn to run the third oldest professional football club in the world. In 2020, Rob and Ryan team up to purchase the fifth tier Red Dragons in the hope of turning Wrexham AFC into an underdog story the whole world can root for, but the concern is that neither have any experience in football or working with each other.

We Are Newcastle United (Amazon Prime)

Having spent over £300 million to buy the club, appointed a new Head Coach, Eddie Howe, and made a bold statement of intent by signing several big-name players, fans' expectations are rocketing and the new owners and Head Coach have much to do to transform the club's fortunes. The series follows life at the club both on and off the pitch.

<https://www.amazon.co.uk/We-Are-Newcastle-United-Season/dp/B0CBJ95K3L>

Icarus (Netflix)

When filmmaker Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. Dirty urine, unexplained death and Olympic gold are all part of the exposure of the biggest scandal in sports history.

Break Point (Netflix)

Follows a select group of top tennis players on and off the court as they compete in gruelling Grand Slams and tournaments all over the world.

Brawn: The Impossible Formula 1 Story (Disney Plus)

Keanu Reeves shares the story of Brawn GP and their remarkable Formula 1 Championship Season.

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The Last Dance (Netflix)

The 10-episode series follows Michael Jordan as he attempts to win his sixth championship ring during his final season with the Chicago Bulls, alongside such larger-than-life personalities as Scottie Pippen and Dennis Rodman.

LFG (Netflix)

The U.S. Women's National Soccer Team's (USWNT) title-winning performance at the 2019 FIFA Women's World Cup was impressive by any measure, but it was all the more so because of what was happening off the field: since 2016, the team had been fighting the U.S. Soccer Federation (USSF) for equal pay.

Free Solo (Netflix)

The title Free Solo refers to the practice of climbing a rock face without a harness, rope, or any other kind of equipment, and yes, it's as dangerous as it sounds. Elizabeth Chai Vasarhelyi and Jimmy Chin's Oscar-winning documentary follows expert climber Alex Honnold as he attempts a free solo climb of Yosemite National Park's El Capitan, which is 3,000 feet tall. Watching safely at home can still inspire plenty of terror, as the movie's copious wide shots make it very clear just how high—and unprotected—Honnold really is.

6. Podcasts

Zoe podcast

The most up to date cutting edge research in science and nutrition for top health professionals. If you want to know what to about your gut microbiome, avoiding ultra-processed foods, how to train then you'll find it all here.

<https://zoe.com/learn/category/podcast> (available in all usual formats e.g., Apple and Google).

High Performance Podcast

It doesn't matter where our guest has excelled - in sport, music, business, arts or entertainment – they all have first-hand experiences and lessons to share. On The High-Performance Podcast, we find out what non-negotiable behaviours they employed to get them to the top and keep them there.

<https://www.thehighperformancepodcast.com/>

The Rest is Football

The Rest Is Football is an exciting podcast with legends Gary Lineker, Alan Shearer, and Micah Richards. These three experienced men share their strong opinions on the latest football stories, spicing up the discussions with hilarious and memorable anecdotes from their playing days. It's a perfect blend of current debates and entertaining stories, making it a must-listen for any football fan, offering a fresh and engaging take on the game.

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F1: Chequered Flag

F1: Chequered Flag has all you need to know about the race weekend. Listen to interviews with the Formula 1 personalities, reactions on the last races and reports on each team's performance.

The Athletic Football Podcast

The Athletic Football podcast is hosted by Mark Chapman and Dan Bardell. It is the Athletic's flagship show, and it runs throughout the Premier League season.

The duo discusses the latest and the biggest news in football with various guests. They cover all major competitions and include stories from behind the scenes of different football clubs. This show also covers the latest transfer news and rumours.

Totally Football Show

The Totally Football Show provides a re-cap and an overview of world football three times per week. Funny, informative and engaging, James Richardson and his squad bring to you everything you need to know in the world of football and everything you don't.

Fozcast: The Ben Foster Podcast

Ben Foster was an English professional goalkeeper who most recently played for Wrexham in League Two before his retirement. As an England international, his other clubs included Manchester United, Watford, Birmingham City and West Bromwich Albion. His nickname is the cycling goalkeeper because he managed to merge his passion for both football and cycling and did both even though he was, for the most part, focused on his football career.

In Fozcast, Foster welcomes various guests, and they talk about the exciting stories of their lives. His range of guests is not limited to footballers but includes content creators, athletes, YouTubers and viral sensations.

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