



# A LEVEL PE

# TRANSITION PACK

## Year 11 – Year 12



**The expectation is that the entire booklet is completed.**

<u>Unit Section</u>	<u>Time Estimated</u>
Paper 1: Physiological Factors Affecting Performance	<b>4 hours</b>
Paper 2: Psychological Factors Affecting Performance	<b>4 hours</b>
Paper 3: Socio-Cultural Issues in Physical Activity and Sport	<b>4 hours</b>

**Work through this pack and type it in a word document (create PowerPoint slides where indicated) If you prefer to print and fill in by hand that is accepted. Ensure your name is clearly stated in the header. Submit ALL work by 1<sup>st</sup> July. As this is Year 12 preparation, your first port of call is to do some research yourself, however if you are still struggling and require help please email**

### A Level Sport Specification:

For the full specification please visit <http://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

		<b>Content Overview</b>	<b>Assessment Overview</b>
<b>Physiological Factors Affecting Performance</b>	<ul style="list-style-type: none"> <li>• Applied Anatomy and Physiology</li> <li>• Exercise Physiology</li> <li>• Biomechanics</li> </ul>	Paper 1 90 marks 2 hour written paper <b>30% of total A Level</b>	
<b>Psychological Factors Affecting Performance</b>	<ul style="list-style-type: none"> <li>• Skill Acquisition</li> <li>• Sports Psychology</li> </ul>	Paper 2 60 marks 1 hour written paper <b>20% of total A Level</b>	
<b>Socio-Cultural Issues in Physical Activity and Sport</b>	<ul style="list-style-type: none"> <li>• Sport and Society</li> <li>• Contemporary Issues in Physical Activity and Sport</li> </ul>	Paper 3 60 marks 1 hour written paper <b>20% of total A Level</b>	
<b>Performance in Physical Education</b>	<ul style="list-style-type: none"> <li>• Performance or coaching of an activity</li> <li>• Evaluation and Analysis of performance for Improvement</li> </ul>	Part 4 60 marks Non exam Assessment <b>30% of total A Level</b>	

<u>Assessment Objectives</u>	
<b>AO1</b>	Demonstrate Knowledge and Understanding of the factors that underpin performance and involvement in physical activity and sport
<b>AO2</b>	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport
<b>AO3</b>	Analyse and Evaluate the factors that underpin performance and involvement in physical activity and sport
<b>AO4</b>	Demonstrate and apply relevant skills and techniques in physical activity and sport Analyses and Evaluate performance

## **Non-Examined Assessment**

Learners are internally assessed through the NEA in one practical activity (either performing or coaching one chosen activity from the approved lists) and the Evaluation and Analysis of Performance for Improvement (EAPI).

***YOU NEED TO BE GOOD PHYSICALLY, TECHNICALLY AND TACTICALLY AT A LEVEL.***

**Practical performances:** For the practical performances approved activities list see section 2e of the OCR Advanced Subsidiary and Advanced GCE in Physical Education Guide to non-exam assessment. Learners can be assessed in the role of performer or coach in one activity. Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. This component is internally marked

**The Evaluation and Analysis of Performance for Improvement (EAPI):** In addition to a practical performance, learners will be assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). Learners will observe a live or recorded performance by a peer in either their own assessed performance activity or another activity from the approved list. Through observation, learners will provide an oral response analysing and critically evaluating their peers' performance.

### **Please see link to list of Practical Sports:**

Some are listed here: football, boxing, athletics, badminton, basketball, Cricket, Cycling, Dance, Gymnastics, Handball, Hockey, Netball, Rugby, Skiing, Swimming, Table Tennis, Tennis, Trampolining, Volleyball

<https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

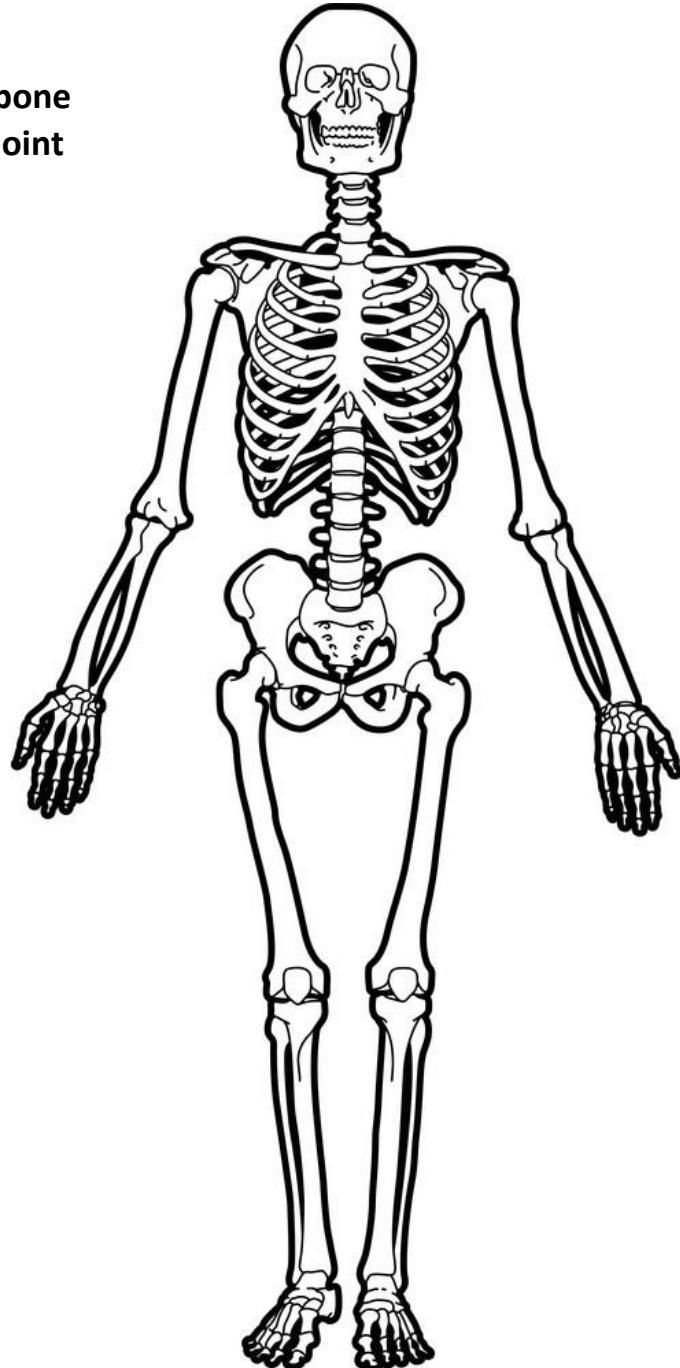
The aim of this transition pack is to give you a taster into all of the units that are studied across A Level PE. It is broken down into the three papers – units you study. All content is an insight into the first year of the A Level course. For any GCSE PE students you should use this knowledge as a foundation to answer the pack in detail. Each Paper take you 4 hours to complete.

## **PAPER 1: Physiological Factors Affecting Performance**

### **Anatomy and Physiology**

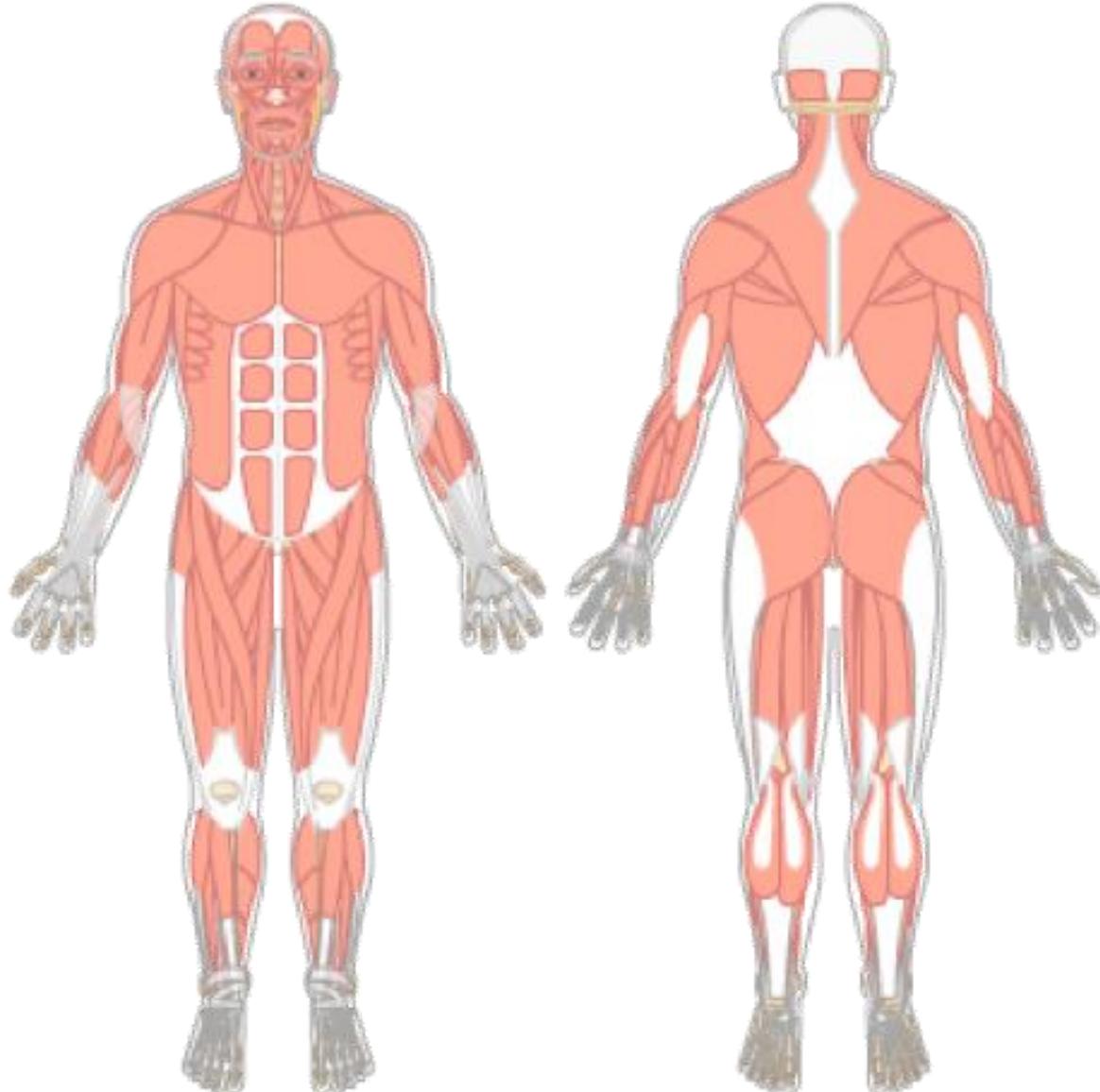
**Skeletal System:** Use your prior knowledge from GCSE to answer these questions

- Label diagram
- Identify types of bone
- Identify types of joint

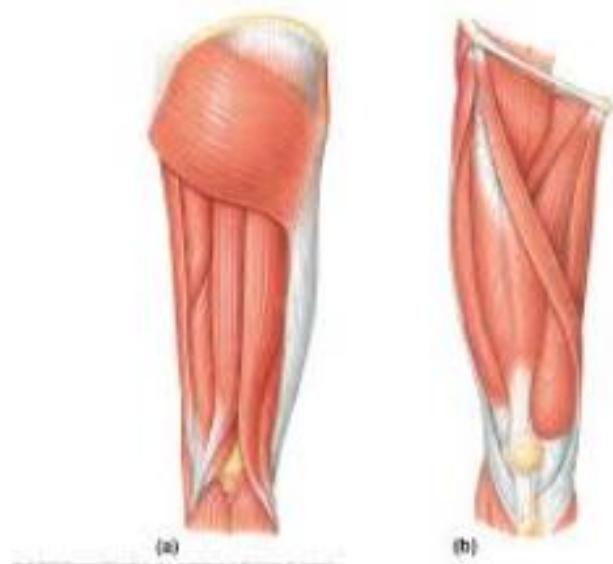


Joint	Joint Type	Movement	Agonist	Antagonist
<b>Elbow</b>	<b>HINGE</b>	<b>FLEXION</b> <b>EXTENSION</b>	<i>Biceps Brachii</i> <i>Triceps Brachii</i>	<i>Tricep Brachii</i> <i>Biceps Brachii</i>
<b>Knee</b>				
<b>Ankle</b>				
<b>Wrist</b>				
<b>Hip</b>				
<b>Shoulder</b>				

**Muscular System:** Use prior knowledge where possible and research if you are unsure.



Label the parts of the Quadricep and Hamstring:



<https://www.youtube.com/watch?v=psmOMBYTj5w>

Describe the following muscle fibre types:

Type 1 – Slow Oxidative

.....  
.....  
.....  
.....

Type 2a – Fast Oxidative Glycolytic

.....  
.....  
.....  
.....

Type 2b – Fast Glycolytic

.....  
.....  
.....  
.....

Explain the 'all or none' Law.

.....  
.....  
.....  
.....  
.....  
.....  
.....

**Cardiovascular System**

**Heart Rate, Stroke volume and Cardiac Output**

Untrained Performer:

	Definition	Rest	Maximal
Heart Rate			
Stroke Volume			
Cardiac Output			

Trained Athlete

	Rest	Maximal
Heart Rate		
Stroke Volume		
Cardiac Output		

## Heart Rate regulation – nervous control

Research and Explain the following:

<https://www.youtube.com/watch?v=FnXyja0zV0E>

### 1. Sympathetic Nervous System

.....  
.....  
.....  
.....  
.....

### 2. Parasympathetic Nervous System

.....  
.....  
.....  
.....  
.....

### 3. Cardiac Control Centre

.....  
.....  
.....  
.....  
.....

## Receptors

	Baroreceptors	Chemoreceptors	Proprioceptors
Detect what?			
Where?			

**Biomechanics:**

Levers in Sport Using the YouTube clip below for background information and recapping from GCSE level, complete the table to demonstrate knowledge and understanding of levers within sport. [https://www.youtube.com/watch?v=F6X\\_ydbOR1g](https://www.youtube.com/watch?v=F6X_ydbOR1g)

Lever Type	1 <sup>st</sup> Class	2 <sup>nd</sup> Class	3 <sup>rd</sup> Class
Diagram of Lever			
Where is it found in the body? (Provide 2 examples)			
Give 2 examples of where the lever system can be used in sport			
What is the mechanical advantage of the lever system?			
What is the mechanical disadvantage of the lever system?			

(a) Calculate the speed of Usain Bolt in the 100m? Time = 9.58 seconds

(b) Calculate the speed of Mo Farah in the 5000m? Time = 12 minutes 53 seconds

(c) Calculate the speed of Allyson Felix in the 400m? Time = 49.26 seconds

Define Newtons Laws: <https://www.youtube.com/watch?v=jLvoiZUsiZY>

<b>Newton's 1 law</b>	
<b>Newton 2<sup>nd</sup> Law</b>	
<b>Newton's 3<sup>rd</sup> Law</b>	

## **Paper 2: Psychological Factors Affecting Performance**

### **Skill Acquisition**

1. Theories of Learning- research the following four theories of learning. Create a power point presentation highlighting the key features of the theory, how this might relate to learning within sport and also the positives and negatives of the theory's application within sport.
  - Operant conditioning
  - Observational learning
  - Social development theory
  - Insight learning

2. Complete the table on guidance: Use prior GCSE knowledge

Name	Definition	Advantages / Pros	Disadvantages / Cons
Verbal Guidance			
Visual Guidance			
Manual Guidance			
Mechanical Guidance			

## Sport Psychology

1. Complete the personality test.

<https://www.quietrev.com/the-introvert-test/>

2. Explain the role personality plays on sporting performance (opinion)

.....

.....

.....

.....

.....

.....

.....

.....

3. Research Tuckman's Theory of group formation:

<https://www.youtube.com/watch?v=oVlp6v6ohP4>

<b>Forming</b>	
<b>Storming</b>	
<b>Norming</b>	
<b>Performing</b>	

<https://www.youtube.com/watch?v=ZI-L7bBhZ-U>

4. Explain the different types of anxiety and use examples of how these can have a negative impact on performance

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Paper 3: Socio-Cultural Issues in Physical Activity and Sport

## Sport and society

1. The Modern Olympics Games are over 100 years old. Outline the background of the Modern Olympic Games. Follow the structure below for guidance:
  - Introduction
  - History (ancient Olympics)
  - 1970-200 – what changes occurred in these times / where were they held, significant events
  - 2000 onwards – current Olympics, why so significant.
  - What's next for Olympics?
  - Link in coronavirus impact on Olympics

2. The following Olympics are memorial for political exploitation. Research and describe what occurred at the following Olympics:

<b>Berlin 1936</b>	
<b>Mexico City 1968</b>	
<b>Munich 1972</b>	
<b>Moscow 1980</b>	
<b>Los Angeles 1984</b>	

3. In order to host the olympics countries must bid, the bid alone can cost countries 50 – 100 million pounds. In 2005 London were successful in winning the bid and in 2012 we hosted the olympis. It cost the UK £9 billion. Research the pros and cons of such an event. <https://www.bbc.co.uk/sport/olympics/23434844>  
<https://www.youtube.com/watch?v=Unngwljxdrs>

Explain the positive and negative impacts which hosting a global sporting event could have on a country.

## Contemporary issues in physical activity and sport:

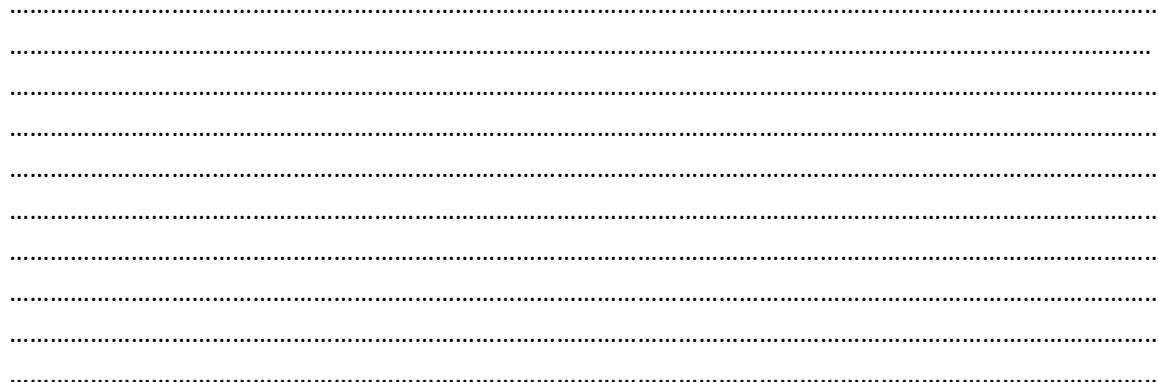
1. Drugs in sport, Performance Enhancing drugs are used across all sports to improve / change human performance.

Name	Definition – Examples of Athletes	Pros / Benefits	Cons / Side effects
Human Growth Hormone			

Anabolic Steroids			
Beta Blockers			
EPO			
Blood Doping			
Diuretics			

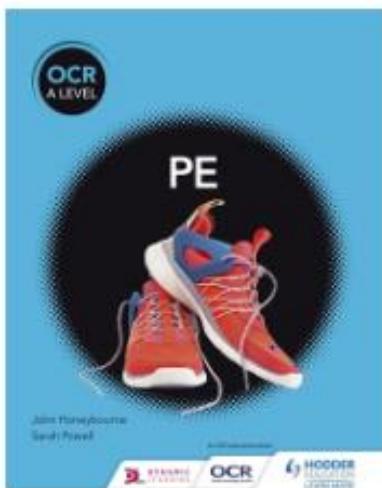
2. **Match Fixing:** When a competition is played to a completely/partly pre-determined result. Usually involves bribing corrupt players, coaches and officials

Research a time an athlete has been prosecuted / found out to be match fixing. Explain the consequences of their actions.



### **Essential Reading:**

We strongly recommend that you purchase the following textbooks. They should be readily available online via sites such as Amazon & WHS Smith. **These books will be available from the P.E. office to borrow during school hours.**



#### **OCR A Level PE (Year 1 and Year 2)**

**ISBN:** 9781510473317

**Published:** 27/09/2019

**Extent:** 648 pages

my revision notes

OCR A LEVEL

PE



Karl Moorehouse

4 HODDER

#### **\*My Revision Notes: OCR A Level PE\***

**ISBN:** 9781510405219

**Published:** 27/10/2017

**Extent:** 184 pages

### **Recommended reading.**

Although not OCR Physical Education endorsed books the following will help you to develop a deeper understanding of sports science that you will be able to apply to many different aspects of the specification. You may prefer to access some of these on Audible.

#### **1. The Sports Gene: Inside the Science of Extraordinary Athletic Performance (By David Epstein)**

This book explores the question of nature versus nurture as it pertains to training for athletes in sports using anecdotes which favor both sides of the argument. These

anecdotes are combined with the results of statistical studies to give the reader an understanding of the magnitude that biology plays in athletics. Topics such as the effects of gender, race, genetics, culture, and physical environment are discussed as contributors to success in specific sports.

## **2. The Science of the Tour de France Training secrets of the world's best cyclists (By James Witts)**

Find out why Formula One telemetry is key to more bike speed; how power meters dictate training sessions and race strategy; how mannequins, computational fluid dynamics and wind-tunnels are elevating aerodynamics to the next level; why fats and training on water alone are popular in the peloton; and why the future of cycling will involve transcranial brain stimulation and wearable technology.

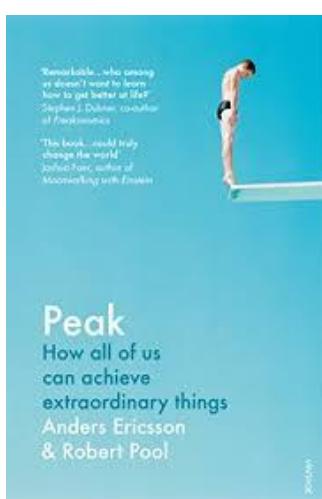
- 3. Training Secrets of the World's Greatest Footballers How Science is Transforming the Modern Game (By James Witts)** Why does Paul Pogba wear custom-made compression socks? Why does Sergio Agüero altitude-train when returning from injury? From virtual-reality units to the omnipresence of GPS vests, taking in brain-training, innovative gear and performance nutrition along the way, you'll discover what it takes to reach the top of the game - and how to apply this knowledge to your own training.

- 4. Acquiring Skill in Sport: An Introduction: (By John Honeybourne)**

The book is a user-friendly, highly accessible text for the students to understand the basic concepts of sport skills acquisition. Each chapter covers important theoretical background and shows how this theory can be applied through practical examples from the world of sport. The book also examines the ways in which skills can be most effectively and addresses issues such as: characteristics and classifications of abilities and skills in sport, information processing in sport, motor programmes and motor control, phases of learning and presentation of skills and practices.

- 5. Peak : How All of Us Can Achieve Extraordinary Things (By Anders Ericsson)**

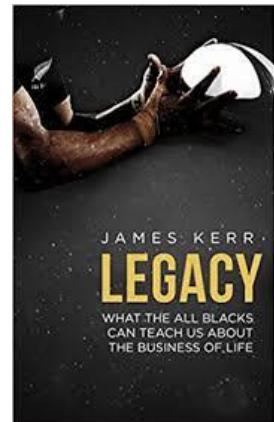
Ericsson's research focuses on the real world, and he explains in detail, with examples, how all of us can apply the principles of great performance in our work or in any other part of our lives.<sup>1</sup> Do you want to stand out at work, improve your athletic or musical performance, or help your child achieve academic goals? Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens.



- 6. The Talent Lab: The secret to finding, creating and sustaining success. (By Owen Slot)** The Talent Lab is the inside story of exactly how a smart-thinking army of athletes, coaches, talent finders, innovators, disruptors, analysts and psychologists utilised the cutting-edge insight of elite performance to succeed where other nations failed – and turn Britain into an Olympic superpower.

6. **Legacy: What the All Blacks can teach us about life. (By James Kerr)**

The All Blacks are the world's most successful sporting outfit, undefeated in over 75% of their international matches over the last 100 years. What is the secret of their success? And what can we - as individuals, companies and teams - learn from them?

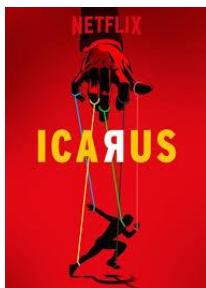


7. **The Secret Race: Inside the Hidden World of the Tour de France (By Tyler Hamilton & Daniel Coyne)**

On a fateful night in 2009, Tyler Hamilton and Daniel Coyle met for dinner in Boulder, Colorado. Over the next eighteen months, Hamilton would tell Coyle his story, and his sport's story, in explosive detail, never sparing himself in the process. In a way, he became as obsessed with telling the truth as he had been with winning the Tour de France just a few years before.

#### Relevant Documentaries & Media

Watching the following documentaries will add to your depth of knowledge that will add to your understanding of sport. Many of these can be found on YouTube or on Netflix or Prime TV. If you are struggling to access, please see a member of the P.E. team who will try to assist.

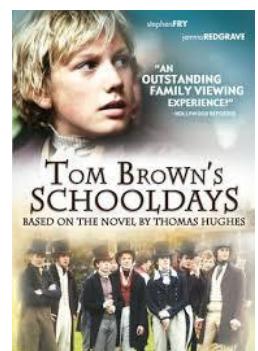


**Icarus** - When filmmaker Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. Dirty urine, unexplained death and Olympic gold are all part of the exposure of the biggest scandal in sports history. <https://www.netflix.com/title/80168079>

**Murderball** - This documentary introduces the U.S. quad rugby team -- a team composed entirely of young paraplegic men. Using special wheelchairs and very little protection, the players play full-contact competitive rugby, using rules only slightly altered to accommodate their limitations. The film follows the team as they discuss the sport, their lives, and how they ended up in their chairs to begin with, while they play their way to the 2004 Paralympic Games in Athens, Greece. This has great links to disability sport and factors effecting participation. <https://www.amazon.co.uk/Murderball-Joe-Soares/dp/B00EUX57DI>

**Lance & Oprah – This Interview** – In this interview disgraced cyclist Lance Armstrong has held a "no-holds barred" interview with chat show host Oprah Winfrey. The 41-year-old American lifts the lid on one of the most high-profile stories in sporting history. Links to the drugs in sports and deviance areas of the course.

<https://www.youtube.com/watch?v=2jtDH-10m2s>



**Tom Browns Schooldays** - Drama about life at Rugby School in Victorian England. The headmaster is fair but not effective and life is brutal for the young boys because of bullying and its consequences. Links the era of popular recreation and the influence of Public Schools on rational recreation. A DVD copy can be borrowed from the P.E. office.

**The Crazy Gang – When Wimbledon Won the Cup** – This documentary spills the beans on the notorious Wimbledon football team who climbed from non-league status to the pinnacle of the British game in less than a decade. In this revealing documentary, Crazy Gang members disclose for the first time the extent of the brutality between the players themselves and how being part of that process was the making of them all. Links to deviance in sport and group dynamics. <https://www.youtube.com/watch?v=kdU1qUN7LX8>



**ESPN Films: Enhanced** (Six Episode Docuseries 2019)

Unprecedented behind-the-scenes look at how athletes are using modern technology and science to achieve greatness. [https://www.espn.com/video/clip/\\_id/24055829](https://www.espn.com/video/clip/_id/24055829) Can be found on the media platform vimeo.com. Great links to sports technology physiology & psychology.

**Whites Vs Blacks: How Football changed a Nation.** BBC Documentary. Adrian Chiles looks into an extraordinary game of professional football that took place in May 1979, when an all-white team took on a side comprised solely of black players. <https://www.youtube.com/watch?v=3ne6eRxtBCs> Links to factors effecting participation in sport.



**Catch Me if You Can.** BBC Panorama Documentary. Mark Daly investigates doping in athletics and explores apparent allegations against Alan Wells, Alberto Salazar and Galen Rupp, allegations which they all strenuously deny. <https://www.youtube.com/watch?v=04ck8LwApd4> Great links to deviance and drugs in sport.

**Anatomy for Beginners – The Human Body Dissected.** In this series you can see highlights of the dissections and learn more about the human body. Your anatomical guides are controversial anatomist Dr Gunther von Hagens, who dissects the bodies, and pathologist Prof. John Lee who explains how they work in health and in disease. At the heart of each episode is a human dissection, carried out by von Hagens, each episode focusing on a different set of anatomical systems: movement, circulation, digestion and reproduction. Copy available to borrow from the P.E. office.



**Running to the Limits** – A 2009 documentary film about filmmaker Alex Vero's journey to qualify for the 2008 Beijing Olympic Marathon. Narrated by Vero and set against the backdrop of a massive decline in British professional marathon running, the film spans over three years and several continents as he works to overcome physical and personal demons and complete his marathon training.

<https://www.youtube.com/watch?v=hwLkPkqMdjk>

**The Test of Fitness** – A 2014 documentary about cross fit. A look at different methodology of improving fitness. <https://www.youtube.com/watch?v=3eGgWEr-Vv8>

**.... truth about Fitness** - Medical journalist Michael Mosley teams up with scientists whose latest research is turning common knowledge about fitness on its head. They reveal why 10,000 steps is just a marketing ploy and that two minutes of exercise is all a person needs each week. They discover how to get people to stick to their fitness plans and what exercise can actually make everyone more intelligent. Whether it is for couch potatoes who hate the thought of exercise, someone too busy to consider the gym, or even for fitness fanatics who are desperate to do more - science can help everyone exercise better.

<https://www.bbc.co.uk/iplayer/episode/b09ql7d/the-truth-about-15-getting-fit>

**Born to Run: The Kenyan Secrets**- A look at the success of Kenyan distance runners.

<https://www.youtube.com/watch?v=25BywC5-p2U>

**Breaking 2** – Brilliant Amazon TV documentary focusing on three athletes attempting to break the 2hr marathon record. <https://www.amazon.com/Breaking2-Season-1/dp/B075QV64XY>

**The English Game** – Netflix drama that is highly relevant to the Sport and Society section of the course. This series looks at the invention of football and how it rose to become the world's game by crossing class divides. <https://www.netflix.com/title/80244928>



**The Test** – Great Amazon TV documentary focusing on how the Australian cricket team recovered from the ball tampering controversy. This 8 part series links to both the group dynamics and deviancy section of the specification.

<https://www.amazon.co.uk/Test-New-Era-Australias-Team/dp/B085FV9XL3>

**The Man with the Halo.** A story of bravery and determination in the face of adversity. This inspirational short documentary tells the unfathomable comeback story of Tim Don, the fastest Ironman triathlete of all time, after breaking his neck in a cycling crash.

<https://www.youtube.com/watch?v=UhjlchwAkAU>

**The Game Changers** - James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live. <https://www.netflix.com/title/81157840>

**Ice Guardians** – This documentary looks at the controversial world of Ice Hockey's enforcers. Great links to the sports psychology, violence in sport, sport and society sections of the specification.

<https://www.netflix.com/title/80150246>

**Crossing the Line** – This is the story of the highly controversial 2018 Test series between Australia and South Africa involving the infamous ball-tampering scandal, Sandpapergate. Links to the deviance in sport and group dynamics section of the specification.

<https://www.youtube.com/watch?v=MKcvHAec6GM>

**The Last Dance** - This is a 2020 American sports documentary miniseries focusing on the 1997–98 Chicago Bulls. The series features film from a crew that had an all-access pass to the Bulls during the National Basketball Association season.

<https://www.netflix.com/title/80203144>



**Sunderland 'Til I Die (Season one)** is proof that a disaster is so often more entertaining to watch than success. Following the North East club in their 2017/18 EFL Championship season, Netflix likely planned to film the story of a side returning to the riches of the Premier League. Only instead of getting promoted, Sunderland finished bottom of the league and suffered the humiliation of back-to-back relegations. Links to the topics of social class and sport, leadership and group dynamics.

<https://www.netflix.com/title/80207046>

**Sir Alex Ferguson – Secrets of Success** – A BBC documentary that examines the skills that made Manchester United manager Alex Ferguson one of the most successful football managers of the modern game. Good links the leadership and group dynamics areas of the specification.

<https://www.youtube.com/watch?v=SbtZjIEs5r0>

**The Edge** – Focuses on the England Cricket team in a compelling, funny and emotional insight into a band of brothers' rise to the top, their unmatched achievements and the huge toll it would take. One of the toughest sports on the planet, and psychologically perhaps the most challenging, The Edge Film explores the ruthless intensity of the game, the impact it can have on players' mental health and the extreme price of success.

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

<https://www.amazon.co.uk/Edge-Kevin-Pietersen/dp/B07SR7G9SM>

## Twitter & Websites

You are strongly encouraged to bookmark and access the following throughout the course. Please look at the following.

- [https://twitter.com/cleans\\_letsrun?lang=en](https://twitter.com/cleans_letsrun?lang=en) – Account that posts articles and news related to drugs and deviance in sport.
- <https://twitter.com/sportingintel?> – Account that looks at the links between commercialisation and sport.
- <https://twitter.com/modoorbell?lang=en> – Account that posts articles and news related to drugs in sport.
- <https://twitter.com/danroan> – Leading BBC sports journalist.
- <https://sportsscientists.com/> - Science of Sport website that brings you the second, third, and fourth level of analysis you will not find anywhere else.
- <https://sites.google.com/view/mrwnukpe/home> - Blog based A-LEVEL P.E. site great for revision.
- <http://alevelphysicaleducation.co.uk/> - Great source of notes and articles.

## **Podcasts.**

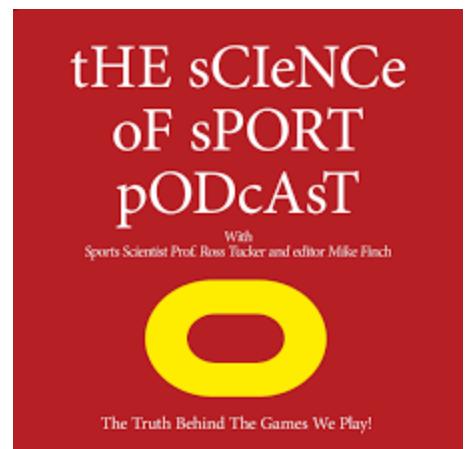
- <https://www.bbc.co.uk/programmes/b01bwfyd> - A story of lies, expulsions, bigotry and witch-hunts, as a civil war in sport erupted when rugby split in two.
- <https://www.bbc.co.uk/programmes/b01cwszw> - Podcast that explores the way global television has changed our relationship with sport forever.
- <https://www.bbc.co.uk/programmes/b01cvk8l> - Why and when the British government got involved in sport, when the country had always prided itself on keeping them apart.
- <https://www.bbc.co.uk/programmes/b01ckmgn> - The demise of the amateur gentleman and the rise of the professional player, as the 1960s saw the beginning of a new, more egalitarian era in British sport.
- .

### **The Science of Sport Podcast on Apple and Android**

World-renowned sports scientist Professor Ross Tucker and veteran sports journalist Mike Finch break down the myths, practices and controversies from the world of sport. From athletics to rugby, soccer, cycling and more, the two delve into the most recent research, unearth lessons from the pros and host exclusive interviews with some of the world's leading sporting experts. For those who love sport.

#### **Stand out episodes:**

- 26/02/20 - The Science of Perfect Training
- 08/02/20 - The Shoe That Broke Running II
- 25/11/19 - Mary Cain & RED-S
- 23/10/19 - The Shoe That Broke Running
- 23/09/19 - Why the All Black Are The Greatest Sports Team
- 09/09/19 - How to Cheat at Sport and Get Away With It
- 27/08/19 - How to Make a Champion (Part II)
- 13/08/19 - How to Make a Champion (Part I)
- 09/07/19 - The Drugs In Sport Episode
- 18/08/19 - The Science of Cricket with Gary Kirsten
- 29/04/19 - Caster Semenya: Explaining Sex v Gender



### **That Triathlon Show on Apple and Android**

The one triathlon show focusing on practical and actionable advice that you can use in your own triathlon training and racing. New episodes are released twice per week. Includes some excellent discussions on the science of training.

#### **Stand out episodes:**

- 06/02/20 - Hill repeats and long runs; Protein for endurance
- 27/01/20 - Race hydration, calories and sodium
- 06/01/20 - Volume, intensity and physiological adaptations
- 18/11/19 - Nutrition trends and current evidence
- 24/10/19 - Fueling workouts; Diet and body types
- 14/10/19 - Improve your running speed, endurance and performance
- 03/10/19 - Aerobic and anaerobic capacity
- 19/09/19 - Does compression clothing improve performance and recovery

### **The Clean Sport Collective** Apple and Android

The Clean Sport Collective is a community of powerful voices comprised of athletes, brands, events, clubs, fans and the public to support the pursuit of clean sport and athletics through the absence of performance enhancing drugs.

#### **Stand out episodes:**

- 01/02/20 - New Shoe Regulations with Ross Tucker
- 26/01/20 - Evan Dunfee - Bronze Medalist in 50km walk
- 05/01/20 - Steve Magness, Nike Oregon Project Whistleblower
- 17/11/19 - Mary Cain Tells Us Her Story
- 20/10/19 - Tyler Hamilton: Convicted Doper and Whistleblower
- 07/10/19 - Kara and Adam Goucher on the 4-Year Bans
- 31/05/19 - Travis Tygart, CEO of USADA

