

# 'The Aspiring Sports Scholar.'

KS4/5



CHELTENHAM  
BOURNSIDE  
SCHOOL

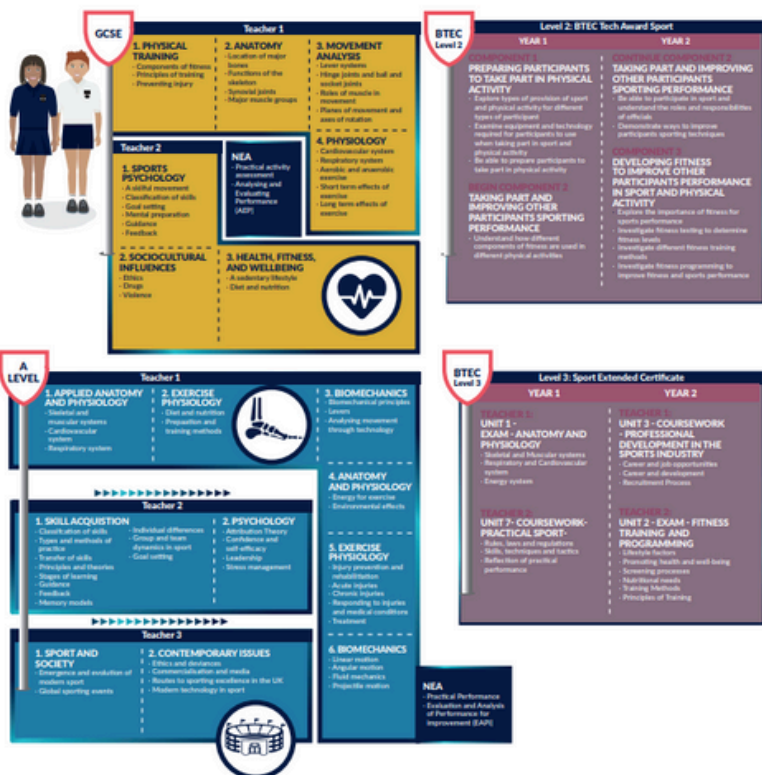


Inspiring lives through learning

# 'The Aspiring Sports Scholar'



## PHYSICAL EDUCATION



# 'The Aspiring Sports Scholar'



Aspiring to gain a deeper understanding of Sport at sixth form provides you with the opportunity to explore the subject in greater depth, developing both academic knowledge and practical understanding.

The sporting industry is diverse and far-reaching, offering careers that make a difference at both community and professional levels. By continuing your studies beyond the sixth form classroom, students are able to access a wide range of university courses, including Sport Science, Physiotherapy, Coaching, and Physical Education Teaching.

In addition, there are many less traditional but equally valuable pathways such as Sports Journalism, Nutrition, Sports Psychology, and Sports Management, which reflect the evolving nature of the sector.

Engaging with the subject at this level also equips you with transferable skills that extend well beyond sport itself. Teamwork, leadership, organisation, and communication are embedded within taking this course further and are consistently developed throughout. These attributes are highly sought after by universities and employers, not only within sport, but also in professions such as business, education, the armed forces, and the emergency services.

By choosing to develop the study Sport further, you are investing in your future. Gaining subject-specific expertise alongside the personal qualities and resilience required to succeed in higher education and the workplace.

Sport is not only an area of study, but also a powerful platform for personal development, preparing you to thrive in whichever pathway you choose to pursue.

**Mr Winterbottom**

Head of Physical Education

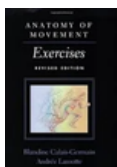
# Reading list



## 1. Sports Physiology

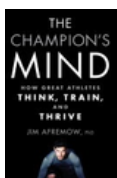


- **The Body: A Guide for Occupants** - Bill Bryson - Exploration of the human body, explaining complex physiological systems.
- **Anatomy of Movement** - Blandine Calais-Germain - Guide to human movement, muscles, and joints, helping understand functional movement.
- **Physiology of Sport and Exercise** - W. Larry Kenney, Jack Wilmore & David Costill - From cellular physiology to endurance and strength training.
- **The Science of Running** - Steve Magness - Focuses on endurance physiology and the science behind training programs, linking theory to athletic performance.
- **Icarus: The Inside Story of the Russian Doping Scandal** - K. Ancrum Investigates the physiological extremes athletes undergo, including the science and ethics of performance enhancement.



## 2. Sports Psychology

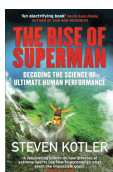
- **The Champion's Mind** - Jim Afremow - Explores the interaction between mental strategies and physiological responses to stress and competition.
- **The Champion's Mind: How Great Athletes Think, Train and Thrive** - Jim Afremow - Introduces goal setting, motivation, confidence, and mental toughness, showing how psychological principles impact performance.



# Reading list



- **Bounce: The Myth of Talent and the Power of Practice** - Matthew Syed - Challenges ideas of innate talent, emphasizing the role of practice, mindset, and resilience in high performance.



- **The Rise of Superman: Decoding the Science of Ultimate Human Performance** - Steven Kotler - Delves into the neuroscience of peak performance, skill acquisition, and mental flow in elite athletes.

## 3. Sports & Society



- **Out of the Shadows: A Biographical History of Women's Football** - Jean Williams - Explores social and cultural barriers for women in sport, highlighting gender equality and historical developments.



- **Foul! The Secret World of FIFA** - Andrew Jennings - Investigates corruption, governance, and commercialisation in global sport.
- **Playing for Keeps: Sport, the Media and Society** - David Rowe - Examines the influence of media, sponsorship, and celebrity culture on sport participation and public perception.

# Competitions



## Young Enterprise - Sports & Business Projects

Students can create a business plan or product related to sport, fitness, or performance. Combines PE knowledge with entrepreneurship, marketing, and innovation.



## British Universities & Colleges Sport (BUCS) Schools Competitions

BUCS runs research-based competitions and challenges alongside practical sports events. Some projects involve sport science, coaching, and performance analysis.



## The Youth Sport Trust Academic Challenges

Occasionally run competitions focusing on health, fitness, and PE curriculum knowledge. Engages students in both theoretical and practical aspects of sport.



## British Biology Olympiad - Physiology & Human Biology

While primarily a biology competition, it includes sections on human physiology and anatomy, which are directly relevant to A-Level PE students. Helps develop analytical skills and deepens understanding of human systems.

# Competitions



## **WorldSkills UK National Competitions**

For students interested in the technical aspects of sports science, WorldSkills UK offers competitions that include areas like fitness training and sports coaching. These competitions provide a platform to showcase skills and gain recognition in the field.



## **British Nutrition Foundation Competitions**

Competitions, quizzes, and challenges related to nutrition, diet, and exercise. Relevant for students studying sport nutrition and exercise physiology.



## **STEM Challenges - Human Performance/ Exercise Science**

Many STEM competitions incorporate human physiology, sports engineering, and performance monitoring. Examples include the National STEM Challenge or local STEM festivals that run problem-solving challenges related to sport.



## **National Science & Engineering Competition - Sports Science Entries**

Students can enter projects related to human performance, exercise physiology, or biomechanics. Encourages research, experimentation, and presentation skills.

# Listen and Watch



## Podcasts



### **The Science of Sport**

Focuses on performance analysis, biomechanics, physiology, and the science behind elite sporting performance. Great for linking theory to real-world examples.



### **The Strength Running**

Explores endurance physiology, training methods, and injury prevention. Perfect for students interested in exercise science, sports physiology, and coaching.



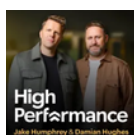
### **The Mindset Athlete**

Covers sport psychology, mental toughness, motivation, and resilience in athletes. Ideal for understanding the psychological factors that influence performance.



### **Sports Medicine Weekly**

Delivers in-depth discussions on exercise physiology, injury management, nutrition, and rehabilitation. Useful for students considering physiotherapy or sports science.



### **The High Performance**

Features elite athletes, coaches, and sport scientists discussing peak performance, training, and the mental and physical demands of sport.



### **The Football Analytics**

Explores sports analytics, performance metrics, and applied data science in sport. Excellent for students interested in combining sport science with statistics.

### **Icarus: The Podcast / Documentary Series**

Based on the Russian doping scandal. Explores ethics, physiology, and pressures of elite sport—great for linking sports science with real-world societal issues.



### **The Coaching Manual**

Focuses on coaching strategies, team dynamics, and applied sport science in practice. Useful for students interested in PE teaching or coaching pathways.



# Listen and Watch

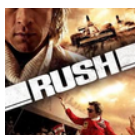


## Films/YouTube/TV



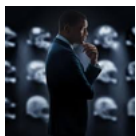
### **McFarland, USA (2015)**

Focuses on cross-country running, endurance, training, and the physiological demands of long-distance sport. Highlights the role of coaching, nutrition, and conditioning. (Film)



### **Rush (2013)**

Based on Formula 1 drivers James Hunt and Niki Lauda, showcasing physiological stress, reaction times, and the physical demands of high-speed motorsport. (Film)



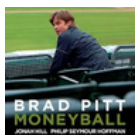
### **Concussion (2015)**

Examines the physical impact of repeated head injuries in sport and the physiological consequences for athletes. (Film)



### **Remember the Titans (2000)**

Focuses on teamwork, leadership, motivation, and overcoming societal barriers in sport.



### **Moneyball (2011)**

Highlights analytical thinking, performance optimization, and psychological resilience within a baseball team setting.



### **Bend It Like Beckham (2002)**

Explores cultural and societal influences on sport participation, gender equality, and motivation.



### **Icarus (2017)**

A documentary on the Russian doping scandal. Essential for understanding ethics, physiology, and the pressures of elite sport.

# Listen and Watch



## Social media

### **@physioscience (Instagram)**

Focuses on human physiology, exercise science, and musculoskeletal health. Posts include infographics, mini-experiments, and explanations of complex concepts in an accessible way.

### **@sportsciencestudent (Instagram / TikTok)**

Covers sports science topics including biomechanics, nutrition, and training principles. Great for short, engaging supercurricular content.

### **@thecoachcafe (Instagram)**

Practical coaching tips, performance analysis, and athlete development strategies. Links theory to real-world applications.

### **@strengthandconditioning (Instagram)**

Focuses on strength and conditioning principles, endurance training, and exercise physiology. Excellent for students considering university degrees in Sport Science or PE.

### **@dr\_james\_doolittle (Twitter/X / Threads)**

Sport psychologist sharing research, mental skills strategies, and insights into elite performance psychology.

### **YouTube: “Dr. Andy Galpin”**

Covers physiology, biomechanics, and performance science. Highly detailed videos for students wanting to dive deeper into muscle physiology, energy systems, and human performance.

### **YouTube: “Science of Sport”**

Explains sports performance topics with real-world examples. Videos cover running, cycling, endurance, and sport science research.

### **@humananatomyinstitute (Instagram / TikTok)**

The Institute of Human Anatomy shares highly visual anatomy content, detailed muscle and skeletal system breakdowns, and applied physiology resources—perfect for deepening understanding of the human body.

# Work Experience and Events



Work experience in sport gives you the chance to see how the industry works beyond PE lessons, from coaching and fitness to operations and elite performance. Whether you're helping in a leisure centre, supporting activity camps, or exploring careers in the military or travel sector, these opportunities show how sport connects to a wide range of professions.

Sports-related experiences can include:

- Elite sports environments, such as Team Bath's Sports Training Village
- Leisure centres and gyms in Cheltenham (placements vary, so contacting several is recommended)
- Military opportunities, including RAF Waddington work experience or the British Army's BASE residential
- Youth activity programmes, such as volunteering at Summer or Easter Activity Camps, with companies like Atlas, MoveMore and Camp 4-2-11.
- Volunteering at races, events and match days, such as ParkRun, Cheltenham Half, Cheltenham Town, Cheltenham Festival and others.
- Virtual experiences, including TUI Work Experience via Springpod, exploring sports and travel careers.
- You can always contact your favourite sports club, shop or brand too, to explore the opportunities they have available.

These opportunities help develop confidence, teamwork and leadership skills, while strengthening applications for future study, apprenticeships or employment in the sports sector.

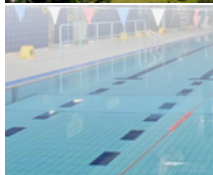
**Mr Winterbottom | Head of Physical Education**

# Work Experience and Events



## **Forest Green Rovers**

FGR have opportunities for school and college work placements during term time, holidays and on matchdays. Suitable for Year 10 upwards – just let us know your dates and requirements.



## **Work Experience | Team Bath**

Work experience at the Sports Training Village in University of Bath. Opportunity to observe the operations department.



## **Leisure Centre and Gym Cheltenham**

Some leisure centers do offer work experience, some don't - it is a case of contacting as many as possible and requesting a work placement with them.



## **RAF Waddington | Royal Air Force**

Work experience placements and 1 day work experience in Air Traffic Control and Operation Squadrons.



## **BASE - British Army Supporting Education**

Students keen to explore careers in the Army can book onto our four-day residential work experience.

## **Cheltenham Summer & Easter Activity Camps**

Why not volunteer to help out in a Summer or Easter Activity Camp?



breakfast lectures



The Careers Team at Bournside deliver regular Inspire Breakfast Lectures. Open to students in Year 10 - 13, these business-focused breakfasts invite speakers from all corners of industry to share their professional experiences and valuable insights with Bournside students over breakfast; opening our eyes to the opportunities available across many industry sectors.

**Take a look at upcoming speakers and reserve your space here.**

