

**Compulsory PE A Level Transition reading**

[Careers in Sport and Exercise Science - YouTube](#)

[Learn Functional Anatomy To Design Better Exercises - YouTube](#)

[What is Biomechanics? - YouTube](#)

[Sport psychology - inside the mind of champion athletes: Martin Hagger at TEDxPerth - YouTube](#)

**Suggested additional sources of relevant information**

[Unit 2 Functional anatomy - B1 Location, anatomy & function of CV components \(Part 1\) Heart - YouTube](#)

[Unit 2 Functional anatomy - B1 Location, anatomy & function of CV components \(Part 2\) Blood vessels - YouTube](#)

[Unit 2 Functional Anatomy - D5 \(Part 1\) Classification of joints - YouTube](#)

[Unit 2 Functional Anatomy - D5 \(Part 2\) Types of synovial joint - YouTube](#)

[Unit 2 Functional Anatomy - A1 Anatomical language - Learning activities - YouTube](#)

[How To Be More Confident In Sports | Self Efficacy | Sports Psychology - YouTube](#)

[How To Build Mental Toughness - Basketball Confidence - YouTube](#)

[Biomechanics - Linear Motion and its Descriptors - YouTube](#)

[Biomechanics - Angular Motion Basic Descriptors - YouTube](#)

[Forces | Sport Science Hub: Biomechanics Fundamentals | Music Version - YouTube](#)