

A-Level PE and Sport BTEC – Wider Reading list

- **Rise of Superman: Decoding the science of ultimate human performance** by Steven Kotler
Steven Kotler asks why, at the tail end of the 20th century and the early portion of the 21st, are we seeing such a multi-sport assault on reality? Did we somehow slip through a wormhole to another universe where gravity is optional and common sense obsolete? And where - if anywhere - do our actual limits lie?
- **Survival of the fittest: understanding peak physical performance** by Mike Stroud
This book sets out the genetics, exercise, diet and science that allows humans to perform at their peak.
- **The Sports Gene : Talent, Practice and the truth about Success** by David Epstein
Provides a powerful and convincing analysis of how genes influence all our lives, especially the careers of elite sportsmen
- **Bounce : The myth of talent and the power of practice** by Matthew Syed
Mr Syed draws on a vast array of case studies and real-world examples across sport, business, education and politics. He looks at the inside story of how success really happens – and how we cannot grow unless we are prepared to learn from our mistakes.
- **Black Box Thinking** by Matthew Syed
An extraordinary, inspirational book which reveals how great performers and teams are driven by an insatiable curiosity for marginal gains, together with the intellectual courage to challenge their most cherished assumptions
- **The Greatest: What sport teaches us about achieving success.** By Matthew Syed
A collection of award-winning writing on the science and psychology of sport.

- Natural Born Heroes : The lost Secrets of strength and Endurance by Christopher Mcdougall

Learn about how we as humans have forgotten how to be useful with our fitness in exchange for aesthetics. An engaging read on how much the human body can achieve given the right mindset and circumstance.

- Born to Run: The Hidden tribe, the ultra-runners and the greatest race the world has never seen. By Christopher Mcdougall

Cultures collide in this book as a travelling journalist places you at the centre of a race between a small tribe of Mexican Indians (running in flip flops and togas) and the world's top endurance runners. Both have the same goal in mind despite vastly different thoughts and behaviours around training, diet, and race day.

- The Chimp Paradox : The mind management programme to help you achieve success happiness and confidence. By Prof Steve Peters

Recognise how your mind is working.

Understand and manage your emotions and thoughts.

Manage yourself and become the person you would like to be.

- Inside Track Magazines

<https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/physical-education-2016.html> by Pearson/Edexcel

The termly magazine provides information to support centres in their delivery of the course with articles written by senior examiners and moderators and guest writers, together with information about issues such as the latest sports technology and initiatives for identifying and developing talent.

- Winning! By Clive Woodward

Clive Woodward was at the helm when English rugby union triumphantly heaved itself from the boozy, pot-bellied mire of amateurism to the top of the professional game at the 2003 World Cup in Australia. Moreover, in *Winning*, he makes a robust, cogent and at times brilliant argument for taking the lion's share of the credit. As sports autobiographies go this is an extraordinary book, part personal memoir and part historical revision, of course - Woodward is not backward in correcting his critics or laying bare the politics that shroud top-level sports managers. But what sets it apart is that the former England coach presents a detailed analysis of the man-management and coaching theories that underpinned the success, in what is effectively a case study in winning.

- Feet in the clouds : A tale of Fell-running and obsession by Richard Askwith
A classic exploration of an extreme sport.
- Mohammed Ali : Life and Times by Thomas Hauser
- Cycle of Lies : The fall of Lance Armstrong by Julia Macur
- Run, Swim, Throw, Cheat : The science behind drugs in sport by Chris Cooper
- Eddie Hapgood Football Ambassador by Eddie Hapgood
- Sports History : A practical guide by Prof Martin Polley
- Moving the goalposts by Prof Martin Polley
- The Psychology of Winners by Dr. Dennis Waitley
- Sport, Culture and the media: the unruly trinity by David Rowe

- Sports Culture by Ellis Cashmore
- The Changing Politics of Sport by Lincoln Allison
- The Champions Mind: How Great Athletes Think, Train and Thrive by Jim Afremow
Athletes go to guide to improve mental performance in sport. Offers advice from a sports psychologist perspective on how to improve your game in whichever sport and at whatever level you play. Tips on how to progress and sustain excellence.
- Gaming the World: How Sports Are Reshaping Global Politics and Culture by Andrei Markovits and Lars Rensmann
- Endure: Mind, Body and the Curiously Elastic Limits of Human Performance by Alex Hutchinson

This book examines and reveals why our individual limits may be determined as much by our head and heart, as by our muscles. He presents an overview of science's search for understanding human fatigue, from crude experiments with electricity and frogs' legs to sophisticated brain imaging technology. Going beyond the traditional mechanical view of human limits, he instead argues that a key element in endurance is how the brain responds to distress signals—whether heat, or cold, or muscles screaming with lactic acid—and reveals that we can train to improve brain response.

- Chasing Excellence by Ben Bergeron
A crossfit coach's account of his athlete's journey from strong and capable people with potential to unbeatable winning athletes through growth mindset and positive self-talk. (Focuses around the 2017 Crossfit Games).

- Legacy 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?

- Becoming a supple leopard by Kelly Starrett

Want to truly understand the principles that guide human movement? Becoming a Supple Leopard lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries?

- The Talent Lab by Owen Slot

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 had failed - and turned Britain into an Olympic superpower.

- What doesn't kill us by Scott Carney

Our ancestors crossed deserts, mountains and oceans without even a whisper of what anyone might consider modern technology.

Those feats now seem impossible in an age where take comfort for granted. But what if we could regain some of our lost evolutionary strength by simulating the environmental conditions of our forebears?

- Mo Farah - Autobiography

This is much more than an autobiography by a great Olympic champion. It's a moving human story of a man who grew up in difficult circumstances, separated from his family at an early age, who struggled to overcome seemingly insurmountable obstacles to become Britain's most decorated Olympic track-and-field athlete ever.

- **THE Performance Cortex - How neuroscience is redefining athletic genius by Zach Schonbrun**

Why couldn't Michael Jordan, master athlete that he was, hit a baseball? Why can't modern robotics come close to replicating the dexterity of a five-year-old? Why do good quarterbacks always seem to know where their receivers are?

In this deeply researched book, Sports and Business reporter Zach Schonbrun explores what actually drives human movement and its spectacular potential. The ground-breaking work of two neuroscientists in Major League Baseball is only the beginning. Schonbrun traces the fascinating history of motor research and details how new investigations in the brain are helping explain the extraordinary skills of talented performers like Stephen Curry, Tom Brady, Serena Williams, and Lionel Messi; as well as musical virtuosos, dancers, rock climbers, race-car drivers, and more.

Whether it is timing a 95-mph fastball or reaching for a coffee mug, movement requires extraordinary computation that many take for granted - until now. The Performance Cortex ushers in a new way of thinking about the athletic gifts we strain to see in our cavernous arenas. It's not about the million-dollar arm anymore. It's about the million-dollar brain.

- **ICARUS – Netflix documentary**