



Christopher Whitehead Language College and Sixth Form **A Level PE Reading and Resources List**

Psychological Factors- Component 02

Textbooks

- OCR PE for A Level Year 1, including AS – John Honeybourne & Sarah Powell
- OCR PE for A Level Year 2 – John Honeybourne & Sarah Powell
- Advanced PE and Sport - Honeybourne, Hill and Moors.
- Psychological Dynamics of Sport – D Gill.
- Applying Psychology to Sport – Woods.
- Exercise Psychology – Willis and Campbell.
- Sports Psychology a self help guide – Bull.

Websites

- Personality questionnaires from:
www.sportsconfidence.biz/SPQ_sample_report.pdf (includes profile of Tiger Woods)
 - Attitudinal surveys related to sport:
 - <http://www.scotland.gov.uk/Publications/2006/09/29134901/3>
 - www.wsf.org.uk/documents/Muslim_women_in_Sport.pdf
 - Some articles related to attribution:
www.sshs.ex.ac.uk/textdocs/psych_pubs.pdf
<https://intranet.psychology.bangor.ac.uk>
www.pponline.co.uk/encyc/psychology
 - For case studies from sports performers and their reasons for winning and or losing:
<http://news.bbc.co.uk/sport1/hi/academy/default.stm>
 - www.kidsfirstsoccer.com/violence.htm
 - www.selfhelpmagazine.com/articles/sports/violence.htm
 - http://news.bbc.co.uk/sport1/hi/funny_old_game/1494252.stm
 - Case studies from the BBC Sport Academy web site:
 - <http://news.bbc.co.uk/sport1/hi/academy/default.stm>
- Sports Confidence

- <http://www.sportsconfidence.biz/>
- <http://www.psywww.com/mtsite/selfconf.html>
- www.teachpe.com
- www.brianmac.demon.co.uk
- www.thesportselite.com/articles/learning.html
- www.sportscoachuk.org
- On – line reaction tests:
<http://getyourwebsitehere.com/jswb/rttest01.html>
- www.fetchfido.co.uk/games/reaction/reaction_test.htm - 9k
- Article about reaction times of athletes.
condellpark.com/kd/reactiontime.htm - 31k.
- www.uksport.gov.uk
- For case studies related to motivation and sport:
<http://news.bbc.co.uk/sport1/hi/academy/default.stm>
- For promoting sport for disabled: www.youthinformation.com
- For promoting women's sport: www.wsf.org.uk
- www.uksport.gov.uk
- For case studies in practising specific skills:
<http://news.bbc.co.uk/sport1/hi/academy>