



ADDITIONAL READING AND ACTIVITIES LIST

SPORTS, TOURISM AND PROTECTIVE SERVICES

BTEC Travel and Tourism



ONLINE NEWS ARTICLES AND MAGAZINES:

- Business Traveller - <https://www.businesstraveller.com/news/>
brilliant for up to date news stories on the World of Travel and Tourism.
- Telegraph: <https://www.telegraph.co.uk/travel/news/>
- The Guardian: <https://www.theguardian.com/uk/travel>
- Wanderlust Magazine: <https://www.wanderlust.co.uk/>

PODCASTS:

- List from the Guardian for the top ten:
<https://www.theguardian.com/travel/2020/apr/01/10-of-the-best-travel-podcasts>.
- Wander Woman- Phoebe Smith – Founder of Wanderlust
Phoebe Smith is an adventurer, presenter, broadcaster, author, editor, photographer, speaker and filmmaker. By day she is award-winning travel writer, broadcaster and presenter, host of the Wander Woman Podcast and contributing editor for [Wanderlust Travel Magazine](#). By night she's an extreme sleeping outdoors adventurer who thrives on heading to the wildest locations she can find to sleep in the strangest places she can seek out.

BOOKS AND LITERATURE:

Here's a list of 20 of the best travel books according to the Telegraph:

<https://www.telegraph.co.uk/travel/galleries/The-20-best-travel-books-of-all-time/>

- The Girl from Everywhere by Heidi Heilig
- The Bucket List 1000 Adventures Big and Small by Kath Sathers
- Destinations of a Lifetime by National Geographic
- Peak by Roland Smith
- Diary of a Tokyo Teen by Christine Mari Inzer
- Notes from a Small Island by Bill Bryson
- Wanderlove by Kirsten Hubbard
- Step by Step by Simon Reeve - he has done many but is a great one

TRAVEL DOCUMENTARIES:

(Check the content ratings before you watch.)

- Conan without Borders – “late night talk show host Conan O’Brian hits the road in this special that bring him and his sense of humor to far-flung destinations”
- Street Food – “embark on a global cultural journey into street food and discover the stories of the people who create the flavourful dishes”
- Dark Tourist – “from a nuclear lake to a haunted forest, journalist David Farrier visits unusual and often macabre tourism spots round the world.”
- The Kindness Diaries – “Host Leon Logothetis travel the world with only a vintage motorbike and the kindness of strangers, which he pays back in unexpected and inspiring ways.”
- Planet Earth 1 and 2 -
<https://www.bbc.co.uk/iplayer/episode/b0861m8b/planet-earth-ii-6-cities>
- Race Across the World -
<https://www.bbc.co.uk/iplayer/episodes/m0002tvs/race-across-the-world>
- Thomas Cook the Rise and Fall of a Travel Agent -
<https://www.channel4.com/programmes/thomas-cook-rise-fall-of-a-travel-agent>
- Travels of a Gringo -
<https://www.channel4.com/programmes/travels-of-a-gringo>
- Travel Man: 48 hours in... with 48 episodes in Richard Ayoade visits places with celebrities - <https://www.channel4.com/programmes/travel-man-48-hours-in>
- Channel 5 – Many can be accessed on MY5
- Airport 24/7 Thailand
- Around the world by train with Tony Robinson
- Bargain Loving Brits in the Sun
- Britain's Treasures from the air
- British Airways 24/7 Access all areas
- Building the Channel Tunnel 25 years on
- First Class vs Economy - is it worth it?
- Inside the World's Greatest Hotels
- M1 The motorway that made Britain

- Premier Inn
- Secret life of the holiday resort
- Secret world of Las Vegas 24/7
- Secrets of Chatsworth
- Secrets of Scotland
- Secrets of Great British Castles
- Secrets of the mega resorts
- Secrets of the national trust
- Secrets of the World's Most Expensive Cruise Ships -
<https://www.my5.tv/secrets-of-the-world-s-most-expensive-cruise-ships/season-1 - My5>

TRAVEL FILMS:

- The Guardian have a list of the top twenty -
<https://www.theguardian.com/travel/2020/mar/27/20-best-travel-films-movie-s-cinematic-stunning-locations-laptop-tv>
- IMDB have their list of their top 25 travel films -
<https://www.imdb.com/list/ls070653194/>





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Sport/Sport Science and P.E



Sport Online news articles and websites:

Click the names to link to the books

- [BTEC Level 3 National Sport Book 1](#)
- [BTEC Level 3 SPORT Book 2 \(2010\)](#)
- [BTEC National Sport Student Book 1](#)
- [BTEC National Sport Student Book 2](#)
- [Sports Psychology](#)
- [Sports Nutrition](#)

Sport Science news articles and websites:

Click the names to link to the books

- [BTEC Sports Science Book \(2016\)](#)
- [BTEC National Sport Science Student Book](#)
- [Sports Psychology](#)
- [Sports Nutrition](#)
- [A-Level P.E](#)
- [Introducing Sports Psychology](#)
- [Sports and Exercise Biomechanics](#)
- [Acquisition and Performance of Sports Skills](#)

Social Media to follow:

Blackpool Sixth Sport

Facebook page

<https://www.facebook.com/Blackpoolsixthsport/>

Podcasts of Interest:

- BBC Sport Podcasts
<https://www.bbc.co.uk/podcasts/category/sport>
- Best Podcasts of 2024
<https://player.fm/featured/sports>

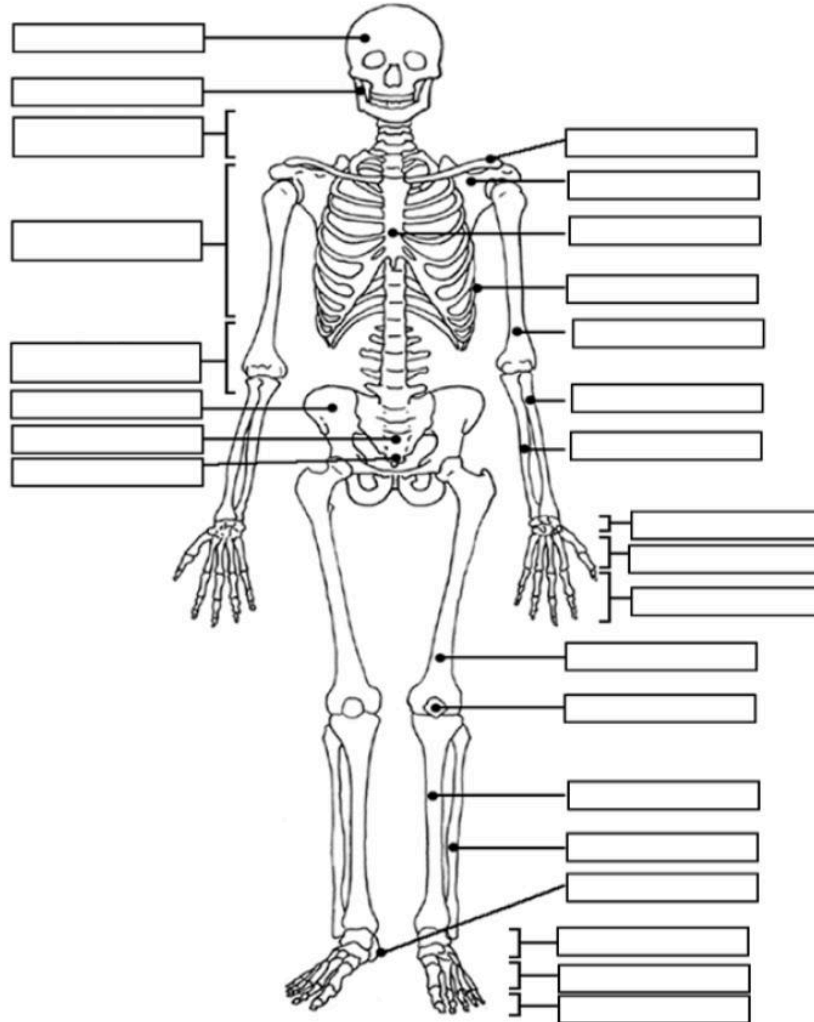
Books and Literature:

- 35 Best Sports Books Ever
<https://www.esquire.com/uk/culture/books/a22033403/best-sports-books-ever-written/>
- Popular Sports Literature Books
<https://www.goodreads.com/shelf/show/sports-literature>

Sport Documentaries and Series:

- 6 Documentaries worth watching
<https://www.techradar.com/news/6-netflix-sports-documentaries-that-are-worth-watching>

Label the Skeleton



Cranium
 Clavicle
 Ribs
 Sternum
 Humerus
 Radius
 Ulna
 Scapula

Hips
 Jaw bone
 Patella
 Metatarsals
 Tarsals
 Fibula
 Carpals
 Metacarpals

Phalanges
 Femur
 Tibia
 Lumbar
 Coccyx
 Cervical
 Thoracic
 Sacrum

First Aid Test - Questions 1-10



Which of the following is the correct sequence for the Primary Survey?

1. Danger, Response, Airway, Breathing
2. Dangle, Reply, Airway, Breathing
3. Danger, Response, Airway, Breathing
4. Dingy, Response, Airfix, Breathing

How many firm blows should be given to a choking adult before attempting abdominal thrusts?

1. Up to 5
2. 1
3. As many as possible
4. 7

If available, what should you always try and wear when treating wounds and bleeding?

1. Nothing at all
2. A funny hat
3. Gloves
4. A gas mask

Which of the following is not a sign of shock?

1. Pale clammy skin
2. Fast weak pulse
3. Rapid shallow breathing
4. Wide eyes, open mouth and a sharp intake of breath

What is anaphylaxis?

1. A type of head wound
2. A severe burn
3. A dangerous allergic reaction
4. A thrash metal group

Which of the following is the correct treatment for a nose bleed?

1. Seat the patient, nip the soft part of the nose and tip their head forward
2. Push patient's head back and tell them to close their eyes
3. Ask the patient to do a handstand
4. Hold the patient's ears and sing softly

What is the ideal dressing for a burn?

1. Cotton wool
2. Twinset and pearls
3. Sterile, lint-free dressing
4. Butter

What is the best treatment for an embedded object, e.g. a piece of glass stuck in a patient's arm?

1. Pull out the object and apply dressing
2. Leave the object in place and apply sterile dressing around it
3. Point at the object and scream
4. Prod it a bit

When giving chest compressions where should you place your hand?

1. Over the patient's eyes
2. Over your eyes
3. On the breastbone avoiding its lower tip and upper abdomen
4. On the stomach area just above the belly button

How do you open the airway in a casualty who is unconscious?

1. Push the head downwards towards the chest
2. Gently tilt head back and lift chin
3. Roll head to the side
4. Move head up and down really fast



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BTEC Protective Services



Online news articles and magazines:

- <https://www.bbc.co.uk/news>
A great resource for news that affects the Protective Services with topics such as Brexit, Coronavirus, War on Terror plus many more.
- <https://news.sky.com/>
A really good resource for live breaking news on a variety of topics that impact the Protective Services.
- <https://www.theguardian.com/uk>
A really good newspaper that gives a variety of mixed opinions on topics that affect the Protective Services
- <https://www.civilserviceworld.com/news>
This website gives up to date information to you about changes that affect the Protective Services.



The Press, the Police, the politicians and their public

When the high court judge Sir Brian Leveson was asked to conduct an inquiry into the culture and ethics of the British press in 2011 in the wake of the phone hacking scandal at the News of the World, it was meant to be divided into two parts. The first part revealed uncomfortable truths about some established journalistic practices. The second part was due to be held after related criminal court cases had been completed.

<https://www.bbc.co.uk/programmes/m0004szl>



Witness History, London's first Black Policeman

Norwell Roberts joined the Metropolitan police in 1967. He was put forward as a symbol of progressive policing amid ongoing tensions between the police and ethnic minorities in the capital. But behind the scenes, he endured years of racist abuse from colleagues within the force. Norwell Roberts QPM spoke to Alex Last about growing up in Britain and his determination to be a pioneer in the police force.

<https://www.bbc.co.uk/programmes/w3csywyq>

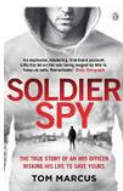


The Frankfurt Auschwitz Trials

Hear from one of the German prosecution lawyers who helped put Nazi war criminals on trial 20 years after World War Two had ended. Gerhard Wiese has been speaking to Lucy Burns about the trial, and about visiting the Auschwitz death camp with other members of the court.

<https://www.bbc.co.uk/sounds/play/w3csv268>

Books and Literature:



Police Journals

Soldier Spy, by Tom Marcus lifts the lid on the war being waged by MI5 to keep us safe in our towns and cities for the first time - a blistering, visceral insight into life on the front line against terror, revealed in never-before-heard detail.

Public Services Documentaries and Series:



999, What's your emergency
Channel 4



The Force: Manchester
Sky One



Junior Doctors:
On the Front Line
BBC iPlayer



Catching
Britain's Killers
BBC iPlayer



A	C	I	R	C	U	I	T	U	O	V	S	G	J	O	G	G	I	N	G	B	H	T	O	U
K	O	V	J	N	B	A	L	L	P	D	R	X	H	N	V	E	L	M	I	G	S	R	D	X
R	D	I	G	Y	W	P	R	Y	H	F	B	P	Z	L	S	R	D	F	G	Y	Q	F	V	I
F	S	L	A	H	T	L	J	W	S	M	W	H	S	J	M	Q	H	A	R	L	J	J	N	R
T	J	Q	F	O	A	L	Z	F	C	Q	D	E	I	U	E	R	J	R	J	U	A	H	S	G
W	P	E	T	R	S	H	U	Q	W	I	O	B	I	H	G	Z	F	D	G	Z	E	M	A	J
G	H	O	I	X	W	R	F	C	U	O	R	X	Z	G	K	L	B	S	M	D	R	F	J	P
R	C	K	B	G	E	Z	A	F	J	T	L	F	K	D	H	Z	P	X	F	H	O	M	Q	C
L	O	J	V	H	H	O	R	U	P	Q	G	Y	U	Y	O	T	W	Z	A	B	B	R	V	X
X	N	W	G	D	F	T	T	L	G	C	A	S	H	T	F	Y	R	D	L	F	I	G	D	H
I	T	P	R	X	S	H	L	J	Y	U	R	V	M	L	N	A	S	K	J	L	C	P	Q	I
J	I	S	L	K	A	L	E	G	J	Z	G	D	R	G	Y	F	N	F	Y	Z	H	X	F	J
A	N	V	Q	G	R	Y	K	P	D	S	N	B	L	D	G	U	S	E	N	D	U	R	O	C
N	U	Y	L	U	H	D	W	V	G	R	F	D	E	O	D	Z	R	S	T	I	Y	F	S	P
R	O	I	P	M	A	C	K	J	L	O	N	T	N	A	P	J	Y	P	H	X	J	O	M	O
I	U	D	S	O	R	J	N	Y	U	X	S	F	D	R	I	F	R	D	F	S	I	Y	J	U
J	S	I	Y	P	K	U	O	Z	R	I	L	C	U	Y	Z	L	M	Y	X	P	A	K	F	D
G	B	F	Q	E	R	I	T	D	N	B	H	J	R	U	L	U	B	Q	G	O	L	D	H	L
D	X	I	L	G	K	B	I	N	T	E	R	V	A	L	X	F	I	O	F	R	O	R	W	G
Y	W	T	N	W	X	L	H	P	O	X	H	T	N	X	F	G	J	H	P	T	W	N	V	O
R	I	K	H	E	D	Q	T	N	W	U	L	Q	C	M	T	D	S	F	T	O	B	X	S	J
F	O	A	T	U	M	L	Z	S	Z	Y	P	J	E	N	F	J	Z	Q	S	P	V	S	F	M
Z	P	G	S	R	I	P	G	E	I	D	F	G	Y	H	G	Z	L	N	A	D	R	N	M	G
H	D	M	O	Y	Q	F	C	X	O	L	S	Q	F	D	V	O	K	Y	H	C	J	D	I	P
Y	S	V	C	R	O	S	S	U	H	A	L	T	C	P	I	R	X	S	L	F	G	T	Y	A

Methods of Training Wordsearch

1. Weight training can develop your Strength and muscular
2. Continuous training improves your fitness
3. Training involves varying the intensity and type of exercise during a continuous exercise. Means "Speed play"
4. Training involves between 6-10 different exercises with a set time to complete e.g. burpees, lunges, sit ups etc.
5. Combines different methods of training, varying the type of exercise you take part in. e.g. Monday – Swimming, Wednesday – Football, Friday – Gym etc. This is training
6. Training at a moderate level for over 30 minutes without any rest periods is called training. An Example of this would be
7. This type of training will increase the strength of muscles using a series of repetitions and sets.
8. Training involves regular bursts of exercise followed by rest periods or lower intensity exercise i.e. walking.
9. "Training should concentrate on the needs of the performer and the demands of their activity", this is the definition of what principle of training?

Crime and Punishment Quiz



What crime is being committed in each of these cases?

A thief goes into your house through a window...

- A** Fraud **B** Burglary **C** Vandalism

A child steals a chocolate bar from a store...

- A** Assault **B** Child abuse **C** Shop lifting

A car is driven faster than the speed limit...

- A** Speeding **B** Fine **C** Trafficking

An American dealer sells cocaine to a Canadian buyer...

- A** Theft **B** Smuggling **C** Drug trafficking

A guard refuses to give a prisoner food or water unless the prisoner gives up information...

- A** Abduction **B** Hijacking **C** Torture

A police officer shoots and kills an unarmed teenager who refuses to obey them...

- A** Murder **B** Terrorism **C** Assault

A person throws a lit match into a building and it catches fire...

- A** Arson **B** Burglary **C** Domestic violence

A terrorist group take over an aeroplane and change its course...

- A** Vandalism **B** Trafficking **C** Hijacking

A man regularly assaults his wife and children...

- A** Homicide **B** Domestic violence **C** Abduction

A dishonest lawyer charges for more hours of work than they actually did...

- A** Burglary **B** Armed robbery **C** Fraud

Different uniformed public services

The following titles refer to just some of the uniformed public services. See if you can place them under the correct column in the grid provided. You can place a title in more than one column.



Warrant Officer Class 2, Sub-Lieutenant, Squadron Leader, Assistant Chief Officer, Colour Sergeant, Group Manager, Superintendent, Brigadier, Chief Petty Officer, Constable, Group Captain, Brigade Manager, Wing Commander, Inspector, Crew Manager, Commodore, Watch Officer, Junior Technician, Major, Lieutenant Commander, Air Commodore, District Operations Manager, Chief Officer Grade 1

Coastguard	Army	Royal Marines	Fire
Royal Navy	Police	Prison	RAF

Where you have more than one rank in the column, try to place them in order of seniority by numbering them, where number 1 is the more senior.