

Literature and media relating to NEM course

Sceptics guide to sport science podcast: <https://scientifictriathlon.com/tts239/#tab-con-8>

The truth about sports products video: <https://www.dailymotion.com/video/xsmj6e>

The above video and podcast related to material discussed in the level 4 module 'Evaluating Contemporary Developments Applied Settings', where students assess a wide range of nutrition and exercise products/ training methods currently on market including cryolipolysis, altitude chambers, ketone supplements, fat burners among others. We explore whether sport and exercise products are effective, or are a fad and based upon poor science.

Truth about diet and exercise: <https://www.youtube.com/watch?v=X7G87BPtb4M>

This video explores some common misconceptions about diet and exercise.

The truth about getting fit: <https://www.bbc.co.uk/iplayer/episode/b09qjl7d/the-truth-about-15-getting-fit>

This documentary explores recent advances in exercise and physical activity research.

TED Talks on behaviour change

These TED Talks relate to motivation and behaviour change methods discussed within the 'healthy behaviour and promoting change' level 5 module.

The first explores different forms of motivation, and how to increase motivation for health behaviours: <https://www.youtube.com/watch?v=VGrcets0E6I&t=515s>

This video explores application of behaviour change methods to alter behaviour: <https://www.youtube.com/watch?v=xp0O2vi8DX4>

Podcast playlist by Dr Laurent Bannock

This podcast explores nutrition for sports performance: <https://player.fm/series/we-do-science-the-performance-nutrition-podcast-50525>