**BSc Sport and Exercise Psychology**

**Summer Activities and Reading**

**Please also find these on KeyLinks:** [**https://marjon.keylinks.org/#/list/896**](https://marjon.keylinks.org/#/list/896)

**Websites, Apps and podcasts**

The Sport Psych Show: <https://open.spotify.com/show/4Pf4uOIQJhbel1kYNzz39z>

Eighty percent mental: <https://eightypercentmental.com/>

Sport Psychology today: <http://www.sportpsychologytoday.com/>

<https://www.innerdrive.co.uk/sport-psychologist-football/#section_link_twelve>

Sport Psychology for football [http://www.sportspsychologist.com/home.html](http://www.sportspsychologist.com/home.html (Links%20to%20an%20external%20site.))

British Psychological Society [www.bps.org.uk](http://www.bps.org.uk)

Research Digest App: <https://digest.bps.org.uk/>

The Psychologist: <https://thepsychologist.bps.org.uk/>

Psych Crunch: <https://digest.bps.org.uk/podcast/>

**TED Talks**

McGonigal, K. (2013) How to make stress your friend; <https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend>

Scott, S. (2018) Why we should take laughter more seriously; <https://www.ted.com/talks/sophie_scott_why_we_should_take_laughter_more_seriously>

Seligman, M. (2004). The new era of positive psychology; <https://www.ted.com/talks/martin_seligman_the_new_era_of_positive_psychology>

**Online text books – take a browse, read something which catches your eye!**

<https://www.oercommons.org/hubs/open-textbooks>

<https://socialsci.libretexts.org/Bookshelves>

<https://www.gutenberg.org/>

<https://www.intechopen.com/books>

[https://open.umn.edu/opentextbooks/subjects/psychology (Links to an external site.)](https://open.umn.edu/opentextbooks/subjects/psychology)

**You tube channels**

Paul Penn : Psychology of Effective Studying: <https://www.youtube.com/channel/UC2A0ShD0Ed_p-dgMorby97w>

British Psychological Society: <https://www.youtube.com/user/bpsmediacentre>