

Useful Websites for Revision



The table below contains links to websites or YouTube videos you may find helpful when studying for your Level 2 or 3 Anatomy and Physiology, Level 2 Principles of Exercise or Nutrition exams.

If any of the links don't work please let us know by emailing us at ymcafit.blendedlearning@ymca.co.uk – thanks!

Unit and level	Topics covered	Description	Link
Level 2 & 3 A&P	Skeletal system	Diagram of human skeleton and detailed description	https://en.wikipedia.org/wiki/Human_skeleton
Level 2 A&P	Skeletal system – structure and joints	Detailed video of skeleton structure and joints	https://www.youtube.com/watch?v=UXtG052Klkg
Level 2 & 3 A&P	Skeletal system – parts of the skeleton	x8 sections on different parts of the skeleton, with diagrams and descriptions	https://courses.lumenlearning.com/boundless-ap/table-of-contents/
Level 2 & 3 A&P	Muscular system – sliding filament theory	A detailed description of the sliding filament theory with diagrams	https://www.nature.com/scitable/topicpage/the-sliding-filament-theory-of-muscle-contraction-14567666
Level 2 A&P	Muscular system- Functional groups	Video of muscle actions and muscle functions	www.youtube.com/watch?v=PGDXXUtPw4A

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Level 2 & 3 A&P	Muscular system – description and breakdown	Detailed description on muscles including diagrams	https://en.wikipedia.org/wiki/Muscle
Level 2 A&P	Muscular system – three types of muscle	Muscle types explained with diagrams included	www.visiblebody.com/learn/muscular/muscle-types
Level 2 & 3 A&P	Circulatory system – The heart	Detailed structure of the heart including diagrams	www.nhlbi.nih.gov/health/health-topics/topics/chd/heartworks
Level 2 & 3 A&P	Circulatory system – Explained and broken down	Definition and description of the circulatory system and diagrams	https://en.wikipedia.org/wiki/Circulatory_system
Level 2 A&P	Circulatory system – function, definition & anatomy	Video on function, definition & anatomy - human	www.youtube.com/watch?v=yaXna8LmoiY&t=58s
Level 3 A&P	Circulatory system – Arteries, veins and capillaries	Detailed description on arteries, veins and capillaries	https://courses.lumenlearning.com/boundless-biology/chapter/mammalian-heart-and-blood-vessels/
Level 2 A&P	Respiratory system - Structure and function explained and broken down simply	Definition and description of the respiratory system and diagrams	www.teachpe.com/anatomy-physiology/the-respiratory-system-breathing/
Level 2 & 3 A&P	Respiratory system - structure and position of organs	3D animation of structure and position of many organs that make the respiratory system	www.youtube.com/watch?v=kacMYexDgHg
Level 2 & 3 A&P	Respiratory system - Interactive respiratory guide	Interactive respiratory guide including 2d, 3d and rotate diagrams.	www.innerbody.com/anatomy/respiratory

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Level 2 & 3 A&P	Energy systems - Explained and broken down	Detailed description of the energy systems	https://en.wikipedia.org/wiki/Bioenergetic_systems
Level 2 & 3 A&P	Energy systems - three energy systems	Three energy systems explained	www.brianmac.co.uk/energy.htm
Level 2 & 3 A&P	Energy systems – energy for muscular movement	Video explaining the energy systems for muscular movement through diagrams	www.youtube.com/watch?v=yH6zO0EkxHI
Level 2 & 3 A&P	Nervous systems – facts, functions and diseases	Information on facts, functions and diseases of the nervous system including diagrams	www.livescience.com/22665-nervous-system.html
Level 2 & 3 A&P	Nervous system - Nerves	Video on defining what a nerve is	www.youtube.com/watch?v=M-nZxCOvMIA
Level 2 & 3 A&P	Nervous system – Motor neurons	Motor neurons explained and diagrams provided	https://en.wikipedia.org/wiki/Motor_neuron_disease
Level 2 & 3 A&P	Endocrine system – Overview of the endocrine system	Detailed text on overview of the Endocrine system	https://www.endocrineweb.com/endocrinology/about-endocrine-system
Level 3 A&P	Endocrine system - glands	Description of the different glands and the hormones they secrete	www.innerbody.com/image/endoov.html
Level 3 A&P	Endocrine systems – glands and hormones	Short videos, text and diagrams on glands	www.visiblebody.com/learn/endocrine/glands

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Nutrition	Fats – Monounsaturated, polyunsaturated, saturated and trans fats	Description of what Monounsaturated, polyunsaturated, saturated and trans fats and example diagrams	www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/fats-explained
Nutrition	Fats – Good and bad	Video explanation on good and bad fats	www.youtube.com/watch?v=QhUrc4BnPgg
Nutrition	Carbohydrates – explanation on different carbohydrates	Explanation on different carbohydrates	www.rsc.org/Education/Teachers/Resources/cfb/Carbohydrates.htm
Nutrition	Carbohydrates - health	Video on different carbs and how they impact your health	www.youtube.com/watch?v=wxzc_2c6GMg
Nutrition	Proteins – explained	Text on what protein is, different proteins, what are they used for and how much do we need	www.medicalnewstoday.com/articles/196279.php
Nutrition	Proteins – structure and function	Video on protein structure and function	www.study.com/academy/lesson/proteins-i-chemical-structure.html
Nutrition	Vitamins and Minerals - explained	Text and diagrams on different minerals with diagram examples.	www.goodnet.org/articles/11-essential-vitamins-minerals-your-body-needs
Nutrition	Vitamins and Minerals -	Animation of vitamin and minerals	www.nebraskamed.com/3d-medical-atlas/endocrine/vitamins-and-minerals
Nutrition	Fluids - Water, hydration and health	Detailed text on Water, hydration and health	www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/

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Nutrition	Fluids – hydration levels	Short video on 8 signs of dehydration	www.youtube.com/watch?v=FuAoP0BpGGk
Nutrition	Digestive system	Digestive system explained through detailed text and 3d rotating diagrams	www.innerbody.com/image/digeov.html
Nutrition	Digestive system	Slide show of pictures and description on how the digestive system works	www.mayoclinic.org/digestive-system/sls-20076373?s=6
Principles of Exercise	Components of fitness – five components of fitness	Text on each component of fitness	www.health-galaxy.com/5-components-of-physical-fitness.html
Principles of Exercise	Motor skills and motor skills training – three stages of motor fitness	Cognitive, associative and autonomous skills explained through text and table	www.humankinetics.com/excerpts/excerpts/understanding-motor-learning-stages-improves-skill-instruction
Principles of Exercise	Special populations - exercises	Video information regarding exercises for special populations	www.youtube.com/watch?v=HGOyBeVtnRs
Principles of Exercise	Special populations - programmes	Designing exercise programmes for special populations	www.nrpt.co.uk/training/special/index.htm

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Principles of Exercise	CV training – Different CV training with advantages and disadvantages	Text on different CV training with advantages and disadvantages	www.teachpe.com/resources/gcse/gcse-physical-training/training-methods
Principles of Exercise	Endurance training – definitions/adaptations/methods	Detailed information on endurance training and methods	https://en.wikipedia.org/wiki/Endurance
Principles of Exercise	Muscular Strength - adaptations	Detailed description on definition and adaptations to training	www.conanfitness.com/articles/adaptations-to-training-2/
Principles of Exercise	Flexibility – purpose of flexibility	Text on the importance and purpose of flexibility	www.humankinetics.com/excerpts/excerpts/the-importance-and-purpose-of-flexibility