**Web-Based Content Knowledge Resources**

Below are examples of good sources of information related to performance in the many activities taught in physical education programs. They can also serve as excellent teaching tools during class to show examples of technique execution. All websites are free of charge, though some may ask you to register as user.

Please note that in most cases you will have to refine your search depending on how the website is structured. You will also find that the quality of videos will vary. The same applies relative to the background and expertise of those posting the material on the web.

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| ***Web links*** | ***Information related to site*** |
| [www.youtube.com](http://www.youtube.com) | Great for getting video-images of countless sport techniques. For example, type in “Shot put” in the search bar. The results will include samples of videos on that topic, ranging from high school to Olympic level performances.  You will have to search for what you find to be the better quality videos to fit your needs. |
| [www.fuzzyyellowballs.com](http://www.fuzzyyellowballs.com) | Great website for learning more about tennis techniques and tactics. Includes insights from advanced level coaches. |
| [www.Tennis.com](http://www.Tennis.com) | Excellent website that has more information for instructional purposes than you will ever need! Includes both articles and videos on a wide range of topics in tennis including fitness tasks. |
| [www.google.com](http://www.google.com) | A treasure trove of related links to most any sport. You may have refine the keywords you enter, but it is arguably the top website for information about most physical activities. |
| <http://www.thegolfchannel.com/golf-instruction/> | Excellent site for both basic and advanced instruction. Beware of the commercials that precede most every video clips. |
| <http://www.howcast.com/guides/3-fitness> | Good video-based website for learning about basic aspects of sport techniques such as critical elements. |
| [www.golf.com/golf/instruction](http://www.golf.com/golf/instruction) | Includes many lessons addressing countless aspects of golf. |

***From Complete Guide to Sport Education (3rd ed.); Siedentop, Hastie,***

***& van der Mars, 2020, Champaign, IL: Human Kinetics.***