

Sports Medicine

- Cardiac output
 - <https://www.youtube.com/watch?v=ojzf8oL1Mko>
- Macronutrients
 - <https://www.youtube.com/watch?v=69qdVv96N94>
- Metabolism to restore Energy
 - <https://www.youtube.com/watch?v=TnQGcKpahfM>
 - <https://www.youtube.com/watch?v=LmRDCBx42Ew>
 - <https://www.youtube.com/watch?v=JOncWQUpMzc&t=6s>
 - <https://www.youtube.com/watch?v=ClBDozXUIWc>
 - <https://www.youtube.com/watch?v=zJNx1DDqIVo&t=136s>
- Muscel anatomy and physiology
 - <https://www.youtube.com/watch?v=SCznFaTwTPE>
 - <https://www.youtube.com/watch?v=9tfbVvm96Y>
- Skeletal muscles used for squats and push-ups
 - https://www.youtube.com/watch?v=H5VYU6t_w9o
 - <https://www.youtube.com/watch?v=AqqWIFnFLeg>
- Basic biological processes: Replication, Transcription, Translation
 - <https://www.youtube.com/watch?v=gG7uCskUOrA>
 - <https://www.youtube.com/watch?v=6gUY5NoX1Lk>

Training and Movement Science

<https://www.youtube.com/@sportscehuhub>
<https://www.youtube.com/playlist?list=PL4dbzQE123dno3gtbcIRP1dr4ZKJ4WRTX>
https://www.youtube.com/watch?v=9Hqdrx1HPfA&list=PLlqI96GMwNGGTBFvxHhi4-4TNcpeXJb_y
<https://www.youtube.com/playlist?list=PLChoBdHiswJbYLkiflL0Dah40M4onMxuk>
<https://us.humankinetics.com/products/nscas-essentials-of-sport-science-epub#tab-tableofcontents>
<https://www.routledge.com/Sports-Biomechanics-Reducing-Injury-Risk-and-Improving-Sports-Performance/Bartlett-Bussey/p/book/9780415558389>
<https://www.routledge.com/Strength-and-Conditioning-for-Sports-Performance/Jeffreys-Moody/p/book/9780367404635>

Data Science

<https://link.springer.com/book/10.1007/978-3-030-10531-0>
<https://link.springer.com/book/10.1007/978-3-030-59889-1>
<https://link.springer.com/book/10.1007/978-3-030-81935-4>