



Arts and Recreation Collection

Videos designed for student-centric learning

Educational Videos for Arts and Recreation

We offer high quality videos designed for Further Education and also curate the best educational videos from the world's leading content providers. These videos include supporting teaching resources and activities, perfect for incorporating into your lectures.

Videos available in this collection

Arts and Culture	35	Textiles, Clothing and Footwear	30
Music	3	Visual Arts, Crafts and Design	27
Sports and Recreation	34	Total	129

Popular titles



Chronic Cardiovascular Adaptations

As a novice athlete prepares for her first marathon with her coach and a trained endurance runner, this series explores the chronic adaptations to exercise made by the body's respiratory, cardiovascular and muscular systems.



Lighting, Composition and Shooting

Understanding the effect of different lighting conditions on a subject and knowing how to compose a balanced image are key skills for any photographer. This programme explores how lighting, composition and shooting techniques are combined to create the final image.



Ethic Dance: Tibet

Living on the Plateau, at an average elevation of over 12 thousand feet above sea level, the Tibetan people are known to be compassionate, bold, candid and devout. Just as the distinctive geographical and weather conditions in the region have influenced their dance movements, Tibetans sacred religious beliefs and political climate have also had an impact.



Acute Muscular Responses

As our presenter undertakes some high intensity exercise with her CrossFit coach and a trained athlete to assist, she takes a close look at how the respiratory system responds. During the session, a sports scientist explains key areas such as tidal volume, respiratory rate, ventilation, diffusion of gases in the lungs, oxygen deficit, VO2 max and EPOC.

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