These animations and videos introduce the original continuous wave NMR

This animation shows
(1) A compass needle in a static applied magnetic field Bo
(2) The oscillation frequency depends linearly on the applied magnetic field
(3) The needle can be moved by an oscillating magnetic field B1
(4) Applying the frequency of B1 at resonance drives the needle like a child in a swing
You can play with this applet here: http://www.drcmr.dk/MR

http://www.youtube.com/watch?v=1OrPCNVSA4o

This animation shows
(1) The spins precess at the Larmor frequency,
(2) The Larmor frequency depends linearly on the applied magnetic field
(3) The spin up and spin down populations are nearly equal

http://mutuslab.cs.uwindsor.ca/schurko/nmrcourse/animations/precess/precess.htm

In this video, Sir Paul uses a bicycle wheel to illustrate the classical analog of NMR
(1) The precession frequency is independent of the tilt angle
(2) The resonance is produced by applying a torque at the precession frequency
(3) The torque is applied perpendicular to the torque due to gravity
(3) There is relaxation due to energy loss

http://www.magritek.com/support-videos#01
or http://www.youtube.com/watch?v=7aRKAXD4dAg

In this video, Sir Paul describes proton NMR
(1) The energies of the up and down spins
(2) The thermal equilibrium between the up and down spin populations
(3) The very small spin excess depends on temperature and applied field
(4) The Larmor frequency is proportional to the applied field and to the gamma of the nucleus
(5) The torque is applied with an oscillating magnetic field B1 that is perpendicular to Bo

http://www.magritek.com/support-videos#02
or http://www.youtube.com/watch?v=jUKdVBpCLHM