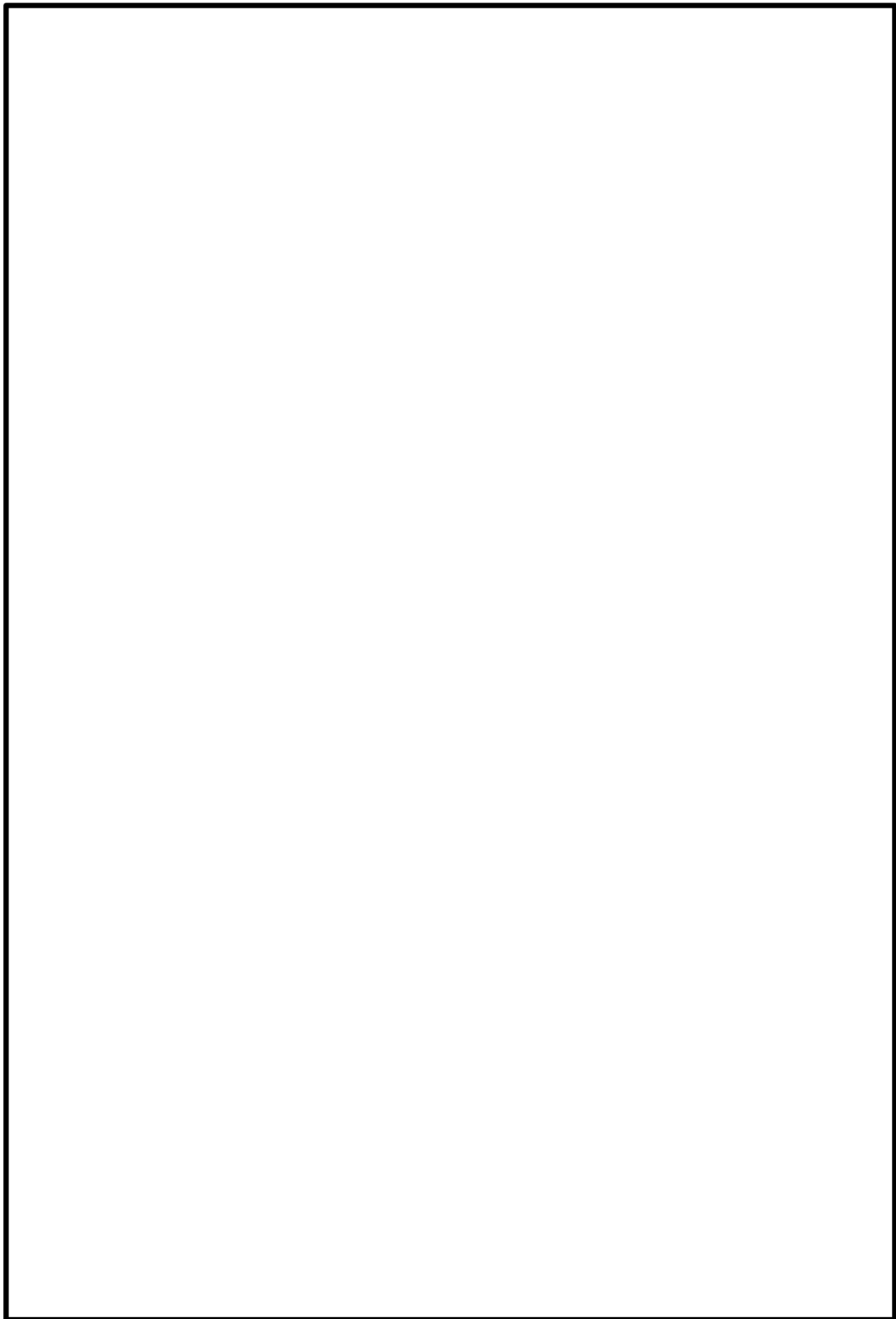


Year 10
GCSE PE
Revision
Booklet

Health, Fitness and well being

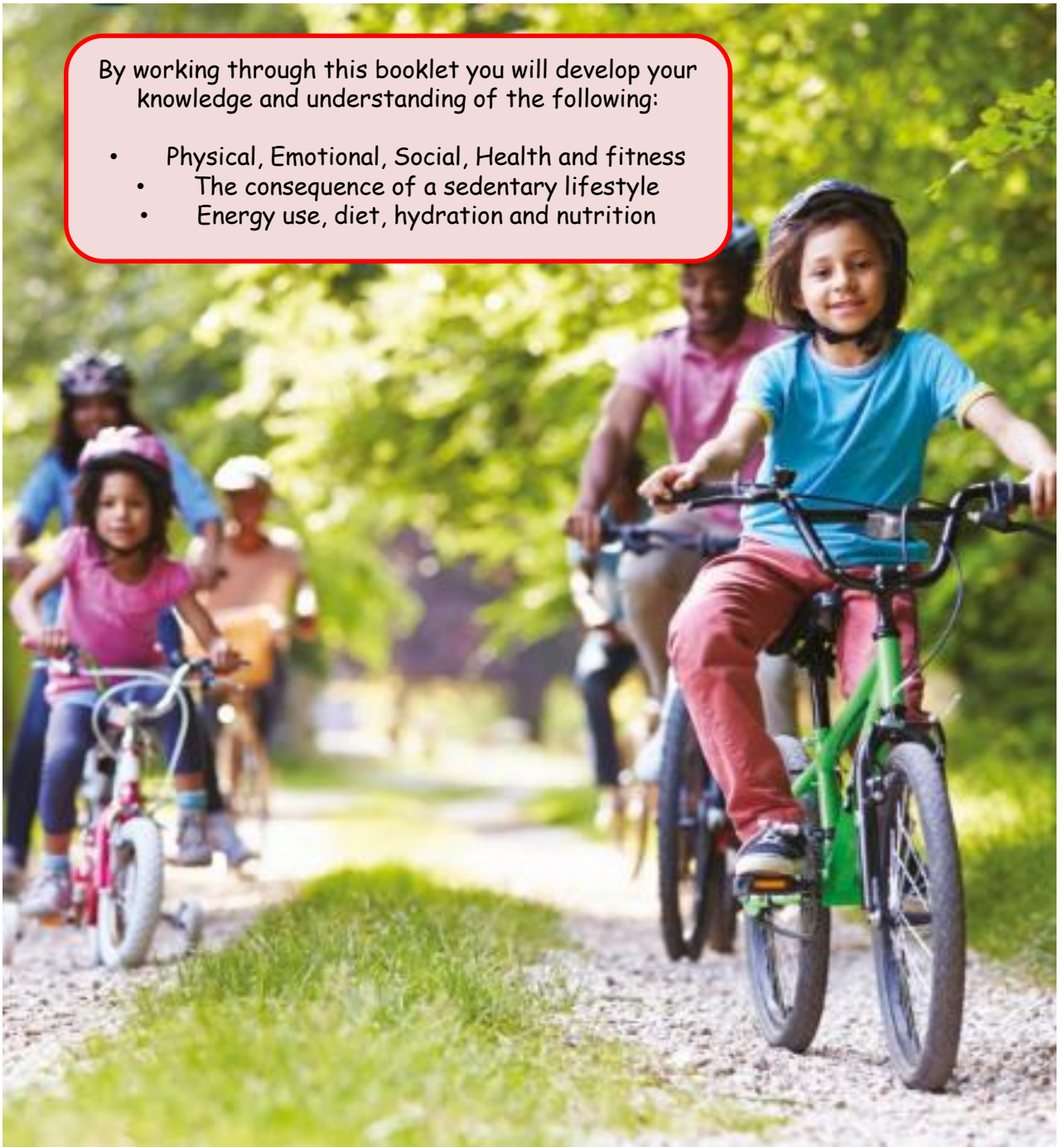


Topic 4

Health, Fitness & Exercise

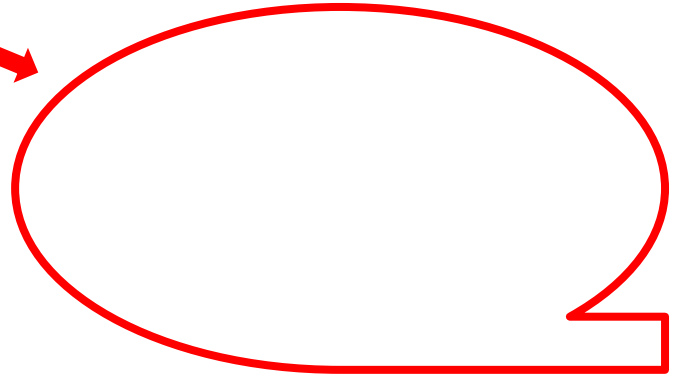
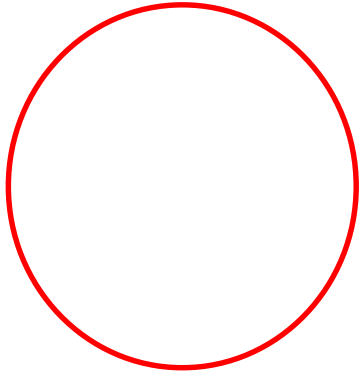
By working through this booklet you will develop your knowledge and understanding of the following:

- Physical, Emotional, Social, Health and fitness
- The consequence of a sedentary lifestyle
- Energy use, diet, hydration and nutrition



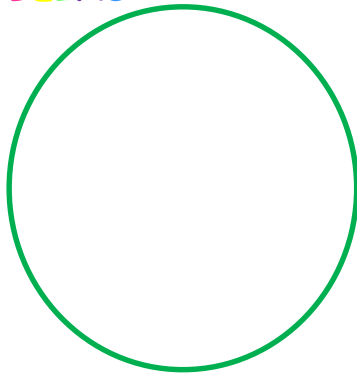
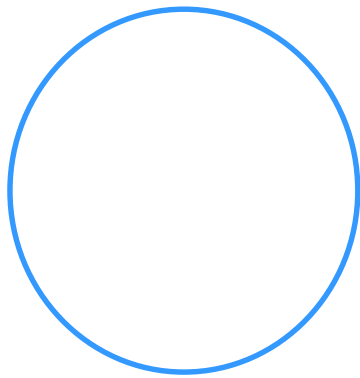
Well-Being

TASK
Define the term well-being

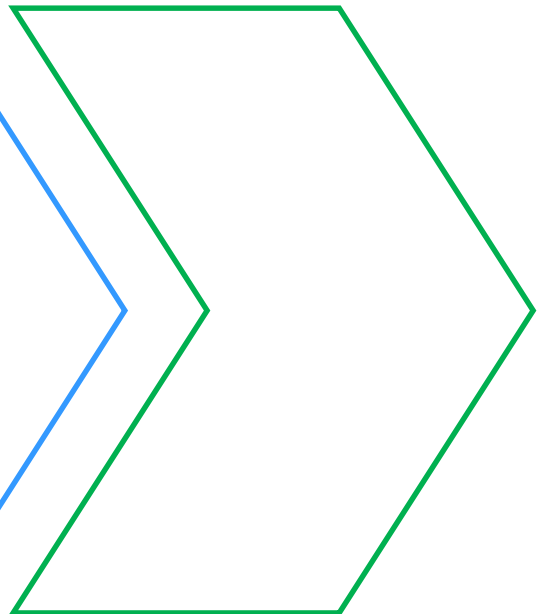
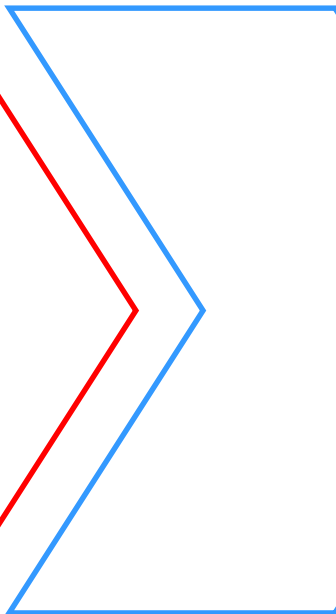
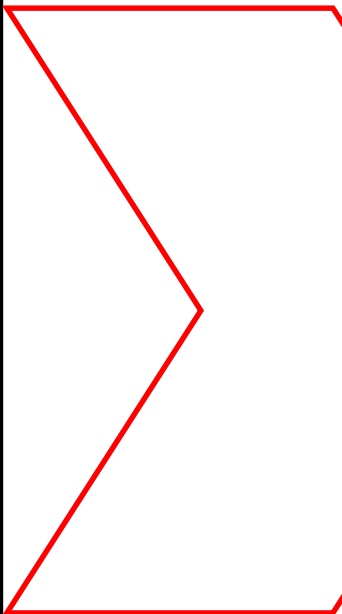


TASK
What three things make up a person's well being

WELL - BEING



TASK
Provide a description of how you can improve the three aspects that make up somebodies well being



The impact of fitness and well being

Define the term Fitness



TASK

In each box write down the effects of both types of diet

Eating a healthy diet

Eating an unhealthy diet

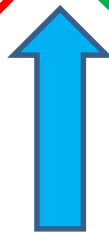
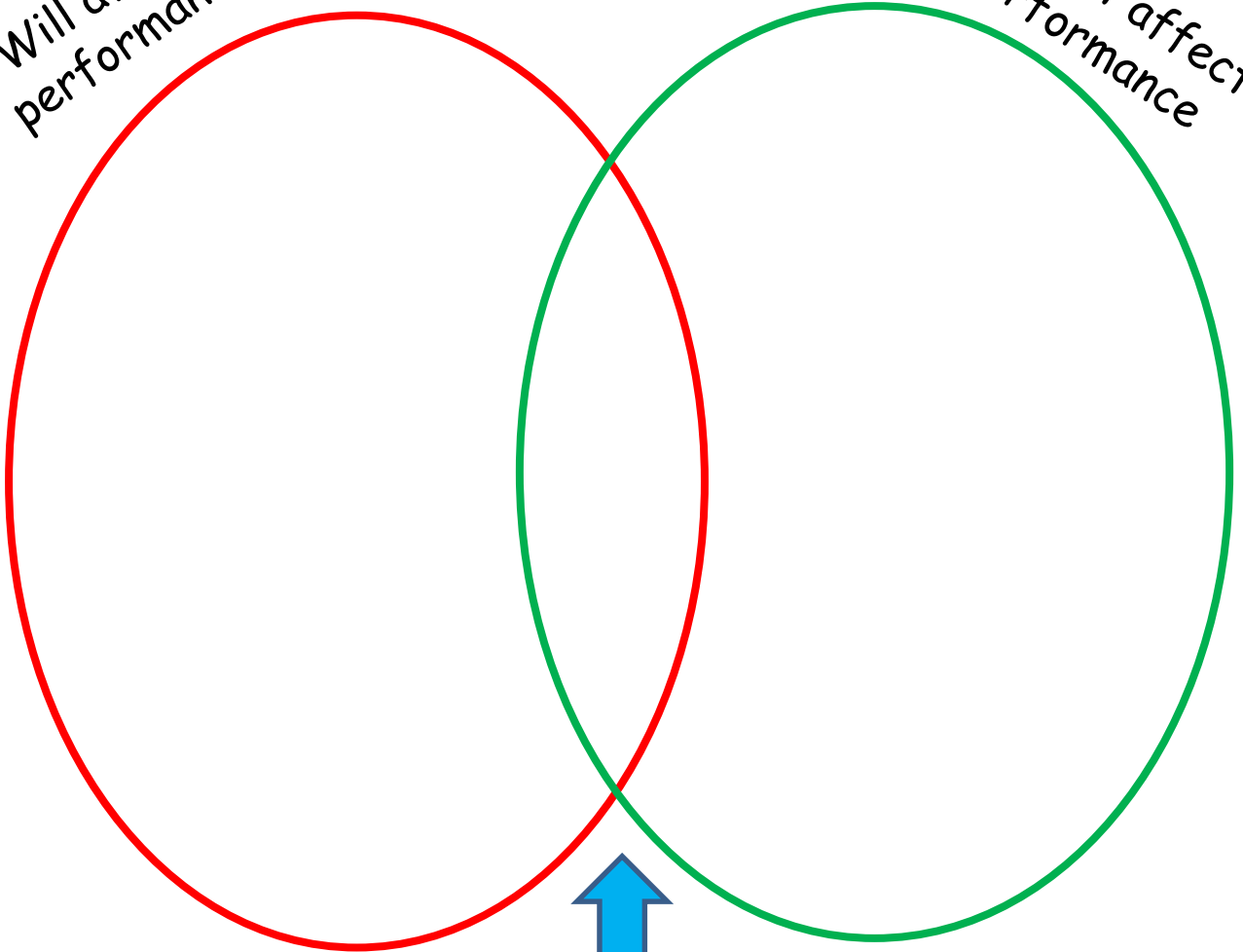
Blank box for writing the effects of eating a healthy diet.

Blank box for writing the effects of eating an unhealthy diet.

Lifestyle Choices

Will affect performance

Will not affect performance



Might affect performance

Reduces co-ordination

Suppresses appetite

Slows reaction time

Reduced lung capacity

Deep voice

dehydration

Liver damage

Clothes stink

Stained fingers

lung cancer

smelly breath

Prone to chest infections

Calming effect

short of breath

Feel more confident

yellow teeth

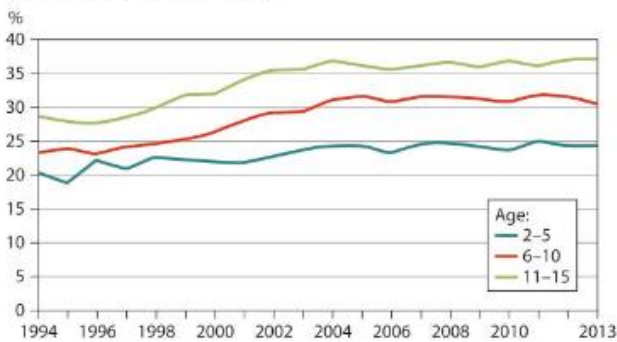
Consequences of a sedentary lifestyle

TASK

match the picture to the body weight



4 This graph shows the percentage of children who are overweight, by age group, between 1994 and 2013.



Source: King's College London, from www.bbc.co.uk/news/health-31041864

- Interpret the data: Describe the trend for each year group between 1994 and 2013.
- Analyse the data: What does the trend suggest about how the lifestyles of 2 to 5-year-olds have changed between 2003 and 2013?
- Analyse the data: Predict the percentage of children who will be overweight, by age group, in 2020.

Overfat

Overweight

Overfat

TASK

Answer the data analysis questions

Overfat

Weighing significantly more than your ideal weight and having excess fat

Overweight

Having more than the ideal amount of body weight

Overfat

Weighing significantly more than your ideal weight and having excess fat

Long Term health problems

REVERSIBLES

Poor posture

Spending a lot of your time sitting still can lead to poor posture. And, when your body is constantly held in unnatural positions, it can lead to back pain and joint pain. Exercising can improve your posture.

High blood pressure

If your blood pressure is often high then this puts extra strain on your heart and blood vessels. Eventually, if left unchecked, high blood pressure can lead to a heart attack or a stroke. Exercise can help lower blood pressure.

Depression

Depression is a mental illness that ranges from mild depression, when you feel low and everything feels like a lot of effort, to clinical depression, which can be life-threatening as it is often accompanied by suicidal thoughts. Exercising releases hormones called endorphins, which make you feel happier and more relaxed and can help combat depression.

Impact on components of fitness

Leading a sedentary lifestyle has a negative impact on all eleven components of fitness. It can reduce your cardiovascular fitness, your strength, your muscular endurance, your flexibility, your body composition, your agility, your balance, your coordination, your power, your reaction time and your speed.

Coronary heart disease

Coronary heart disease is the leading cause of death in the UK. The walls of the coronary arteries build up with fatty deposits, narrowing the blood vessels that carry blood to the heart, reducing the oxygen received by the heart. Exercise helps remove the fatty deposits and helps prevent the build up of more fatty deposits.

You are more likely to suffer from these long-term health problems if you live a sedentary lifestyle

Loss of muscle tone

If you live a sedentary lifestyle and don't move very much you will lose muscle mass. You will become weaker and it will become harder to complete daily tasks. Exercise increases muscle mass.

Type 2 diabetes

Insulin is a hormone produced by your body to convert carbohydrates into glucose. Type 2 diabetes occurs when your body doesn't produce enough insulin to function properly or your body doesn't react correctly to the insulin produced. Type 2 diabetes is far more common than type 1 diabetes, which occurs when the body doesn't produce any insulin. Being overweight or obese is one of the causes of type 2 diabetes and exercise helps you maintain your optimum weight.

Osteoporosis

Osteoporosis causes your bones to become weak and brittle, and more likely to break. Exercise increases bone density.

Balanced Diet



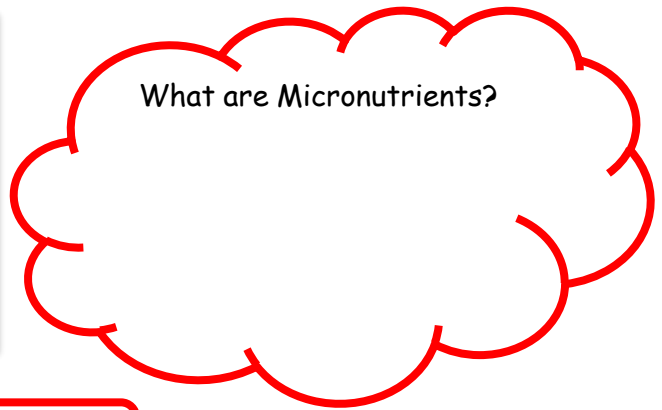
What are Macronutrients ?

TASK Complete the table below

Nutrient	Function	Example food	Sportsperson

Explain what carbohydrate loading is?

Balanced Diet



TASK Complete the table below

Nutrient	Function	Example food	Sportsperson

Exam Style Questions

1 Which one of the following is a consequence of living a sedentary lifestyle? (1)

- A Weight gain
- B Good quality sleep
- C Improved fitness levels
- D High energy levels

2 Which one of the following describes the role of fat in a balanced diet? (1)

- A It helps gaseous exchange take place
- B It provides the body with amino acids
- C It is a source of fuel
- D It ensures adequate hydration

3 Which one of the following is **not** an example of a micronutrient? (1)

- A Calcium
- B Fibre
- C Iron
- D Sodium

4 Which one of the following is the correct definition for optimum weight? (1)

- A The weight you should be, based on your sex, height, bone structure and muscle girth
- B Energy input must equal energy expenditure
- C More than your healthy weight
- D Body fat that exceeds the healthy amount

5 Complete the following statements about the exercise young people aged 5 to 18 should do to maintain a basic level of health.

A young person should complete 60 minutes of moderate and vigorous activity per day.

..... is an example of an exercise that they can take part in.

It is recommended that young people take part in exercises that help build strong muscles and bones three times per week. An example of a muscle building exercise is (2)

6 Eating a balanced diet is an essential part of a healthy lifestyle.

Explain three ways eating a balanced diet can have a positive impact on our health. (3)

7 Explain why it is important to maintain hydration during physical activity and sport? (3)

8 Leading a sedentary lifestyle can have serious consequences.

a) Define the term overweight. (1)

b) State two reasons why weighing more than your optimum weight affects sporting performance. (2)

