

6.1

Health, well-being and fitness



See pages 134–8

Participating in physical activity, exercise and sport can improve your health, well-being and fitness. In the space below, use one of the revision techniques you have come across so far to record the benefits of:

- Physical health and well-being
- Social health and well-being
- Mental health and well-being
- A good level of fitness.

Revision technique

Which technique did you chose?

Do you like this technique? Does it work for you? 😞 😐 😊

6.2

The consequences of a sedentary lifestyle

A sedentary lifestyle is

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Leading a sedentary lifestyle can lead to serious consequences, including:

- Weight gain, possibly leading to obesity
- Increased risk of heart disease
- Increased risk of hypertension
- Increased risk of developing type 2 diabetes
- Increased risk of developing poor sleeping patterns
- Increased risk of lethargy
- Increased risk of developing poor self-esteem.

Select three of the consequences listed above and find out more about them. What are they and how can leading a sedentary lifestyle make you more at risk of suffering from them?

<p>Health problem 1</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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6.4

plus

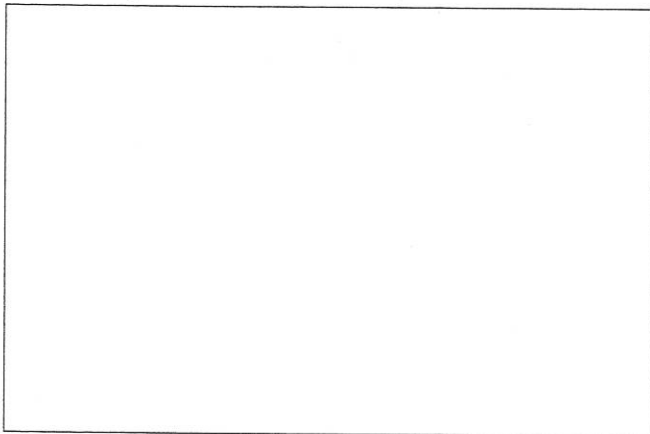


See pages 142–3

A somatotype is a method of classifying body types.

Look through sporting magazines and the sports pages in newspapers for examples of each somatotype and cut out the photographs. Identify the sport the performers you have chosen take part in and, if appropriate, the position they play. Then explain why each performer's somatotype makes them suitable for that sport or position.

Ectomorph



Name of performer:

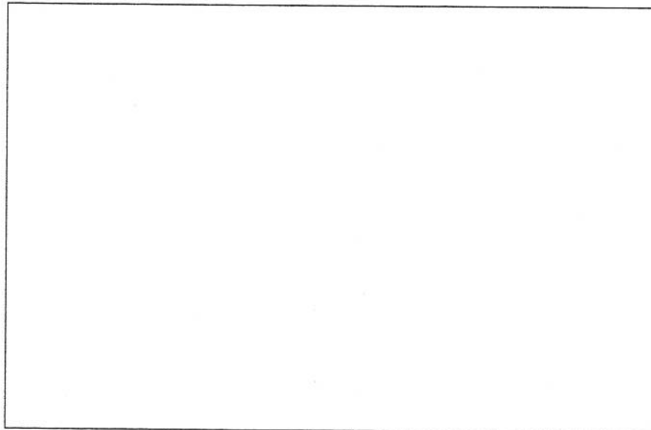
Sport/position:

Ectomorphs are

This means they are suited to

This is because

Mesomorph



Name of performer:

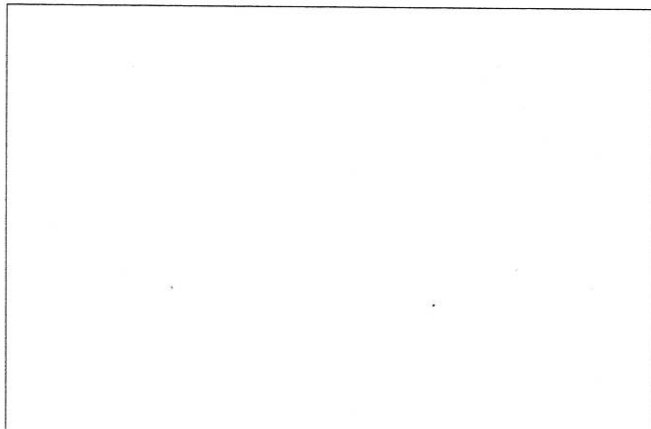
Sport/position:

Mesomorphs are

This means they are suited to

This is because

Endomorph



Name of performer:

Sport/position:

Endomorphs are

This means they are suited to

This is because

6.5

plus



See pages 144–5

There is a simple rule about energy that you must follow in order to maintain a healthy weight.

What is it?

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Where do we get our energy from?

What is energy measured in?

The average adult male requires per day and the average adult female requires per day. However, the number of calories we need each day to maintain a healthy weight varies from person to person.

Annotate the drawing below, of a young man and his mother, to show how the healthy weight of the two people in the drawing varies because of their age, gender, height and the amount of exercise they do (or, in other words, the amount of energy they expend). Some information has been added already to get you started.



Younger people under the age of 25 need more calories than older people. This is because, as you age, your body replaces muscle with fat and fat burns fewer calories than muscle. The young man, therefore, needs more calories than the older woman, as far as age is concerned.

6.6

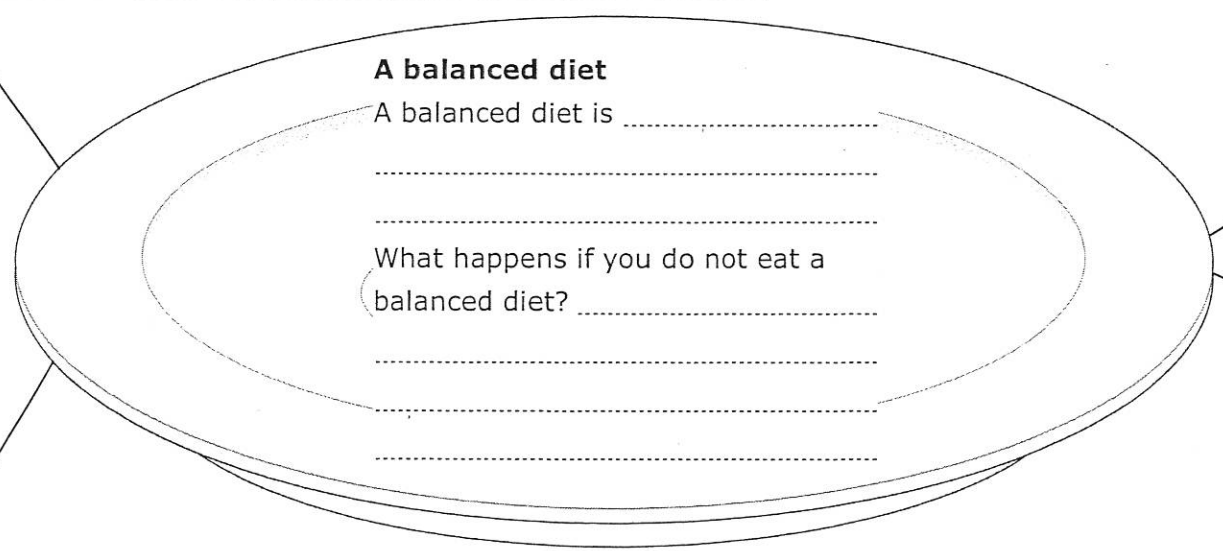
Balance in all that you eat and drink

Nutrition is the process of consuming the food that your body needs. Good nutrition takes the form of an adequate, well-balanced diet. Hydration – water balance – is having enough water in your body to enable it to function normally.

Complete the diagram below to record everything you know about nutrition and hydration.

Carbohydrates
 Percentage of a balanced diet:
 What do they do?

 Sources:



Fats
 Percentage of a balanced diet:
 What do they do?

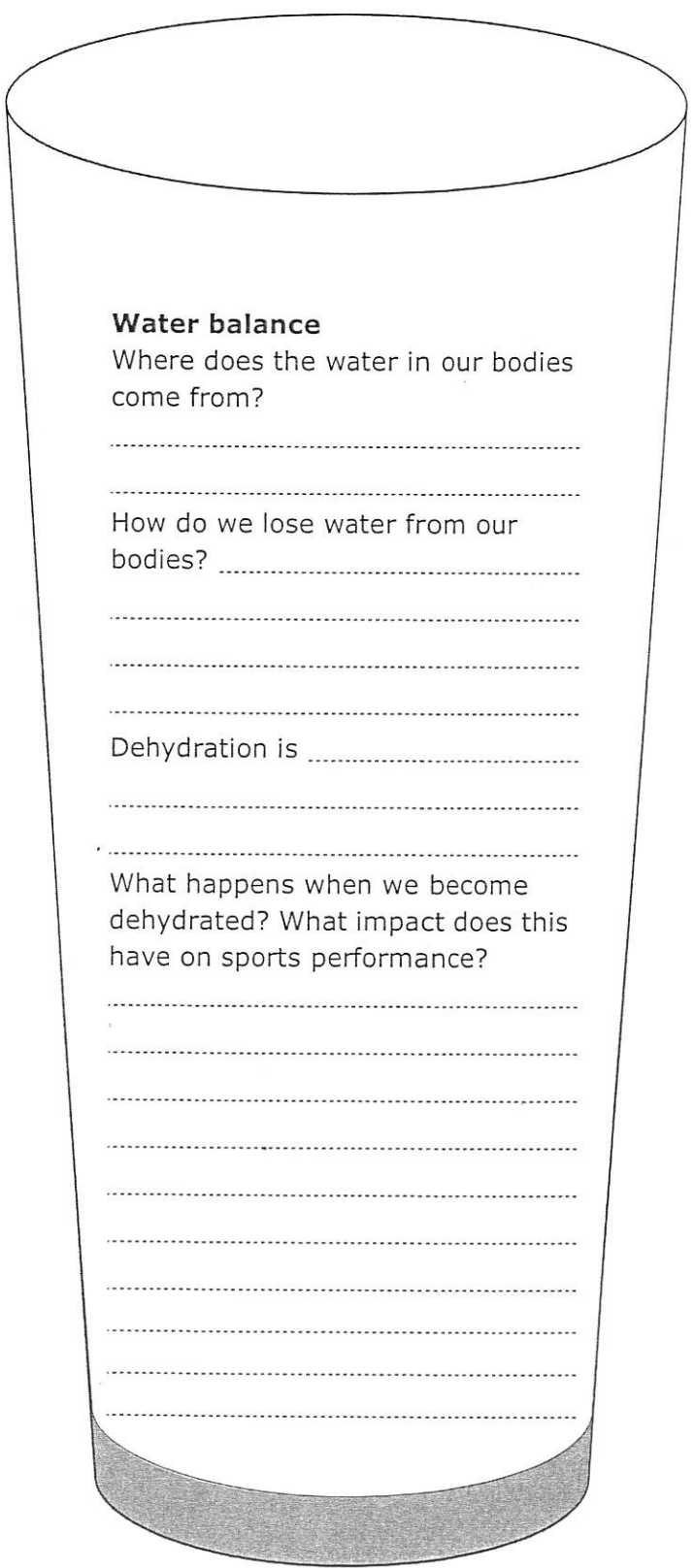
 Sources:

Proteins
 Percentage of a balanced diet:
 What do they do?

 Sources:

Vitamins and minerals
 What do they do?

 Sources:



6.7

Exam practice: health, fitness and well-being

Here is a chance to practice a couple of exam questions. Make sure you consider the command word used and look at how many marks each question is worth.

0 1 Which **one** of the following describes how participation in physical activity can increase mental health and well-being?

- A It provides opportunities to socialise
- B It improves heart function
- C It helps you avoid obesity
- D It releases serotonin

[1 mark]

0 2 Explain the role of carbohydrates in a balanced diet.

[3 marks]

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0 3 Discuss why water balance is critical for a sports performer.

[6 marks]

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