

## HEALTH, FITNESS AND WELLBEING (2.3)

What do I need to know?	How do I feel about this?		
	Confident	Average	Unsure
Know what is meant by health, fitness and well-being.			
Understand the consequences of a sedentary lifestyle.			
Understand the physical health benefits of physical activity: <ul style="list-style-type: none"> <li>• Injury</li> <li>• Coronary heart disease</li> <li>• Blood pressure</li> <li>• Bone density</li> <li>• Obesity</li> <li>• Type 2 diabetes</li> <li>• Posture</li> <li>• Fitness</li> </ul>			
Understand the emotional health benefits of physical activity: <ul style="list-style-type: none"> <li>• Self esteem / confidence</li> <li>• Stress management</li> <li>• Image</li> </ul>			
Understand the social health benefits of physical activity: <ul style="list-style-type: none"> <li>• Friendship</li> <li>• Belonging to a group</li> <li>• Loneliness</li> </ul>			
Be able to apply the above data to different age groups.			
Be able to respond to data about health, fitness and well being.			
Know the definition of a balanced diet.			
Know the components of a balanced diet: <ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Proteins</li> <li>• Fats</li> <li>• Minerals</li> <li>• Vitamins</li> <li>• Fibre</li> <li>• Water / hydration</li> </ul>			
Understand the effect of diet and hydration on energy use in physical activity.			
Be able to apply practical examples of diet and hydration to physical activity and sport.			

### KEY TERMS



Give the definitions of the following key terms:

Health:

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Fitness:

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Well-being:



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## HOW DOES PHYSICAL ACTIVITY INFLUENCE PHYSICAL HEALTH?

Benefits of being active

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Consequences of a sedentary lifestyle

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## HOW DOES PHYSICAL ACTIVITY INFLUENCE SOCIAL HEALTH?

Benefits of being active

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Consequences of a sedentary lifestyle

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## HOW DOES PHYSICAL ACTIVITY INFLUENCE EMOTIONAL HEALTH?

Benefits of being active

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Consequences of a sedentary lifestyle

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## HOW IS PARTICIPATION AFFECTED BY AGE?

Young people:

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Adults:

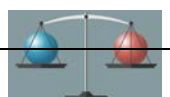
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The elderly:

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## BALANCED DIET



What is a balanced diet?

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## WHAT MAKES UP A BALANCED DIET

### 1. Carbohydrates

What are they used for?

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Examples:

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### 2. Proteins

What are they used for?

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Examples:

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### 3. Fats

What are they used for?

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Examples:

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### 4. Vitamins and minerals

What are they used for?

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Examples:

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### 5. Fibre

What is it used for?

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Examples:

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## **6. Water and hydration**

What are they used for?

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Examples:

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## **THE EFFECT OF DIET AND EXERCISE ON PHYSICAL ACTIVITY**

Athlete's intake:

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Carbohydrate loading:

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Sports drinks:

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What can dehydration lead to?

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## HEALTH AND FITNESS EXAM QUESTIONS

Answer **all** the questions.

1.



 Using examples, describe different ways in which you could assess a young person's health and well-being.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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[6]

2. Which **one** of the following is a physical health benefit of participation in physical activity?  
Put a tick (✓) in the box next to the correct answer.

- (A) Can lead to a better self-image. ☐
- (B) Bone density is decreased as a result of physical activities. ☐
- (C) You are less likely to suffer from Type 2 diabetes. ☐
- (D) The more sport you play, the more friends you make. ☐

[1]

3. Create a statement that shows the difference between 'health' and 'fitness'.
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[1]

4. Which one of the following shows a sedentary lifestyle having a negative affect on participation in physical activities?

- (a) You like watching the tennis on TV and you play tennis every week ☐
- (b) You walk to school every day and play sport only at weekends ☐
- (c) You prefer to play computer games than to play sports ☐
- (d) You coach basketball to the younger pupils during school breakfast club ☐

[1]

5. Which one of the following is an example of a lack of confidence affecting participation in physical activities?

- (a) Feeling that you have too much else to do and not having enough time to go to the gym and exercise ☐

(b) Having no way of getting to the venue to play in a hockey match

☐

(c) Feeling that you are not as good as anyone else so you do not turn up to an exercise class

☐

(d) Always thinking that you are the best at the activity and trying to win in all your games of badminton

☐

[1]

6. Give **two** practical examples of how exercise can increase a person's sense of well-being.

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[2]

7. Give **one** characteristic of a sedentary lifestyle.

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[1]

8. Using practical examples, describe how the physical benefits of regular exercise can help with posture.

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[3]



9. 0 Analyse how physical activity can benefit emotional health.

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[4]

10. Which **one** of the following is a physical benefit of regular physical activity?  
Put a tick (✓) in the box next to the correct answer.

(a) An increase in a positive body image

☐

(b) A decrease in the likelihood of Type 2 diabetes

☐

(c) An increase in friendship groups

☐

(d) A decrease in skeletal bone density

☐

[1]

11. Is this statement true or false? Draw a circle around your answer.  
One consequence of a sedentary lifestyle is that blood pressure is decreased.

**True**

**False**

[1]

12. What is meant by the term 'well-being'?

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[1]

13. By using a practical example, give one way that physical activity can benefit posture.

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[1]

14. 0 Explain **three** social benefits of regularly attending a local gym.

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**15.** Using practical examples, discuss the social benefits for the elderly of participating in physical activities.

[illegible]

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[4]

16. Which one of the following is a reason for including fibre as part of a healthy diet?

(a) To ensure enough calories are consumed

☐

(b) To ensure good hydration

☐

(c) To ensure vitamins are absorbed effectively

☐

(d) To ensure good bowel function

☐

[1]

17. Which one of the following is an example of food that is high in protein?

(a) Bananas

☐

(b) Strawberry jam

☐

(c) Watercress

☐

(d) Fish

☐

[1]

18. Describe **four** effects of over-eating on the performance of physical activities.

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[4]

19. Which one of the following is an example of a food high in fibre?

(a) A baked potato

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(b) A fried egg

☐

(c) A barbecued spare rib

☐

(d) A grilled chicken

☐

[1]

20. Which one of the following is the best example of an effect of over-eating on the performance of a physical activity?

(a) You feel tired and lethargic

☐

(b) You feel energised and motivated

☐

(c) You feel more flexible and mobile

☐

(d) You feel pain and anxiety

☐

[1]

21. Which one of the following is the best description of a balanced diet?

(a) Eating a good breakfast and then two other meals per day

☐

(b) The amount you eat is matched by the amount of energy you use

☐

(c) Always drinking at least four litres of water per day

☐

(d) The amount you eat is always matched by the amount you drink

☐

[1]

22. Which **one** of the following is the main function of carbohydrates?  
Put a tick (✓) in the box next to the correct answer.

(A) To deliver oxygen to working muscles.

☐

(B) To provide energy for movement.

☐

(C) To enable bones to grow and repair.

☐

(D) To provide roughage for the digestive system.

☐

[1]

23. Give **one** possible consequence of a lack of hydration when performing in sport.

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[1]

24. 0 Carbohydrates are one component of a healthy diet.

i. Give three other components of a healthy diet.

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- ii. Kim is trying to eat more healthily and be more physically active in order to lose weight.

Justify which one of the following goals is most likely to help Kim achieve her goal.

A. I will go to the gym whenever I can from now on.

B. I will do more exercise and eat more healthy food on weekdays.

C. I will go to the gym once a week for the next 10 weeks.

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- 25(a). What is meant by a balanced diet?

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- (b). A lack of water intake can lead to the dehydration of a sports performer.

Describe **two** reasons why hydration is important to a sports performer.

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[2]

26. **Table 1** below shows the approximate daily protein requirements of different athletes and general sedentary individuals depending on their body weight.

**Table 1**

Strength athletes	1.2 – 1.7 g per kg body weight per day
Endurance athletes	1.2 – 1.4 g per kg body weight per day
General sedentary individuals	0.8 – 1.0 g per kg body weight per day

- i. Using the data in **Table 1** above, analyse the different protein requirements shown.

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- ii. Complete **Table 2** below giving one different example of a food source for each named component of a balanced diet.

**Table 2**

Component of balanced diet	Example of food source
Carbohydrates	
Vitamins	
Fibre	

[3]

27. Which one of the following is the best example of a food source rich in vitamins?

(a) Red meat

☐

(b) Fresh vegetables

☐

(c) Water

☐

(d) A hamburger without sauce

☐

[1]

28. Which one of the following is a food high in fats?

(a) Oranges

☐

(b) Red meat

☐

(c) Bread

☐

(d) Tomatoes

☐

[1]

29. Give **four** reasons why a performer might participate in physical activities.

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**END OF QUESTION PAPER**

