

Chapter 6 health & fitness

This chapter of AQA PE mainly focuses on health and well-being and how exercise can suit the varying needs of different people like skinny, muscular or obese.

Health and well-being

Health can be split into three components:

Physical health
and well-being

Mental health
and well-being

Social health
and well-being

Cover up the *red* boxes

Cover up the boxes above using a paper or bookmark in red and try to recall it either out loud or in your head. Try it out: *it's way better than just reading.*

Physical Health & Well-being

Physical health and well-being refer to the idea that all of the body's systems are working well, so you are free from illness and injury.

Advantages of good physical health and well-being	
1: Improve...	Improve your heart function
2: Improve...	Improve the efficiency of the body systems
3: Reduce...	Reduce the risk of some illness, eg. Diabetes
4: Help to...	Help to prevent the onset of obesity
5: Enable you to...	Enable you to carry out everyday tasks without getting tired
6: Provide...	Provide a feeling that you can comfortably carry out activities and enjoy them

Mental Health & Well-being

Mental health is defined as “a state of well-being in which every individual realizes his or her own potential.”

Advantages of good <i>mental</i> health and well-being	
1: Reduce...	Reduce stress
2: Release...	Release feel-good hormones in the body such as serotonin
3: Enable...	Enable a person to control their emotions and work productively

Social Health & Well-being

Social health and well-being refers to the idea that the individual has friendship and support, some value in society and is socially active, therefore the individual suffers little stress in social circumstances.

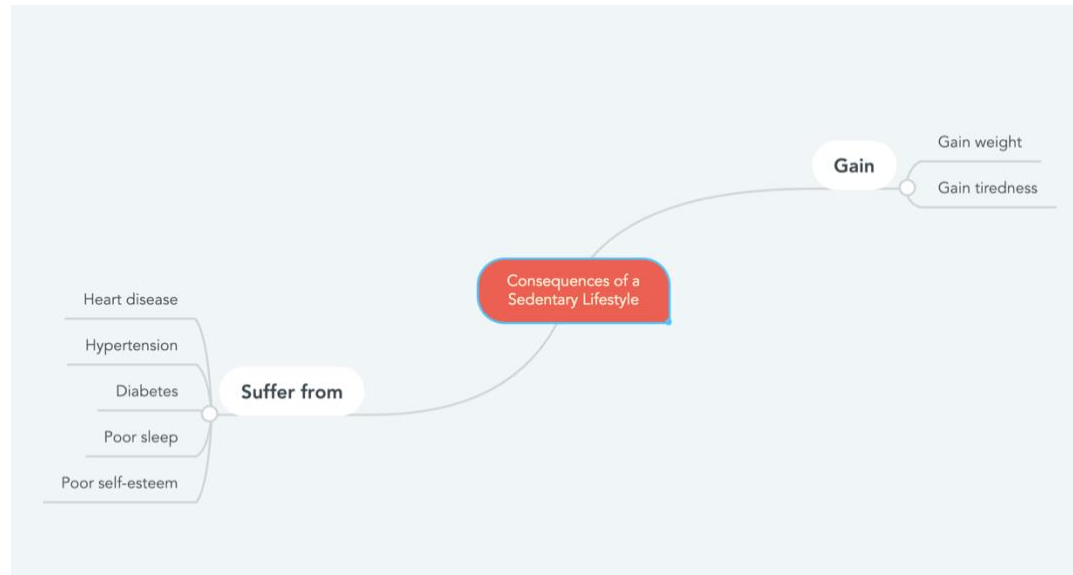
Advantages of good <i>social</i> health and well-being	
1: Provide...	Provide opportunities to socialize
2: Encourage...	Encourage co-operation skills
3: Encourage...	Encourage team-working skills
4: Ensure...	Ensure that essential human needs are met

Q1: How does wearing a team strip help our social health and well-being?

Wearing a team strip provides not only clothing but also a sense of belonging; a team strip suggests friendship and support as well as some value in society and social activity.

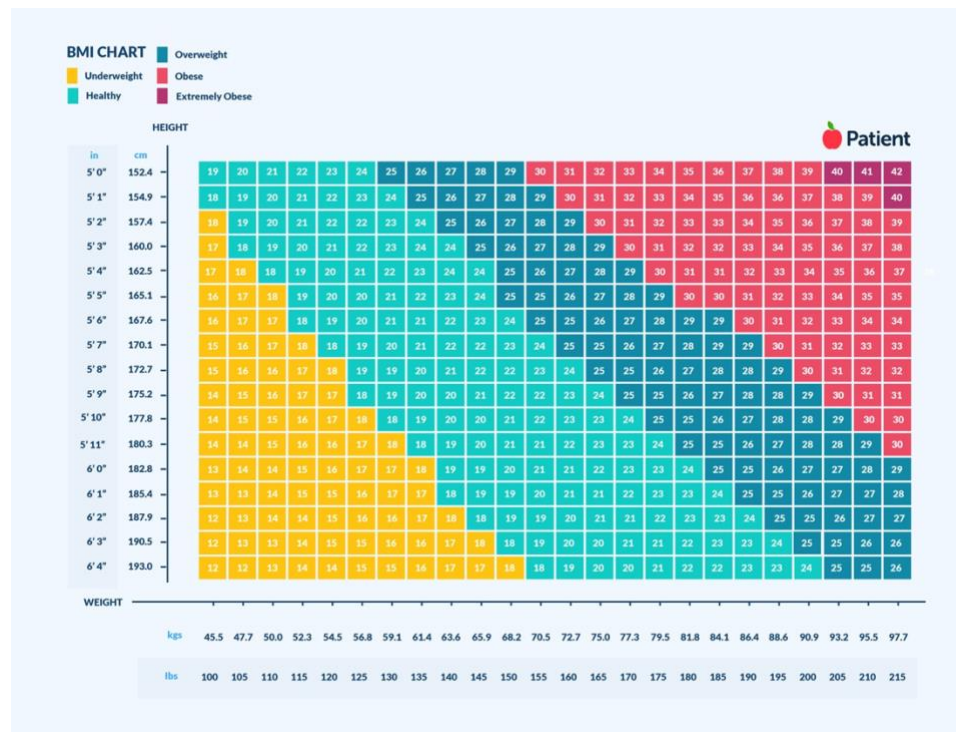
The Consequences of a Sedentary Lifestyle

A sedentary adult tends to make the choice not to take part in exercise or sport.



Obesity and how it may affect performance in physical activity and sport

Obesity is a term used to describe people with a large fat content – usually over 40 percent body fat. It is caused by an imbalance of calories consumed compared to energy expenditure.



The above picture is how to measure your BMI and see if you're underweight, overweight or healthy.



Obesity and its effects on fitness


1: Limit...	Limiting stamina, thus making it difficult to perform any activities of a long duration
2: Limit...	Limiting flexibility – making it difficult for performances to use a full range of movement at joints when attempting to perform skills
3: Limit...	Limiting agility – making it difficult to change direction quickly
4: Limit...	Limiting speed/power - making it hard to react quickly enough or produce force

Obesity and its effects on health and well-being

How Obesity Can Cause Sickness (Physical)	
Contributes to...	Contributes to the development of cancer
Contributes to...	Contributes to heart disease/heart attacks
Contributes to...	Contributes to an increase in blood pressure
Contributes to...	Contributes to the development of diabetes
How Obesity Can Cause Sickness (Mental)	
Lead to...	Lead to depression
Cause...	Cause a loss of confidence
Make...	Make the individual feel like they can't contribute to society
How Obesity Can Cause Sickness (Social)	
Lead to...	Lead to an inability to socialise
May make...	May make the individual feel unable to leave home
May make...	May make the individual conscious of how they look and therefore uncomfortable in social situations

Somatotypes

Type	Characteristic	Suitable activities/sports
 Ectomorph	<ul style="list-style-type: none"> • Thin and lean • Narrow shoulders • Long arms and legs 	<ul style="list-style-type: none"> • High/long jump • Tennis • Marathon
 Endomorph	<ul style="list-style-type: none"> • Pear-shaped body • High content of fat 	<ul style="list-style-type: none"> • Rugby • Shot putters • Sumo wrestling

 <p>Mesomorph</p>	<ul style="list-style-type: none"> • A wedge shape • Large muscle content 	<ul style="list-style-type: none"> • Sprinting • Weightlifter
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Energy use, diet, nutrition and hydration

The suggested calorie requirements for **adult male is 2500 calories** per day and for **female it is 2000 calories** per day.

Aiming Towards a Balanced Diet

High fibre Cereal...	High fibre cereals and whole grains provide fibre, which prevents constipation and can help reduce blood cholesterol.
Dairy products...	Dairy products like milk and cheese provide calcium which is good for nerve and muscle function.
Iron...	Iron rich foodstuffs help the immune system and assist in the production of red blood cells which carry oxygen.
Vitamin A...	Vitamin A (found in dairy products) is for skin function and growth.
Vitamin B...	Vitamin B (found in whole grains, eggs, fish) is to assist with the functions of the body.
Vitamin C...	Vitamin C (found in citrus fruits, broccoli) aids the immune system and skin elasticity.
Vitamin D...	Vitamin D is found in fish eggs and it is to help bones

The 7 Classes of Food




C...	Carbohydrates	Food source that acts as the body's preferred energy source.	Bread, pasta, potato
F...	Fat	Food source that provides energy at low intensities	Meat
P...	Protein	Food source which is predominantly for growth and repair of body tissues.	Meat, eggs, fish, dairy products

F...	Fibre	Prevents constipation and can help reduce blood cholesterol	Cereal
V...	Vitamins	They are needed for maintaining the efficient working of the body systems.	Fruits and vegetables
M...	Minerals		
W...	Water	To maintain hydration levels as it assists in how the body functions generally.	Water

How to Revise

Cover up the boxes in red and try to recall it either out loud or in your head. Factual Recall is important for specific definition questions.

Key Terms	
Health	A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
Fitness	The ability to meet/cope with the demands of the environment.
Well-being	A mix of physical, social and mental factors that gives people a sense of being comfortable, healthy and/or happy.
Physical health and well-being	All body systems working well, free from illness and injury. Ability to carry out everyday tasks.
Mental (emotional) health and well-being	Defined by the World Health Organization as: “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
Social health and well-being	Basic human needs are being met (food, shelter and clothing). The individual has friendship and support, some value in society, is socially active and has little stress in social circumstances.

Sedentary lifestyle	A person's choice to engage in little, or irregular, physical activity.
Obesity	A term used to describe people with a large fat content – caused by an imbalance of calories consumed to energy expenditure. BMI of over 30 or 20 per cent or more above ideal weight for height.
Somatotype	A classification of body type – ectomorph, endomorph or mesomorph.
Endomorph	 <p>A somatotype characterized by a pear-shaped body/fatness with wide hips and narrow shoulders.</p>
Ectomorph	 <p>A somatotype characterized by being tall and thin with narrow shoulders and narrow hips.</p>
Mesomorph	 <p>A somatotype characterized by muscular appearance with wide shoulders and narrow hips.</p>
Balanced diet	Eating the right amount (for energy expended)/the right amount of calories/eating according to how much you exercise/eating different food types to provide suitable nutrients, vitamins and minerals.
Minerals	Inorganic substances that assist the body with many of its functions.
Vitamins	Organic substances that are required for many essential processes in the body.
Carbohydrate	Food source that acts as the body's preferred energy source.
Fat	Food source that provides energy at low intensities.
Protein	Food source which is predominantly for growth and repair of body tissues.
Dehydration	Excessive loss of body water interrupting the function of the body.

Hydration	Having enough water (water balance) to enable normal functioning of the body.
Rehydration	Consuming water to restore hydration

Recall recall recall

Make sure you can recall all the definitions before moving on. Spread out this recall session over a few days to ensure it's in your long-term memory.