

10 Questions

1. Give an economic advantage of having good fitness
2. Name the different eat well plate categories (6)
3. Name 2 psychological benefits of exercise
4. Name 3 physical benefits of exercise
5. What is serotonin
6. Name 2 social benefits of exercise
7. How much of the human body is water?
25% 50% 75%
8. What is a sedentary lifestyle?
9. How long (in minutes) does the government recommend you exercise every day?
10. What fitness should you be trying to improve 3 times per week?

A1 Positive lifestyle factors and their effects on health and well-being

a. In no more than 3 important points summarise each area with detailed information

WHAT	WHY IMPORTANT	KEY INFORMATION
Balanced Diet		
Benefits of a healthy diet		
Proportions of an eat well plate		
NHS key recommendations		
Fluid Intake		
Salt Intake		
Caffeine intake		
Sugar intake		
Strategies for improving dietary intake		

KS5 BTEC Sport Summer work and reading list

Name _____

A1 Positive lifestyle factors and their effects on health and well-being

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Lifestyle Summary of a family member

Section 1: Lifestyle

He/she is _____ years old. Their job is _____.

They travel to work by _____ and this is (good / bad) for them because

_____.

They currently take part in _____ hours of physical activity per week. _____ hours of this physical activity is

intense activity. This is (good / bad) for them because

If they drink too much alcohol or smoke cigarettes, this is unhealthy because it can cause:

They feel that they get (enough / not enough sleep) and this is (good / bad) because it means that

They are (able / unable) to manage their stress levels. This means that _____

Section 2: Diet

They think my diet is (balanced / unbalanced) because

Section 3: Measurements

Their blood pressure rating is _____. This means that

Their resting heart rate rating is _____. This means that

Their BMI rating is _____. This means that

My recommendations to improve the health of a family member are (use government guidelines)

DIET

BLOOD PRESSURE

SLEEP

BMI

SMOKING

ALCOHOL

STRESS

Reading list

Unit 1 & Unit 2

American College of Sports Medicine www.acsm.org

British Association of Sport and Exercise Sciences www.bases.org.uk

Coachwise www.1st4sport.com

Human Kinetics www.humankinetics.com

Sport Science www.sportsci.org

Sports Coach UK www.sportscoachuk.org

Top End Sports www.topendsports.com

The Redhill Academy Sixth Form BTEC Sport Reading List

Core

Unit 1, Unit 2 & Unit 7

American College of Sports Medicine www.acsm.org
British Association of Sport and Exercise Sciences www.bases.org.uk
Coachwise www.1st4sport.com
Human Kinetics www.humankinetics.com
Sport Science www.sportsci.org
Sports Coach UK www.sportscoachuk.org
Top End Sports www.topendsports.com

Unit 3

Adventurous Activities Licensing Authority www.aals.org.uk
Central Council for Physical Recreation www.ccpr.org.uk
Health and Safety Executive www.hse.gov.uk
Royal Society for the Prevention of Accidents www.rospa.com
Safe Sport www.safesport.co.uk

Unit 10

Adventurous Activities Licensing Authority www.aals.org.uk
British Canoe Union www.bcu.org
British Parachute Association www.bpa.org.uk
British Mountaineering Council www.thebmc.co.uk
Health and Safety Executive www.hse.gov.uk
The Ramblers Association www.ramblers.org.uk

Unit 13

British Sports Trust www.bst.org.uk
Central Council of Physical Recreation www.ccpr.org.uk
Sports Leaders UK www.sportsleaders.org
Sport England www.sportengland.org
Youth Sport Trust www.youthsporttrust.org

Unit 15

Brian Mac, Sports Coach www.brianmac.co.uk
British Association of Sport and Exercise Sciences www.bases.org.uk
British Broadcasting Corporation www.bbc.co.uk
Peak Performance www.pponline.co.uk
Top End Sports www.topendsports.com

Aspirational

Journal of Human Sport and Exercise, Journal of Physical Activity and Health, Journal of Sports Sciences
Journal of Sports Sciences and Medicine
Medicine and Science in Sports and Exercise
The Journal of Sports Medicine and Physical Activity
Research Quarterly for Exercise and Sport
Journal of Law and Health, Journal of School Health, Journal of Sport Behavior
Occupational Safety and Health
Policy and Practice in Health and Safety
Barton B – Safety Risk and Adventure in Outdoor Activities (Paul Chapman Publishing, 2006)

Additional Resources

Champion N and Hurst G – The Aerobics Instructor's Handbook: What to Teach, and How to Teach it
Barton B – Safety Risk and Adventure in Outdoor Activities (Paul Chapman Publishing, 2006)
Hill P – The Complete Guide to Climbing and Mountaineering (David and Charles, 2008)
Long S – Hill Walking (The Mountain Training Trust UK, 2003)