

GCSE Physical Education – Health, Fitness and Well-Being

Lifestyle choices – the decisions we make about how we live and behave that impact on health.

Diet

Eating healthy	Eating unhealthy
1. Boosts energy levels	1. Leads to deficiencies
2. Reduces the risk of developing serious health conditions	2. Increases weight and % body fat
3. Help lose weight	3. Causes depression with poor body shape

Activity levels

Active lifestyle	Inactive lifestyle
1. Boosts self esteem	1. Increases risk of disease
2. Reduces stress and anxiety	2. Decreases muscle mass, strength and energy levels
3. Improves fitness levels	

Work/rest/sleep balance

Good balance	Poor balance
1. Improves mood	1. Increases the risk of depression
2. Increases productivity at work	2. Leads to weight gain
3. Contributes to quality of sleep	3. Increased blood pressure

Well being – a combination of physical, emotional and social health.

Positives effects of training/exercise on:

Physical health

- Stronger bones (increased bone density)
- Lower cholesterol / reduced obesity
- Increase/development of components of fitness
- Increase life expectancy



Emotional health

- To increase self esteem/confidence – increased endorphins released
- Reduced risk of age-related diseases - dementia
- Relieve stress and tension
- Fun/enjoyment / reduced boredom



Social health

- To develop teamwork skill
- To meet new people/friends
- Develop communication skills
- Develop leadership skills



Social benefits may vary depending on age group:

1. Elderly
2. Children

Negative effects of training on:

- Physical health – overexertion leading to heart failure / overuse injuries
- Emotional health – training can lead to injury and cause depression
- Social health – training long hours means less time spent with family.

Recreational drugs – these are taken for pleasure and are legal to those over a certain age.

Smoking

Causes breathlessness and reduces the oxygen-carrying capacity. This affect aerobic ability for endurance events. Smoking (nicotine) increases the risk of lung cancer, bronchitis, pneumonia & emphysema.



Alcohol - contains chemicals which act on the brain affect judgement.



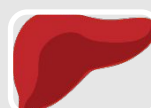
Balance, co-ordination and reactions are affected



Diuretic –increased water levels in urine and cause dehydration



Reduction of glycogen levels and slower lactic acid removal

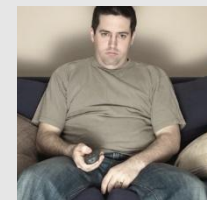


Liver problems

Sedentary lifestyle – a lifestyle with no or irregular physical activity. This includes sitting, reading, watching television & playing video games.

Health risks associated are:

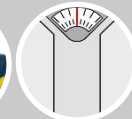
- Heart disease
- Type 2 diabetes
- Obesity
- Osteoporosis
- Depression



Impact of a sedentary lifestyle on weight

Overweight – weighing more than the expected weight for height and gender / **Overfat** – high percentage of body fat

Obese – weighing significantly more than expected.



GCSE Physical Education – Health, Fitness and Well-Being

Term	Definition/notes/concept

Keywords: