Task 1 - Write in the titles/topics for these definitions:

	"A person realises their potential, is able to cope with the normal stresses of life."
	"Basic human needs (food, clothing and shelter) are being met and the individual is socially active."
	"All body systems working well, free from injury and illness and able to carry out everyday tasks."
	"Ability to cope/meet the demands of the environment."
	"A lifestyle with little to no physical activity."
	"Having a large fat content caused by an imbalance of calories and energy expenditure (Having A BMI over 30)"

Task 2 - Label each of the following effects of exercise as "Physical", "Mental" or "Social".

Reduce the risk of Illness

Reduce stress & Tension

Complete everyday tasks easier

Increased body systems efficiency

Improved cooperation & Teamwork

Increased ability to control emotions

Socialise and Make Friends

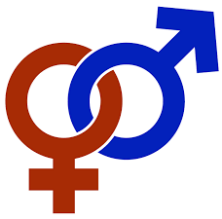
Improve Heart Function

Makes you feel good

Task 3 - Label the consequences of a sedentary lifestyle .. (example 1 - increase risk of diabetes).

Task 4 - What is the recommended calorie intake and state the factors that impact on this?

Male - _____ **kcal** **Female** - _____ **kcal**



Task 5 - Identify the main role of each nutrient.

Carbohydrates (_____%) -

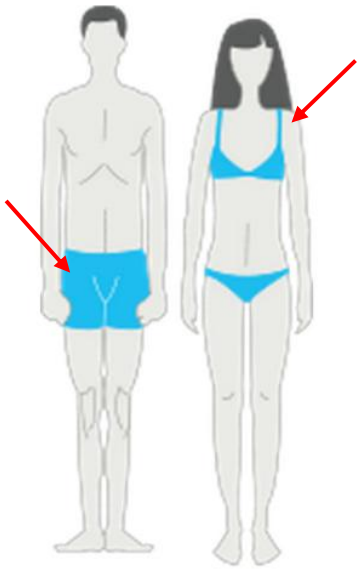
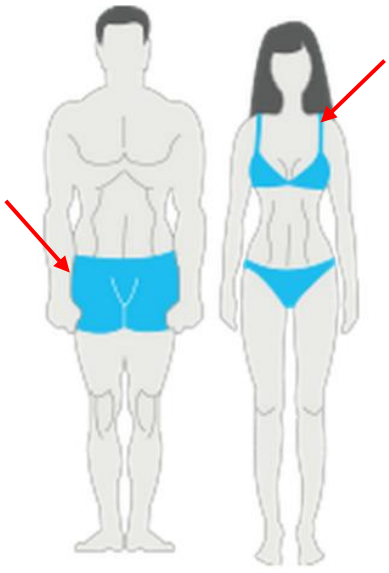
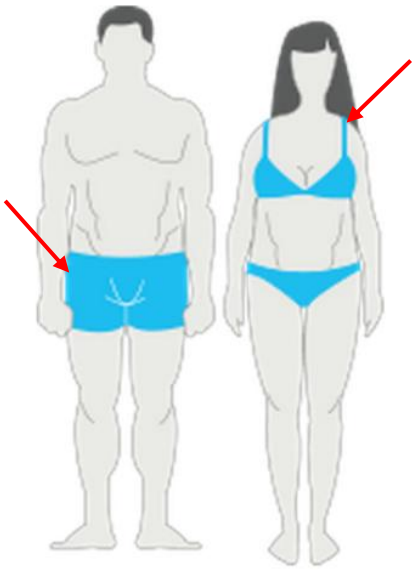
Protein (_____%) -

Fat (_____%) -

Vitamins & Minerals -

Task 6 - Label, State the characteristics and provide sporting examples to suit each somatotype.

_____ _____ _____

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1

2	**2**	**2**
3	**3**	**3**
Sport:	**Sport:**	**Sport:**

<u>Task 7</u> - Identifying the effects of dehydration (Example 1 - Slower reaction time)