



Stafford Manor
High School

Name:

Paper 2

Health and Performance

Written examination
1 hour and 15 minutes
24% of the qualification
70 marks

Topic 1: Health, fitness and well-being

Topic 2: Sport psychology

Topic 3: Socio-cultural influences

Topic 4: Use of data

GCSE EDEXCEL (9-1)
PHYSICAL EDUCATION

Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achieved

Define well-being

Physical health develops your components of fitness.

How would each components of fitness help help improve your physical health?

Component of fitness	How it helps improves physical health
Cardiovascular endurance	
Strength	
Coordination	
Power	
Reaction Time	
Speed	
Balance	
Agility	
Body composition	
Flexibility	
Muscular endurance	

Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved

People who are emotionally or psychologically healthy are happy, self-confident and resilient. They understand their emotions and are in control of their behaviour. They are able to cope well with both positive and negative criticism and with change, and are able to bounce back when life gets challenging.

Participation in physical activity and sport helps develops and maintain emotional health, because:

- ---

- ---

- ---

- ---

Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved

Define the term ‘social’

Participation in physical activity and sport helps with you being socially healthy because:

- ---

- ---

- ---

- ---

- ---

How to achieve physical well-being through physical activity and sport

The NHS provides guidelines for the amount of physical activity people of different ages need to do each week to stay healthy and to improve their health.

5 to 18 year olds

19 to 64 year olds

65 year olds and over

Impact of fitness on well-being: positive and negative health effects

Fitness:

+ The positive health effects of being fit:	

- The negative health effects of being fit:	

How to promote personal health through an understanding of the importance of designing, developing, monitoring and evaluating a personal exercise programme to meet the specific needs of the individual

What does 'PEP' stand for?

A well-designed PEP can help you harness all the positive health effects of being fit and avoid all the negative health effects.

There are four stages of a PEP:

- 1. Designing a PEP:
- 2. Carrying out a PEP:
- 3. Monitoring a PEP:
- 4. Evaluating a PEP:

What would be a good **aim** for the following athletes?

100m sprinter

A centre midfielder in football

Lifestyle choices

Lifestyle choices

The choices we make about how we live and behave that impact on our health.



D _____



A _____

L _____



W _____

R _____

S _____



R _____

D _____



Positive and negative impact of lifestyle choices on health, fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer)

Lifestyle choices::

Diet	
Eating a healthy diet	Eating an unhealthy diet

Activity Levels	
Living a healthy lifestyle	Living an unhealthy lifestyle

Positive and negative impact of lifestyle choices on health, fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer)

Work / Rest / Sleep Balance	
A good work / rest / sleep balance	A poor work / rest / sleep balance

Recreational drugs	
Alcohol	Nicotine

A sedentary lifestyle

Define the term 'sedentary lifestyle'

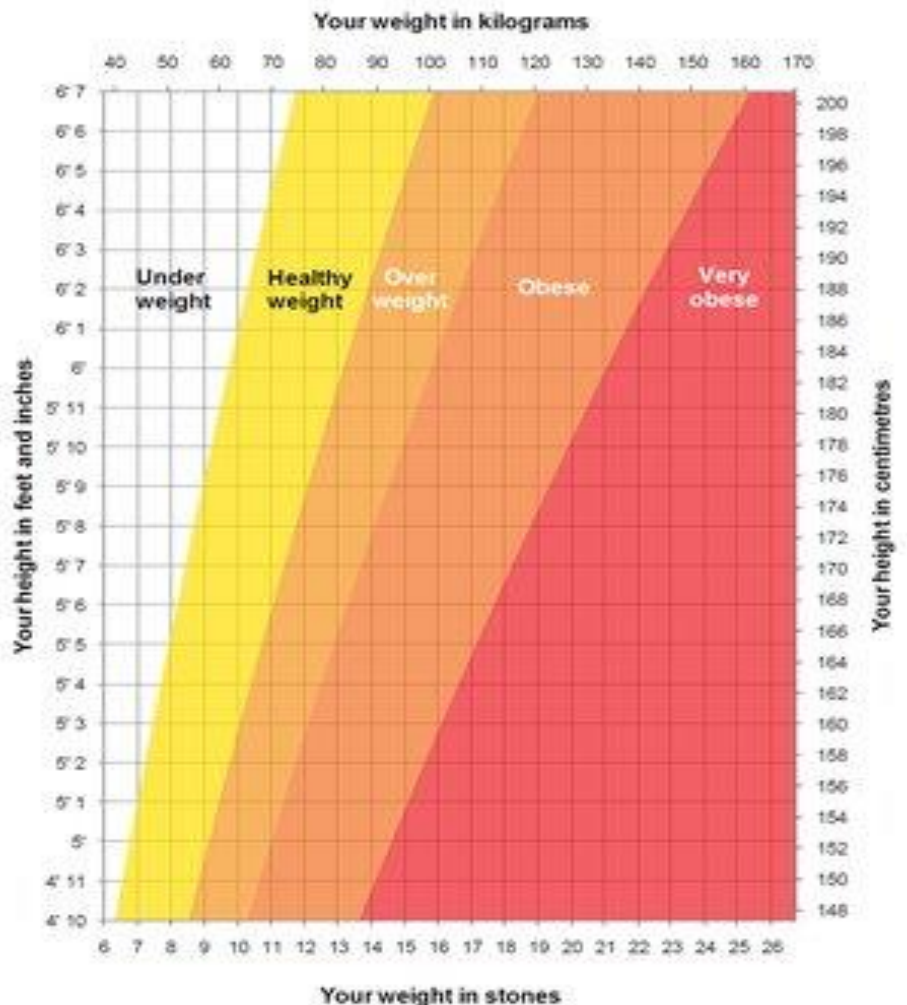
What is meant by the following terms

Overweight

Overfat

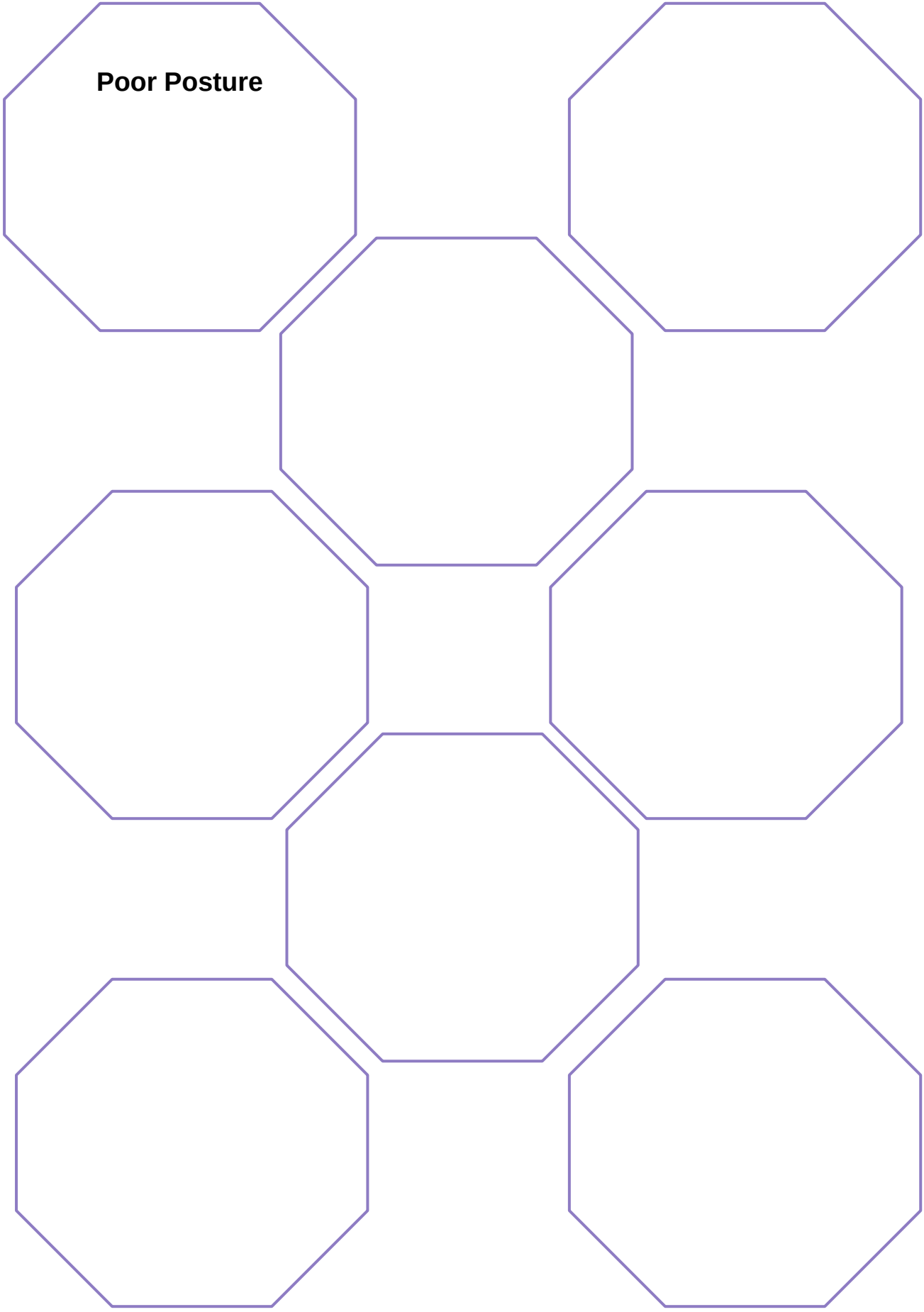
Obese

Body Mass Index (BMI) is a way of calculating whether or not you are an ideal weight. This BMI chart can be used as a guide to determine whether or not an adult is underweight, overweight, obese or very obese.



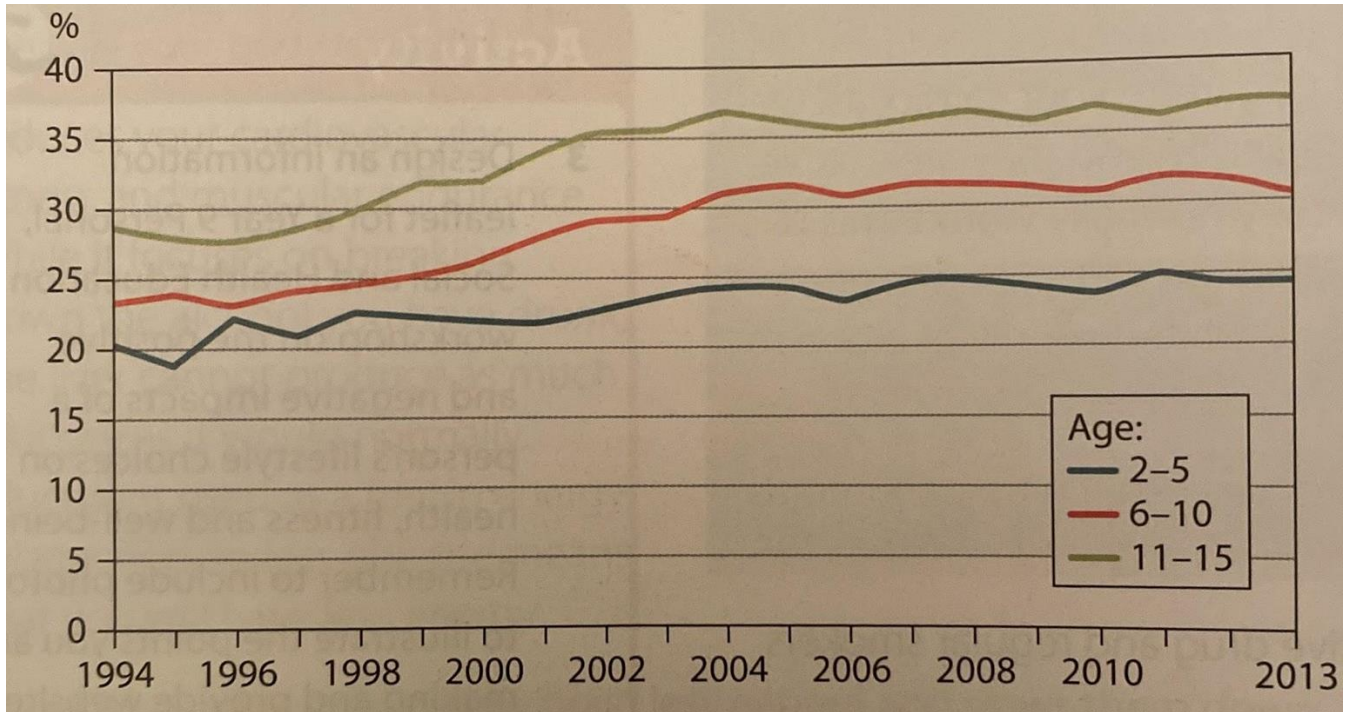
A sedentary lifestyle and its consequences to long-term health

Poor Posture



Interpretation and analysis of graphical representation of data associated with trends in physical health issues

This graph shows the percentage of children who are overweight, by age group, between 1994 and 2013.



Interpret the data: Describe the trend for each year group between 1994 and 2013.

Analyse the data: What does the trend suggest about how the lifestyles of 2-5 year olds have changed between 2003 and 2013?

Analyse the data: Predict the percentage of children who will be overweight, by age group, in 2020.

The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport

Write down what you normally eat throughout the day below:

Breakfast	Lunch	Dinner	Snacks

Use the **eatwell plate** to help you get the balance right. It shows how much of what you eat should come from each food group.



Now look back at your diet - is it balanced?

The role and importance of macronutrients (carbohydrates, proteins and fats) for performers/players in physical activities and sports, carbohydrate loading for endurance athletes, and timing of protein intake for power athletes

Macronutrients are the nutrients that you need to consume in relatively large amounts in order to eat a balanced diet. Macro means large scale. These are carbohydrates, proteins and fats.

Carbohydrates	
Proteins	
Fats	

The role and importance of micronutrients (vitamins and minerals), water and fibre for performers/players in physical activities and sports

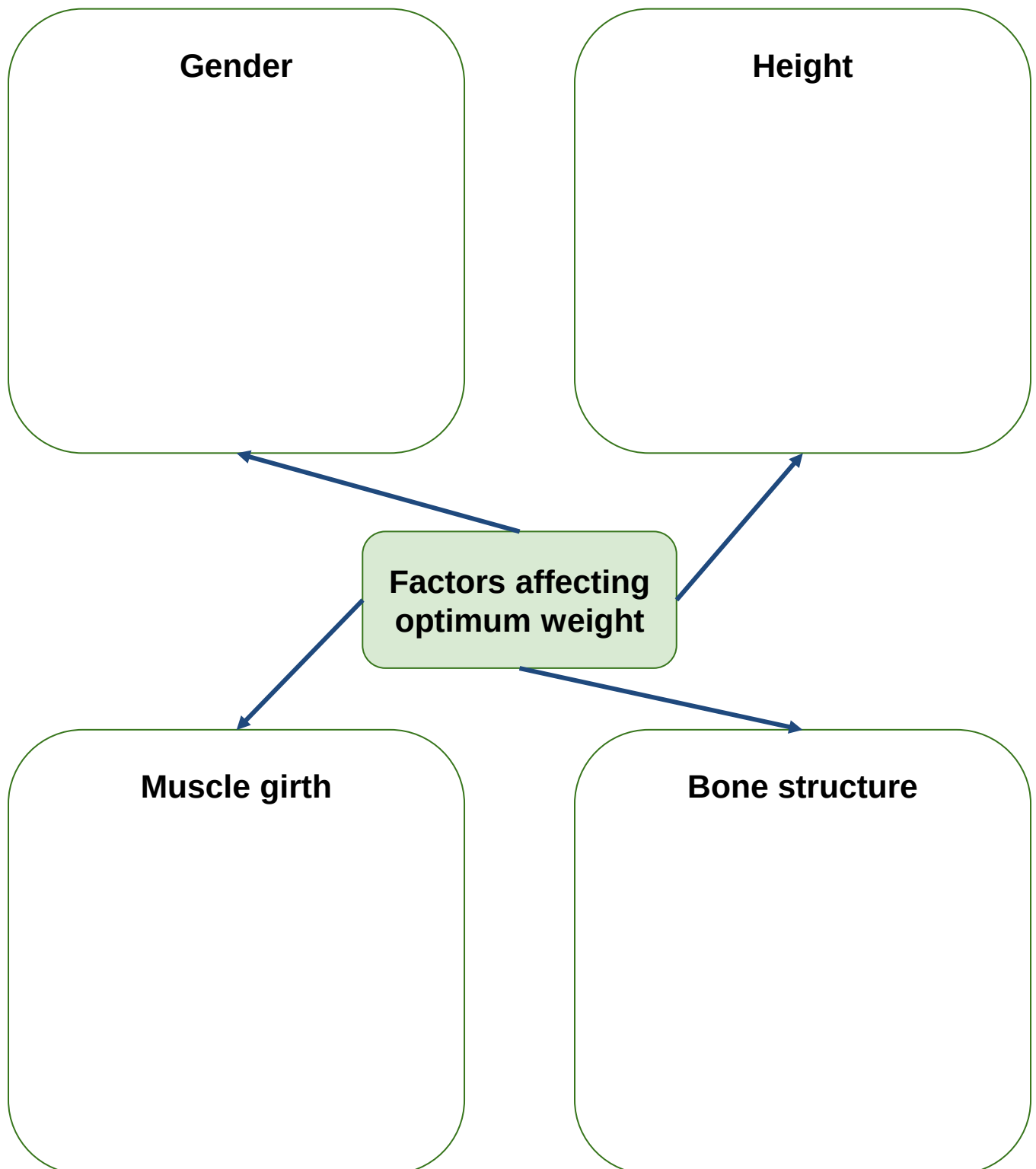
Micronutrients are the nutrients that you need to consume in relatively small amounts in order to eat a balanced diet. Micro means “small scale”.

Vitamins	
Minerals	
Water	
Fibre	

The factors affecting optimum weight

Optimum weight refers to the weight someone should be, on average, based on their sex, height, bone structure and muscle girth.

There are many factors that contribute to determining your optimum weight, and these factors may change throughout your life.



The variation in optimum weight according to roles in specific physical activities and sports



These performers are at their optimum weight for their sports.

They have _____



These performers are at their optimum weight for their sports. They have

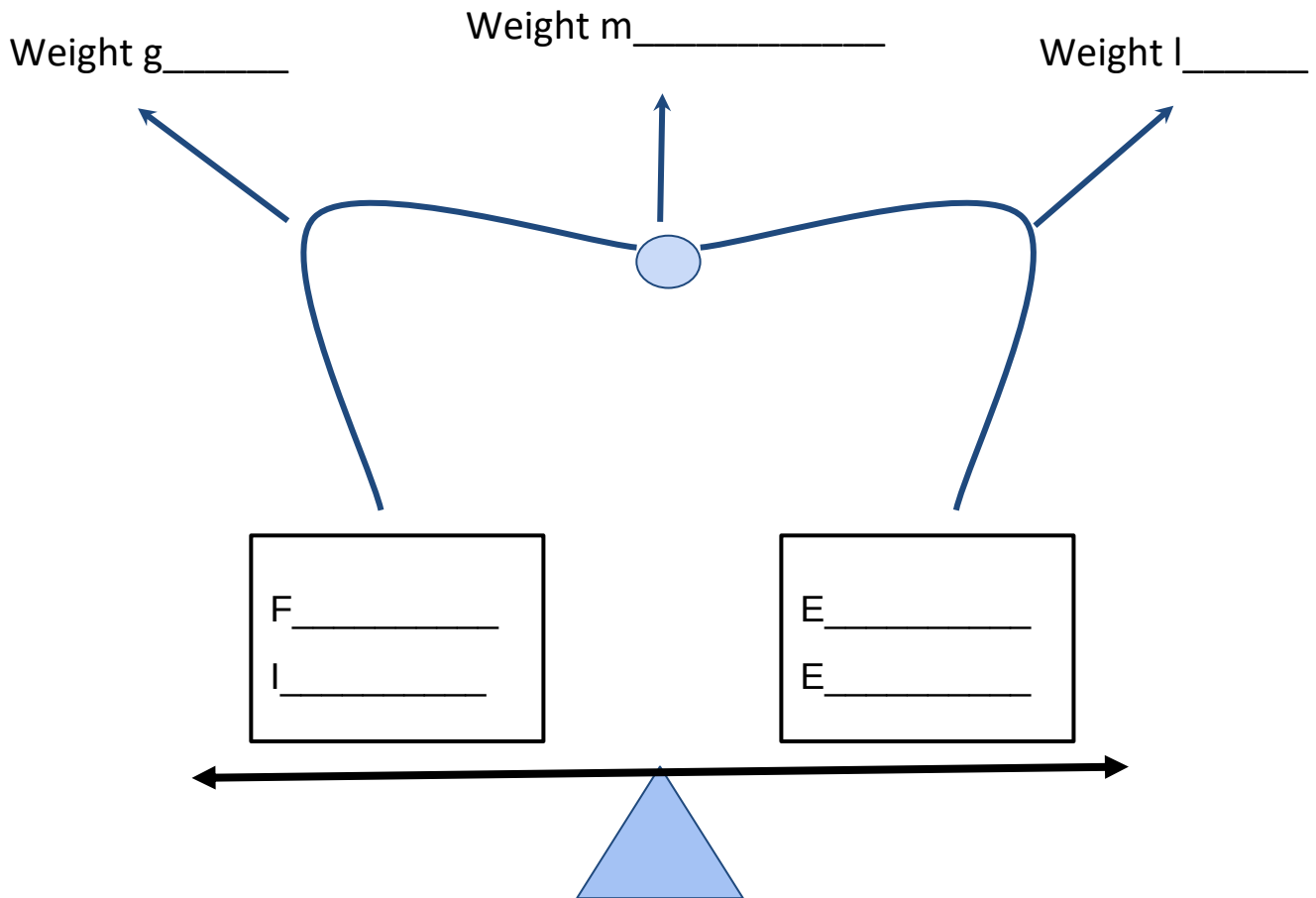


These performers are at their optimum weight for their sports.

They have _____

The correct energy balance to maintain a healthy weight

Energy balance is the basis of weight control. For body weight to remain constant energy input (via food) must equal energy expenditure.



Performers carrying excess body weight will _____ more energy to complete their task, whereas performers who are underweight will not have enough energy to complete their task.

Either way, the result is the same. Performers who are not able to maintain a healthy weight are not working as _____ as they can. They will be _____, weaker and less successful. They are also at _____ risk of getting injured and it will take them longer to recover from training session and competitions, as well as injuries.

Hydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport



Define hydration

It is important to stay hydrated to avoid become dehydrated.

Dehydration is _____

Hydration is important because:

- _____
- _____
- _____
- _____
- _____



Water is important to drink to stay hydrated.

However you can also drink _____ drinks.



To ensure you have the correct levels of drinks when participating in sport you should drink **before, during and after**.

Classification of a range of sports skills using the open-closed, basic (simple)-complex, and low organisation-high organisation continua

E_____ I_____



Closed skills

Open skills

An example of a closed skill is

An example of a open skill is

D_____



Basic skills

Complex skills

An example of a closed skill is

An example of a open skill is

O_____



Low skills

High skills

An example of a closed skill is

An example of a open skill is

Practice structures: massed, distributed, fixed and variable



Fixed Practice is

It is an effective practice because



Some examples of this practice are _____

Variable Practice is _____

It is an effective practice because

Some examples of this practice are



Practice structures: massed, distributed, fixed and variable



Massed Practice is _____

It is an effective practice because



Some examples of this practice are _____

Distributed Practice is _____

It is an effective practice because

Some examples of this practice are



Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of skills

Skill:

ENVIRONMENTAL INFLUENCE



CLOSED

OPEN

I have placed the skill on this part of the continuum because _____

DIFFICULTY



SIMPLE

COMPLEX

I have placed the skill on this part of the continuum because _____

ORGANISATIONAL



LOW

HIGH

I have placed the skill on this part of the continuum because _____

The most relevant practice to develop this skill would be _____

practice because _____

The use of goal setting to improve and/or optimise performance

Define the term 'goal setting'

Effective goal setting can:

- ---
- ---
- ---
- ---
- ---
- ---
- ---

What would be an 'effective' goal for each of these athletes

100m sprinter

A centre forward

Tennis player

Principles of SMART targets (specific, measureable, achievable, realistic, time-bound) and the value of each principle in improving and/or optimising performance

A_____

M_____

R_____

**SMART is an
acronym used to
guide the setting
of effective
goals.**

S_____

T_____

Setting and reviewing targets to improve and/or optimise performance

Provide some SMART targets for the following athletes

100m sprinter

A centre forward

Tennis player

Rugby goal kicker

Reviewing targets

It is not enough to set goal and work towards them. You must review the targets set and decide whether or not success has been achieved.

- ---

- ---

Types of guidance to optimise performance



Visual guidance _____



An example of visual guidance _____

Visual guidance _____



An example of verbal guidance _____



Manual guidance _____



An example of manual guidance _____

Mechanical guidance _____



An example of mechanical guidance _____



Advantages and disadvantages of each type of guidance and its appropriateness in a variety of sporting contexts when used with performers of different skill levels

	Advantages	Disadvantages
Visual		
Verbal		
Manual		
Mechanical		

Each type of guidance appropriateness in a variety of sporting contexts when used with performers of different skill levels

Which type of guidance might be used if you were teach / coach the following and how would it benefit the performer?

A beginner in badminton

The type of guidance to used for this performer would be _____.

This would benefit the performer by _____

A beginner in gymnastics

The type of guidance to used for this performer would be _____

This would benefit the performer by _____

A local club level footballer

The type of guidance to used for this performer would be _____

This would benefit the performer by _____

A local club level netballer

The type of guidance to used for this performer would be _____

This would benefit the performer by _____

An advanced triple jumper

The type of guidance to used for this performer would be _____

This would benefit the performer by _____

An advanced golfer

The type of guidance to used for this performer would be _____

This would benefit the performer by _____

Types of feedback to optimise performance:

INTRINSIC FEEDBACK

**Feedback is either
intrinsic or extrinsic**

EXTRINSIC FEEDBACK

Types of feedback to optimise performance:

CONCURRENT FEEDBACK

**Feedback is either
concurrent or
terminal**

TERMINAL FEEDBACK

Types of feedback to optimise performance:



Which type of feedback would be best used for this performer?



Which type of feedback would be best used for this performer?

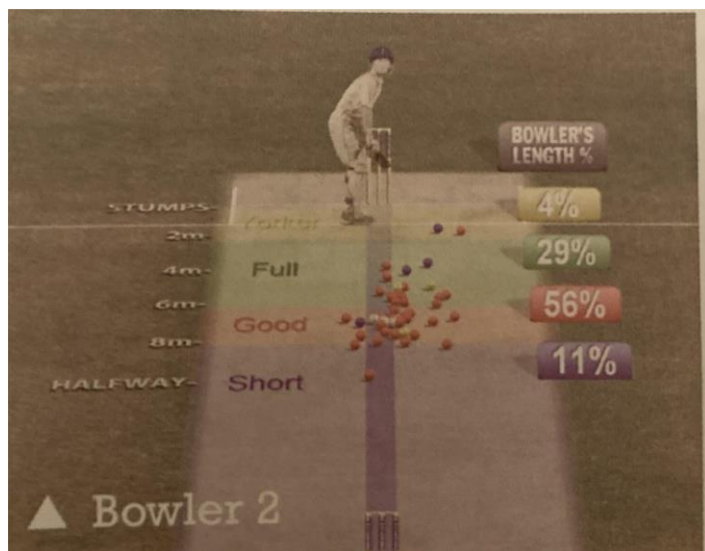
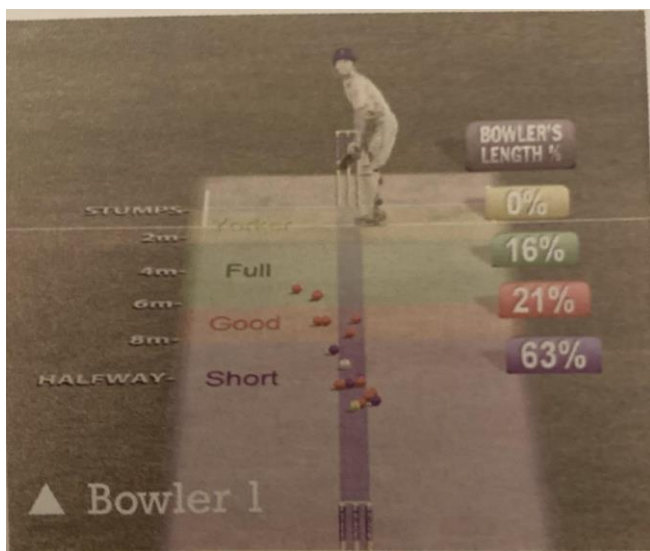


Which type of feedback would be best used for this performer?



Which type of feedback would be best used for this performer?

Interpretation and analysis of graphical representation of data associated with feedback on performance

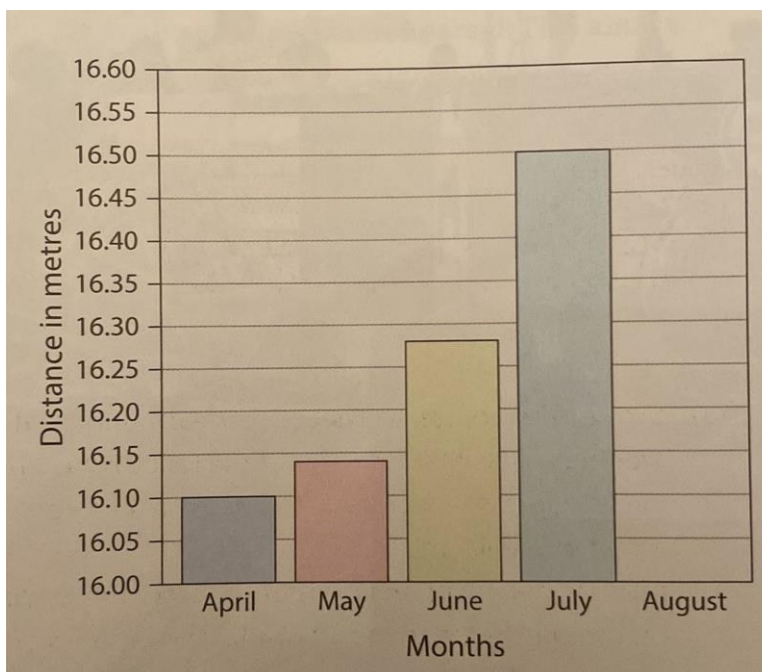


Interpret the data: Which bowler bowled the highest percentage of short balls?

Analyse the data: How would this kind of feedback on performance be useful to a bowler?

Interpret the graph: Is the current trend upwards or downwards?
Explain your answer.

Analyse the data: Make a prediction
on what August's data will show?



Mental preparation for performance: warm up, mental rehearsal

Effective mental preparation ahead of sports performance has shown to be highly effective. Sports psychologists are now employed by most professional sports teams to ensure the performers are the best place psychologically to succeed.

Define the term ‘psychological warm up’

Name some examples of a psychological warm up



Mental rehearsal

Name some examples of mental rehearsal

Participation rates in physical activity and sports and the impact on participation rates considering the personal factors

Participation rates in physical activity and sport can be affected by a number of personal factors. These include:

Gender Age Socio-economic group Ethnicity Disability
Great Athletes Survive Every Distance

Gender

Age

Participation rates in physical activity and sports and the impact on participation rates considering the personal factors:

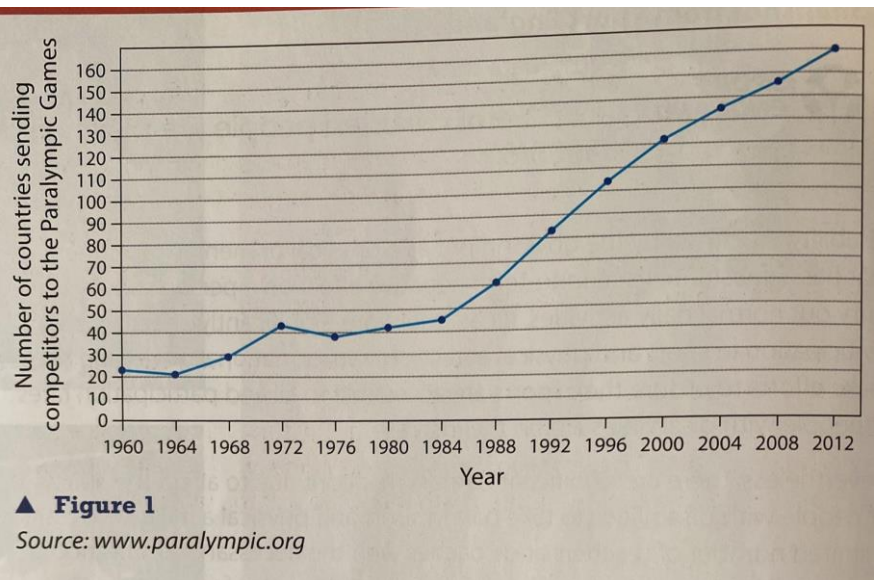
Socio-economic group

Ethnicity

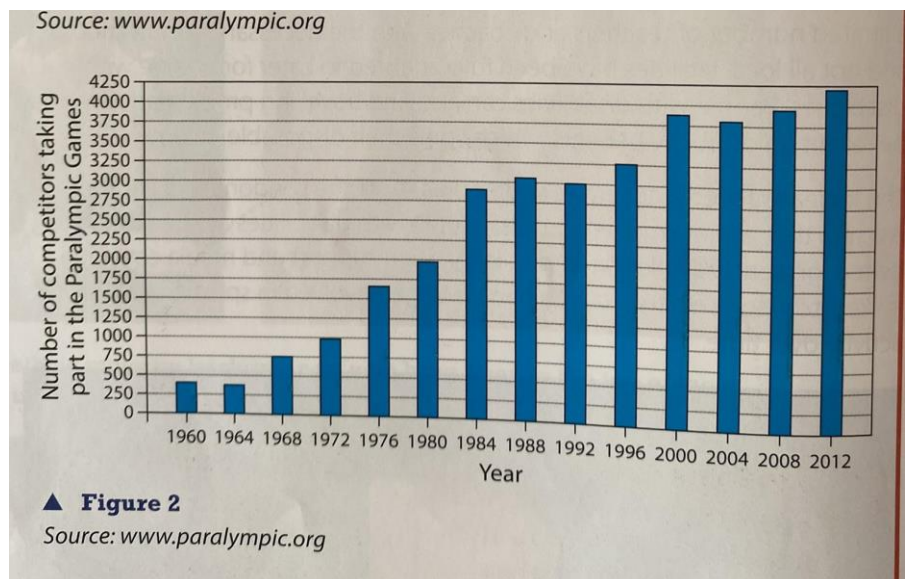
Disability

Interpretation and analysis of graphical representation of data associated with trends in participation rates

Interpret Figure 1: What does the graph tell you about the number of countries sending competitors to the Paralympic Games between 1960 and 2012?



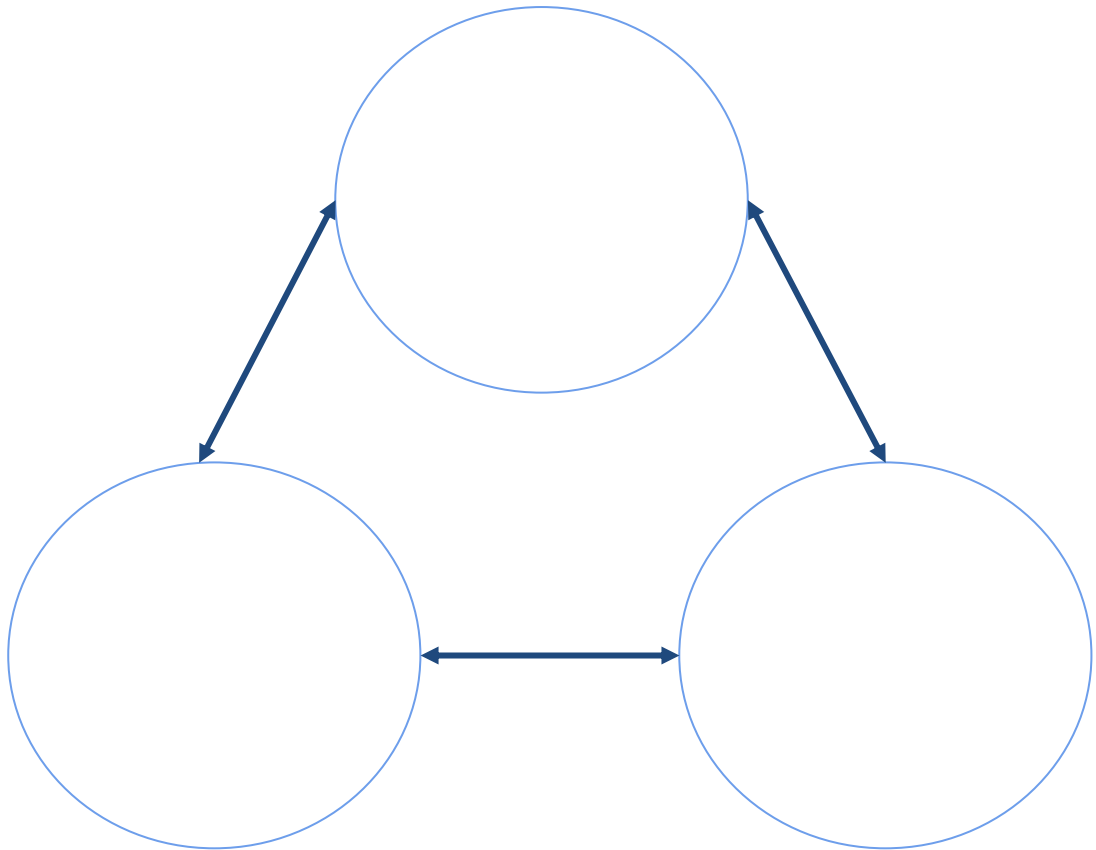
Interpret Figure 2: What does the graph tell you about the number of competitors taking part in the Paralympic Games between 1960 and 2012?



Analyse the data: make a prediction based on your analysis of the trends illustrated by the graphs. What would you expect 2016's data to show?

The relationship between commercialisation, the media and physical activity and sport

Define commercialism



How has media coverage contributed to the commercialisation of sport and physical activity?

The advantages and disadvantages of commercialisation and the media for:
the sponsor, the sport, the player/performer, the spectator

	Advantages	Disadvantages
Sport		
Player		
Sponsor		
Spectator		

Interpretation and analysis of graphical representation of data associated with trends in the commercialisation of physical activity and sport

	North America (USA and Canada)	Central America, South America and the Caribbean	Asia	Middle East and Africa	Europe	Oceania	Total
1998 - 2000	1124	14	208	12	422	65	1845
2002 - 2004	1397	21	233	13	514	54	2232
2006 - 2008	1579	34	274	25	578	80	2570
2010 - 2012	2154	106	575	41	848	126	3850

This table shows the fees paid by broadcasting companies in different parts of the world to broadcast the Olympic Games in millions of US dollars.

Interpret the data: Which part of the world has paid most to broadcast the Olympic Games in their territory?

Analyse the data: Which impact do you think this has on the way the Olympic Games is organised?

The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for, and consequences of, deviance at elite level



Sportsmanship:

An example of sportsmanship



Gamesmanship:

An example of gamesmanship



Deviant behaviour:

An example of deviant behaviour

The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for, and consequences of, deviance at elite level



Why might athletes demonstrate deviant behaviour at elite level?



What are the consequences of this deviant behaviour?



Interpretation and analysis of graphical representation of data associated with trends in ethical and socio-cultural issues in physical activity and sport

Here is some data about the number of people over 16, in millions, participating in cycling once a month:

2006	2007	2008	2009	2010	2011	2012	2013	2014
3.55	3.9	4.2	4.01	3.9	3.8	3.79	3.88	3.81

Interpret the data: What does the data tell you about participation rates for cycling over the nine years?

Analyse the data: Make a prediction based on your analysis. What would you expect the data for 2015 to show?

Plot the data above on this graph below.

