



The Consequences of a Sedentary Lifestyle

Name _____

Class _____



Topic	Description from Specification	Pupil comments – How confident do you feel on this topic?
1.2.1	A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness	
1.2.2	Interpretation and analysis of graphical representation of data associated with trends in physical health issues	

Sedentary Lifestyle: a lifestyle where there is **little, irregular or no physical activity.**

In order to maintain health and fitness you should aim to exercise at a moderate intensity for at least 30mins five days a week.

Which of the following could be included in 30minutes of moderate exercise?....

Walking the dog

Heavy weights session

Go-karting

9 holes of golf

Lawn Bowls

Darts

Ice-skating

Sumo-Wrestling

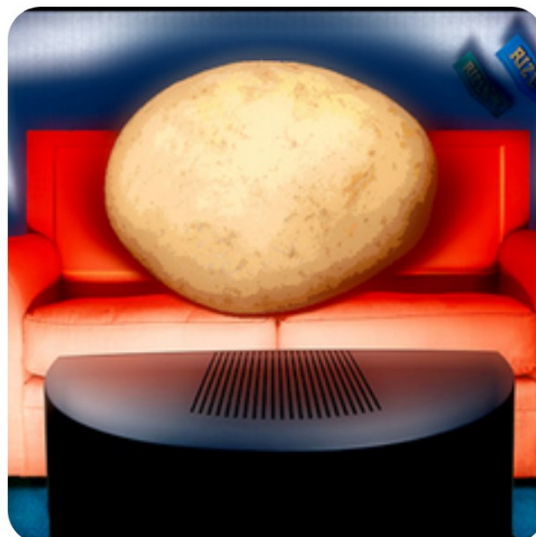
Key Terms:

Sedentary – Spending too much time seated and inactive

Lifestyle – A way in which a person lives

If all of the expert advice leads to people taking part in exercise, why do many adults (and some children) end up leading a sedentary lifestyle with no physical activity? Give 5 reasons.

- 1.
- 2.
- 3.
- 4.
- 5.



Some of the physical problems of a sedentary lifestyle include weight issues. The following are all different types of weight issues. Pick out the correct definitions from those given below.

Overweight –

Overfat –

Obese –

‘When someone has too high a proportion of their body composition as fat’

‘Extremely overweight – usually more than 20% above normal’

‘Having more weight than is considered as normal’

Being overweight can be worked out by using the Body Mass Index (BMI).

My BMI = _____ which describes me as _____.

WEIGHT	lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
	kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	
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Many sprinters, rugby players and even gymnasts have a BMI which describes them as overweight. Why is this the case?



As well as weight-related issues, a sedentary lifestyle can also contribute to several other long-term health issues

Long-term Health Issue	Description	What this can lead to
	A persistent feeling of sadness and loss of interest in life, due to lack of serotonin	Lack of motivation, a social life and even suicide in extreme cases
	A lack of exercise allows fatty deposits (cholesterol) to clog the heart more easily	Heart Attack
	The force of the blood pushing against the walls of the arteries as the heart pumps	Stroke/Heart Attack
	A condition where your glucose is too high because your body can't regulate the levels correctly	Kidney damage/disease
	The medical condition in which bones become brittle and fragile	Fracturing bones
	Sitting for long periods of the day results in tight back muscles and soft abdominal muscles	Bad posture, back and muscle pain

Put the anagrams below into the above table:

sosl fo uclmes eont

prsnoides

tsospooori

tsbdaieeb

yocrnao rheta ssaeid

gihh odblo rursesps

Which one of the following is an example of a sedentary lifestyle?

- A) Not maintaining a balanced diet
- B) Not exercising on a regular basis
- C) Not sleeping for 10 hours every night
- D) Exercising for 30mins every day

Sample Exam
Questions

Regular participation in physical activity can reduce the chance of developing diabetes. Explain how two other risks to long-term health can be reduced through regular exercise.

(3 marks)

(3 marks)

Key Terms:

Sedentary Lifestyle – Where there is little, irregular or no physical activity

Overweight – Having more weight than is considered healthy

Obese – Extremely overweight

Overfat – Having too high a proportion of your body composition as fat

Depression – A persistent feeling of sadness and loss of interest in life

Coronary Heart Disease – A disease in which plaque builds up in the coronary arteries

High Blood Pressure – Too great a force of blood pushing against the arteries

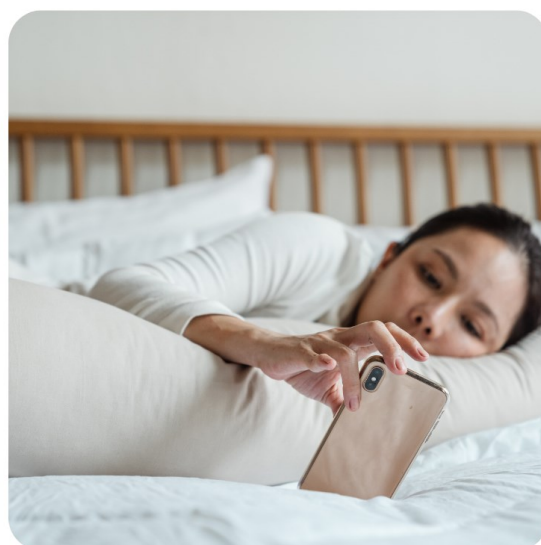
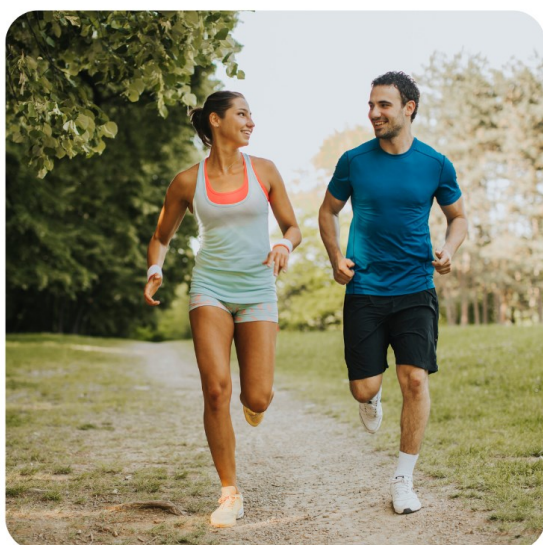
Diabetes – A disease whereby your body cannot regulate the levels of glucose in the blood

Osteoporosis – Medical condition whereby bones become brittle and fragile



Teacher Answer Booklet

The Consequences of a Sedentary Lifestyle



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Sedentary Lifestyle:

A sedentary lifestyle is a lifestyle where there is **little, irregular or no physical activity**.

In order to maintain health and fitness you should aim to exercise at a moderate intensity for at least 30mins five days a week.

Which of the following could be included in 30minutes of moderate exercise.....

Key Terms:

Sedentary – Spending too much time seated and inactive

Lifestyle – A way in which a person lives

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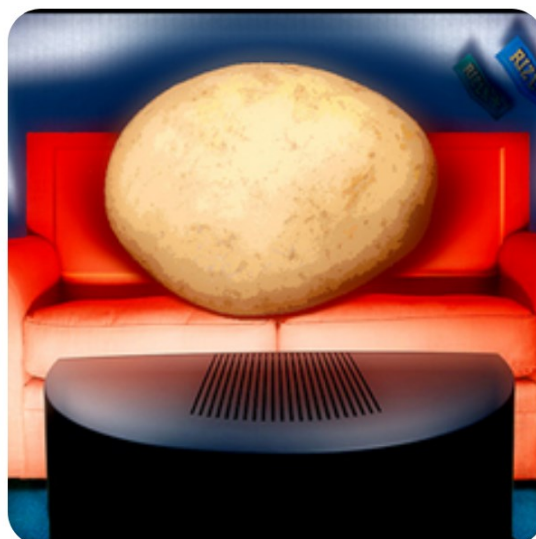
Darts

Ice-skating

Sumo-Wrestling

If all of the expert advice leads to people taking part in exercise, why do many adults (and some children) end up leading a sedentary lifestyle with no physical activity? Give 5 reasons.

1. Not enough time
2. Not enough money
3. Not enough energy (e.g. eating the wrong foods/not sleeping)
4. Not inspired e.g. no role models
5. Nobody to exercise with e.g. no team to join



Some of the physical problems of a sedentary lifestyle include weight issues. The following are all different types of weight issues. Pick out the correct definitions from those given below.

Overweight – Having more weight than is considered as normal

Overfat – When someone has too high a proportion of their body composition as fat

Obese – Extremely overweight – usually more than 20% above normal

‘When someone has too high a proportion of their body composition as fat’

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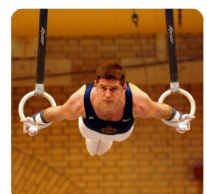
Being overweight can be worked out by using the Body Mass Index (BMI).

My BMI = e.g. 23 which describes me as e.g. healthy.

WEIGHT	lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215		
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Many sprinters, rugby players and even gymnasts have a BMI which describes them as overweight. Why is this the case?

This is because these performers are likely to have large amounts of muscle in order to excel in their sports. Due to this large amount of muscle it can mean that some performers are very heavy. This is a disadvantage of using BMI.



As well as weight-related issues, a sedentary lifestyle can also contribute to several other long-term health issues

Long-term Health Issue	Description	What this can lead to
Depression	A persistent feeling of sadness and loss of interest in life, due to lack of serotonin	Lack of motivation, a social life and even suicide in extreme cases
Coronary Heart Disease	A lack of exercise allows fatty deposits (cholesterol) to clog the heart more easily	Heart Attack
High Blood Pressure	The force of the blood pushing against the walls of the arteries as the heart pumps	Stroke/Heart Attack
Diabetes	A condition where your glucose is too high because your body can't regulate the levels correctly	Kidney damage/disease
Osteoporosis	The medical condition in which bones become brittle and fragile	Fracturing bones
Loss of muscle tone	Sitting for long periods of the day results in tight back muscles and soft abdominal muscles	Bad posture, back and muscle pain

Put the anagrams below into the above table:

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Which one of the following is an example of a sedentary lifestyle?

- A) Not maintaining a balanced diet
- B) Not exercising on a regular basis
- C) Not sleeping for 10 hours every night
- D) Exercising for 30mins every day

Sample Exam
Questions

Regular participation in physical activity can reduce the chance of developing diabetes. Explain how two other risks to long-term health can be reduced through regular exercise.

More serotonin is released during exercise (1) which can lead to a person becoming happier (1) and decreasing the chances of depression (1).

(3 marks)

Exercise reduces the chances of coronary heart disease (1) as it clears the arteries of fatty acids (cholesterol) (1) and reducing the chances of a heart attack (1).

(3 marks)

Accept other appropriate response related to physical, mental or social health benefits.

Key Terms:

Sedentary Lifestyle – Where there is little, irregular or no physical activity

Overweight – Having more weight than is considered healthy

Obese – Extremely overweight

Overfat – Having too high a proportion of your body composition as fat

Depression – A persistent feeling of sadness and loss of interest in life

Coronary Heart Disease – A disease in which plaque builds up in the coronary arteries

High Blood Pressure – Too great a force of blood pushing against the arteries

Diabetes – A disease whereby your body cannot regulate the levels of glucose in the blood

Osteoporosis – Medical condition whereby bones become brittle and fragile



1.2 The Consequences of a Sedentary Lifestyle

Mark Scheme

Q1. Which one of the following is a description of ‘overfat’? **(1 mark)**

- A** Having more weight than is considered normal
- B** Having too high a proportion of body composition as fat
- C** Being extremely overweight
- D** Being a healthy bodyweight

Mark One – B. Having too high a proportion of body composition as fat

Q2. Being overweight can be a consequence of lifestyle choices. Define the term ‘overweight’. **(1 mark)**

Mark One – Having more weight than is considered as normal

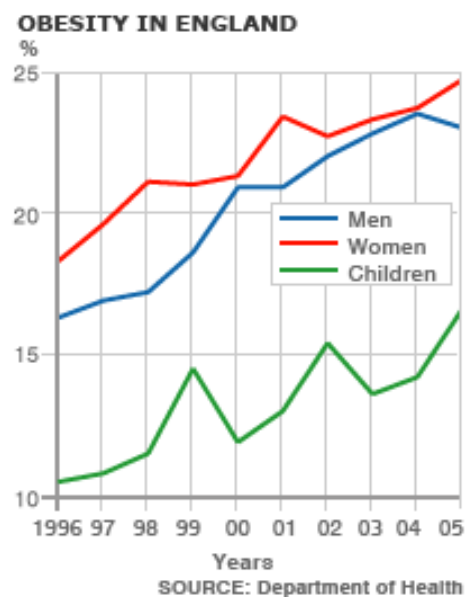
Q3. Explain how one lifestyle choice could reduce the risk of becoming overweight **(2 marks)**
Sport.

Mark One – Taking part in regular exercise

Mark Two – This will help to **burn calories** and make sure that excess weight isn’t gained

Accept other appropriate answers – could relate to ‘ensuring a balanced diet’

Q4. The graph below shows the changing rates of obesity in England between 1996-2005.



i) During this period what was the overall trend in obesity levels? **(1 mark)**

Mark One – Increase (in obesity levels)

ii) Use the data from the graph to analyse the changing patterns in **male** obesity levels from 1996-2005. **(2 marks)**

Mark One – Sharp increase in obesity levels between 1998-2000

Mark Two – Plateau in obesity levels between 2000-2001/minor decrease between 2004-2005

Accept other appropriate answers

iii) Use the data from the graph to predict the most likely trend in childhood obesity levels between 2005-2015. **(1 mark)**

Mark One – Continued increase in obesity levels (due to evidence from the last 10 years)

- iv) Explain one way that the UK government could aim to decrease childhood obesity levels. **(2 marks)**

Mark One – Increase the number of times pupils have to attend PE lessons per week

Mark Two – This would increase amount of calories burned leading to a decrease in obesity levels amongst many children

Accept other appropriate answers – could relate to a healthy/balanced diet



Name: _____

1.2 The Consequences of a Sedentary Lifestyle

Date:

Total marks available: 10

Total marks achieved: _____

Percentage: _____

Q1. Which one of the following is a description of ‘overfat’? **(1 mark)**

- A** Having more weight than is considered normal
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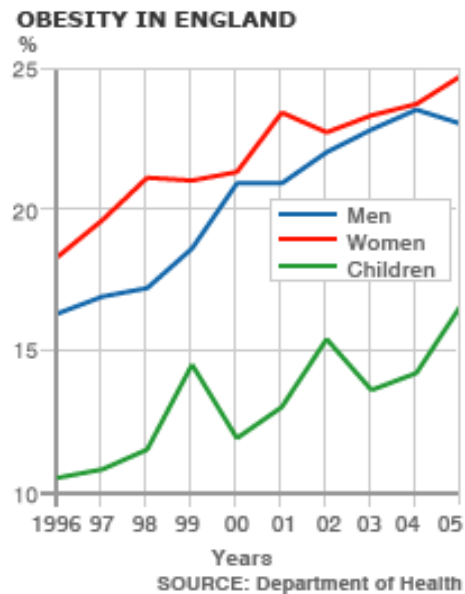
Q2. Being overweight can be a consequence of lifestyle choices. Define the term ‘overweight’. **(1 mark)**

.....

Q3. Explain how one lifestyle choice could reduce the risk of becoming overweight **(2 marks)**

.....
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Q4. The graph below shows the changing rates of obesity in England between 1996-2005.



- i) During this period what was the overall trend in obesity levels? **(1 mark)**
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- iii) Use the data from the graph to predict the most likely trend in childhood obesity levels between 2005-2015. **(1 mark)**
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Sedentary Lifestyle



This is a lifestyle where there is little, irregular or no physical activity

Overweight



Having more weight than is considered as normal

Overfat



When someone has too high a proportion of their body composition as fat

Obese



Extremely overweight – usually more than 20% above normal

Being overweight can be worked out by using the Body Mass Index (BMI)



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However it is not always accurate - weightlifters have large muscle mass so they often come out as 'obese'



PE COMPONENT 2 - SEDENTARY LIFESTYLE

Diabetes

Diabetes is a disease whereby blood sugar levels become too high. Maintaining a healthy weight can prevent diabetes from occurring

Sedentary Lifestyle Health Risks

Osteoporosis

The medical condition in which bones become brittle and fragile

Coronary Heart Disease

Often a result of narrowed or blocked blood vessels and can lead to a heart attack. Exercise helps to reduce the cholesterol which can lead to these vessels becoming blocked

High Blood Pressure

Although this can be the result of a genetic condition, it can also be caused by a lack of exercise and poor lifestyle decisions (e.g. drinking/smoking)



Depression

A persistent feeling of sadness and loss of interest in life, due to lack of serotonin

Loss of Muscle Tone

Sitting for long periods of the day results in tight back muscles and soft abdominal muscles



Sedentary Lifestyle



This is a lifestyle where there is little, _____ or no physical activity

Overweight



Having more weight than is considered as _____

Overfat



When someone has too high a proportion of their body _____ as fat

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5'2"	157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39		
5'3"	160.0	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38		
5'4"	162.5	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37			
5'5"	165.1	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35				
5'6"	167.6	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34					
5'7"	170.1	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33					
5'8"	172.7	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33					
5'9"	175.2	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32					
5'10"	177.8	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32					
5'11"	180.3	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
6'0"	182.8	13	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29						
6'1"	185.4	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28							
6'2"	187.9	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27								
6'3"	190.5	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26								
6'4"	193.0	12	12	13	14	15	16	17	18	19	20	21	22	23	24	25									



However it is not always accurate - weightlifters have large muscle mass so they often come out as 'obese'



PE COMPONENT 2 - SEDENTARY LIFESTYLE

Sedentary Lifestyle Health Risks

_____ A disease whereby blood sugar levels become too high. Maintaining a healthy weight can prevent diabetes from occurring

Osteoporosis
The medical condition in which bones become brittle and fragile

_____ Often a result of narrowed or blocked blood vessels and can lead to a heart attack. Exercise helps to reduce the cholesterol which can lead to these vessels becoming blocked

_____ Although this can be the result of a genetic condition, it can also be caused by a lack of exercise and poor lifestyle decisions (e.g. drinking/smoking)



_____ of _____ Tone
Sitting for long periods of the day results in tight back muscles and soft abdominal muscles

_____ A persistent feeling of sadness and loss of interest in life, due to lack of serotonin