



Well-Being & Lifestyle Choices

Name _____

Class _____



Topic	Description from Specification	Pupil comments – How confident do you feel on this topic?
1.1.6	Lifestyle choices in relation to: diet, activity level, work/ rest/sleep balance, and recreational drugs (alcohol, nicotine)	
1.1.7	Positive and negative impact of lifestyle choices on health, fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer)	

The impact of fitness on well-being:

As stated previously **fitness** can be defined as:

Well being can be defined as:

The state of being comfortable, healthy or happy.

Therefore well-being is linked to which part of health? _____

Using the words below the table, fill in the gaps to outline the positive and negative effects of fitness on well-being.

Positive Effects	Negative Effects
Helps you cope with the _____ side of life	Puts you at risk of sport-related _____
Exercise improves _____, how long you live for	Time off to recover from injury can lead to _____ problems such as depression.
Lowers risk of _____ illness	_____ pressure can lead to psychological problems such as depression.
Lowers risk of _____ problems	Early _____ in one sport can reduce chances in others
Makes you less likely to use _____ or _____	_____ in a particular sport can lead to long-term health problems such as having a weakened immune system.
Means you are less likely to be off _____ with _____	Can lead to obsessive interest in _____ or composition, which can lead to OCD and anxiety.
Gives you lower _____ and _____	
Can help _____ control	

psychological specialisation injury competition blood pressure drugs
work stressors physical weight smoke sickness psychological
resting heart rate heart body shape life expectancy

Hint: Pay particular attention to the negative effects of both smoking and alcohol

Lifestyle Choices:

Our lifestyle choices have a huge effect on our health, fitness and well-being. If we make bad decisions regarding our lifestyle, a whole range of health problems could occur.

Lifestyle Choice	What is it?	What are the negative effects?
Diet		
Activity Level		
Work/rest/sleep balance		
Recreational Drugs: 1. Legal Drugs 2. Illegal Drugs		
Smoking & Nicotine		
Alcohol		



Using the table below, try to answer the following **3 mark question**. Explain how **smoking** can impact negatively on health and wellbeing.

Point (1 mark)	Explanation (1 mark)	Analysis (1 mark)



Using the table below, try to answer the following **3 mark question**. Explain how **alcohol** can impact negatively on health and wellbeing.

Point (1 mark)	Explanation (1 mark)	Analysis (1 mark)

What about if the question asked 'explain the negative effects of alcohol on sporting performance?'

Point (1 mark)	Explanation (1 mark)	Analysis (1 mark)

Sample Exam Question

Explain one way alcohol can negatively impact on health and well-being (3)

Key Terms:

Well-Being - The state of being comfortable, healthy or happy.

Lifestyle Choice – The choices we make about how we live and behave

Bronchitis – Inflammation of the lungs

Nicotine – An addictive stimulant found in cigarettes

Diuretic – A substance that increases the amount of water expelled from the body. Alcohol is a diuretic

Insulin – A hormone produced by the pancreas which enables your body to control sugar levels and prevent diabetes

Self-Esteem – The degree to which we feel confident and see ourselves as valuable

Catharsis – Releasing stress



Teacher Answer Booklet

Well-Being & Lifestyle Choices



Topic	Description from Specification	Pupil comments – How confident do you feel on this topic?
1.1.6	Lifestyle choices in relation to: diet, activity level, work/ rest/sleep balance, and recreational drugs (alcohol, nicotine)	
1.1.7	Positive and negative impact of lifestyle choices on health, fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer)	

The impact of fitness on well-being:

As stated previously **fitness** can be defined as:

The ability to meet the demands of the environment.

Well being can be defined as:

The state of being comfortable, healthy or happy.

Therefore well-being is linked to which part of health? **Mental**

Using the words below the table, fill in the gaps to outline the positive and negative effects of fitness on well-being.

Positive Effects	Negative Effects
Helps you cope with the psychological side of life	Puts you at risk of sport-related injury
Exercise improves life expectancy ; how long you live for	Time off to recover from injury can lead to psychological problems such as depression
Lowers risk of physical illness	Competition pressure can lead to psychological problems such as depression
Lowers risk of heart problems	Early specialisation in one sport can reduce chances in others
Makes you less likely to use drugs or smoke	Stressors in a particular sport can lead to long-term health problems such as having a weakened immune system
Means you are less likely to be off work with sickness	Can lead to obsessive interest in body image or composition, which leads to OCD and anxiety.
Gives you lower blood pressure and resting heart rate	
Can help weight control	

psychological specialisation injury competition blood pressure drugs
work stressors physical weight smoke sickness psychological
resting heart rate heart body shape life expectancy

Hint: Pay particular attention to the negative effects of both smoking and alcohol

Lifestyle Choices:

Our lifestyle choices have a huge effect on our health, fitness and well-being. If we make bad decisions regarding our lifestyle, a whole range of health problems could occur.

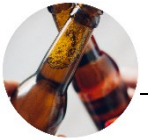
Lifestyle Choice	What is it?	What are the negative effects?
Diet	In nutrition, diet is the food consumed by an individual	An unhealthy diet can lead to short and long term illnesses as well as weight issues
Activity Level	This is how much exercise a person takes part in	Leading a sedentary lifestyle with little exercise can have serious consequences in terms of health and happiness
Work/rest/sleep balance	This is how much work, rest and sleep you get each day. It is important to get enough rest and sleep	Not getting enough sleep and working too much can result in mental illness such as stress or depression
Recreational Drugs: 1. Legal Drugs 2. Illegal Drugs	Legal drugs can include substances such as painkillers, caffeine and alcohol. Illegal drugs have serious side effects and include cocaine, heroin and marijuana.	Legal drugs can help performance in some sports but relying on them too much can cause problems. E.g. too much caffeine can cause insomnia and headaches. Illegal drugs have serious side effects and are also very addictive. E.g. cocaine can cause insomnia and nausea.
Smoking & Nicotine	Smoking releases a whole range of chemicals into the lungs, one of which is nicotine. Nicotine gives a small 'buzz' to the Central Nervous System	Smoking damages the lungs which can cause bronchitis, pneumonia and lung cancer. Nicotine is highly addictive.
Alcohol	Alcohol is a drug which slows down body systems and reaction time. It is also a diuretic.	Long term effects of alcohol includes high blood pressure and liver damage.



Using the table below and the statements given to you, try to answer the following **3 mark question**. Explain how **smoking** can impact negatively on health and wellbeing.

Point (1 mark)	Explanation (1 mark)	Analysis (1 mark)
Chemicals in smoke enter the lungs	Causing an infection in the bronchi	Results in an increased chance of bronchitis

Using the table below, try to answer the following **3 mark question**. Explain how **alcohol** can impact negatively on health and wellbeing.



Point (1 mark)	Explanation (1 mark)	Analysis (1 mark)
Alcohol weakens your immune system	Making you an easier target for disease	Results in an increased chance of short and long term illnesses

What about if the question asked 'explain the negative effects of alcohol on sporting performance?'

Point (1 mark)	Explanation (1 mark)	Analysis (1 mark)
Alcohol is a diuretic	This means it causes dehydration	Resulting in headaches and decreased performance

Sample Exam Question

Explain one way alcohol can negatively impact on health and well-being (3)

Mark One - Alcohol is a diuretic

Mark Two - This means it causes dehydration

Mark Three - Resulting in headaches and decreased performance

Key Terms:

Well-Being - The state of being comfortable, healthy or happy.

Lifestyle Choice – The choices we make about how we live and behave

Bronchitis – Inflammation of the lungs

Nicotine – An addictive stimulant found in cigarettes

Diuretic – A substance that increases the amount of water expelled from the body. Alcohol is a diuretic

Insulin – A hormone produced by the pancreas which enables your body to control sugar levels and prevent diabetes

Self-Esteem – The degree to which we feel confident and see ourselves as valuable

Catharsis – Releasing stress



Name: _____

1.1 Well-Being & Lifestyle Choices

Date:

Total marks available: 18

Total marks achieved: _____

Percentage: _____

Q1. Explain how smoking can impact negatively on long-term health and well-being. **(3 Marks)**

.....

.....

.....

.....

.....

.....

.....

.....

Q2. Although there are many benefits of taking part in sport, it can also have some negative effects on well-being. **Using sporting examples**, explain two ways that sport can have a negative effect on well-being.

Reason 1 (3 marks)

.....

.....

.....

.....

Reason 2 (3 marks)

.....

.....

.....

.....

[illegible]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

End of Test



1.1 Well-Being & Lifestyle Choices

Mark Scheme

Q1. Explain how smoking can impact negatively on long-term health and well-being. **(3 Marks)**

Mark One - Chemicals in smoke enter the lungs

Mark Two - Causing an infection in the bronchi

Mark Three - Results in an increased chance of bronchitis

Q2. Although there are many benefits of taking part in sport, it can also have some negative effects on well-being. **Using sporting examples**, explain two ways that sport can have a negative effect on well-being.

Reason 1 (3 marks)

Mark One – Competition pressure can have a negative effect on well-being.

Mark Two – For example in cricket players are under immense pressure to score runs for their team.

Mark Three – This type of pressure can lead to psychological illnesses such as depression.

Reason 2 (3 marks)

Mark One – Sport can lead to a self-obsession with body image

Mark Two – For example weight lifters or body-builders can become obsessed with increasing muscle size.

Mark Three – This can lead to Obsessive Compulsive Disorder and increased anxiety.

Accept other appropriate answers

Q3. Recreational drugs can be described as ‘any chemical substances taken for enjoyment’. **Using examples**, discuss the long term effects of recreational drugs on performance in sport. **(9 marks)**

A01 – Alcohol is a type of recreational drug.

A02 – Long term effects of alcohol include liver damage, a weakened immune system and increased blood pressure.

A03 – These effects will have a negative effect on sporting performance. A weakened immune system will mean that a performer will be more likely to pick up illnesses that will stop them from training and as a result, improvement will drop and reversibility could occur.

A01 – Chemicals within cigarettes are also recreational drugs.

A02 – This can include nicotine which has the long term effect of being addictive and tar which over time can lead to lung cancer or bronchitis.

A03 – Many sports require the lungs to be in top working condition in order to take in as much oxygen as possible in order to aid aerobic performance. If the lungs are damaged by substances in cigarettes then tidal volume and vital capacity will occur, having a negative effect on sporting performance.

A01 – A third recreational drug that can be taken for pleasure is caffeine.

A02 – Although a small amount of caffeine each day can be seen as ‘normal’, long term effects of overuse can include insomnia and headaches.

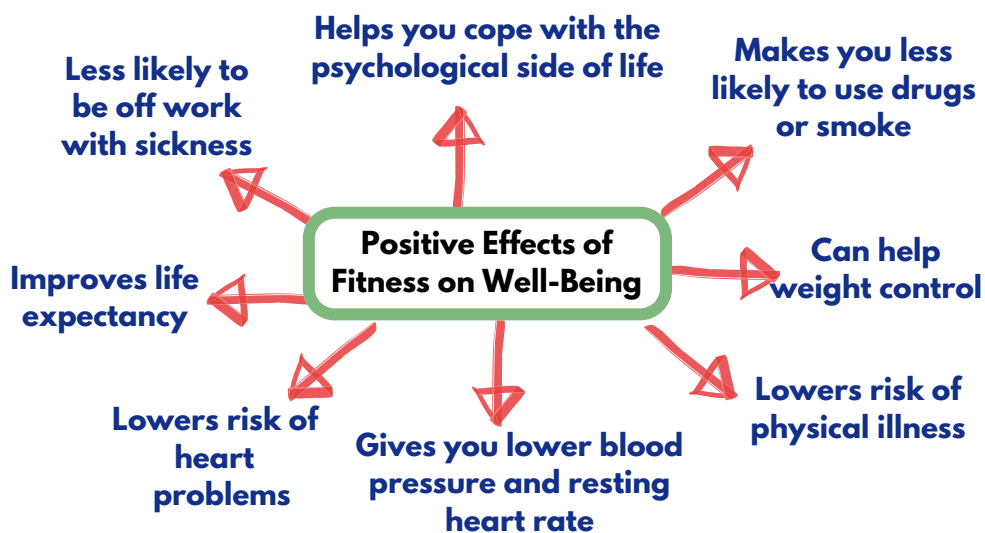
A03 – A lack of sleep will hinder any sportsperson and is likely to slow down their reaction time and disrupt coordination. As a result of this they may feel like they have to take more caffeine, and a cycle will develop. Drugs may also need to be taken to alleviate headaches, and once again these drugs themselves could have their own dangerous side effects.

Accept other appropriate answers.

Pupils should also make use of a short introduction and conclusion.

Alcohol - Negative Effect on Sporting Performance

- Irregular Heart Rate
- Dizziness
- Slowing of Reactions
- Lessens coordination and judgement



Diet



Balanced diet provides the **nutrients** the body needs to produce **energy** needed to stay healthy and perform well. An imbalance can lead to obesity or **malnutrition**

Activity levels



Physical activity reduces health **risks** and has many positive effects.

PE COMPONENT 2 - WELLBEING & LIFESTYLE CHOICES

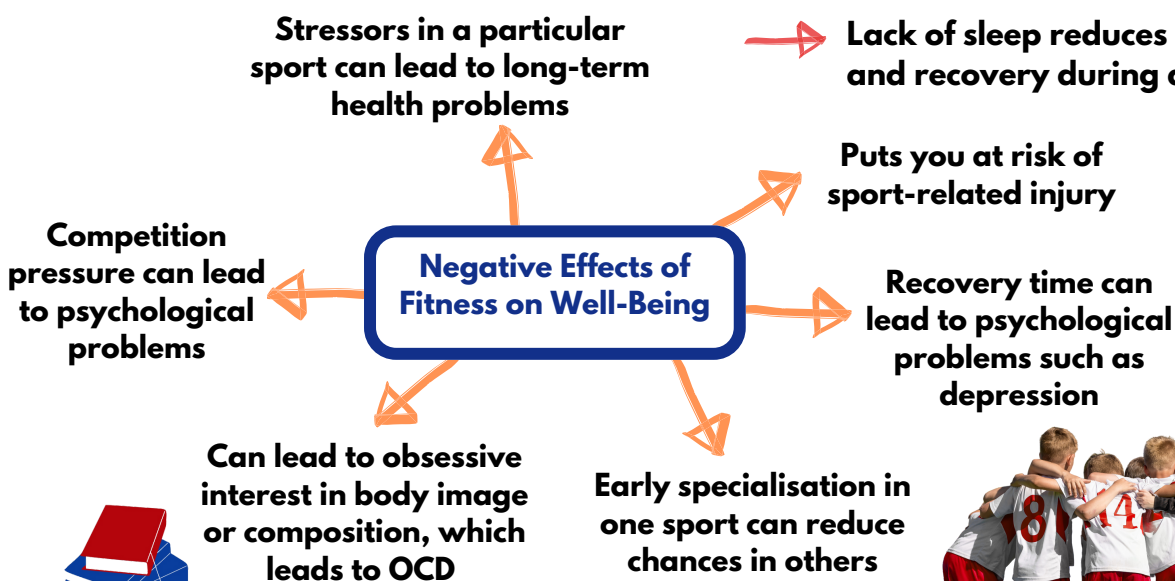


Smoking - Negative Effect on Sporting Performance

- Damage cells in lungs causing **bronchitis** from infections
- Damage to lung makes **breathing** more difficult
- Nicotine **addiction** raises heart rate and blood pressure

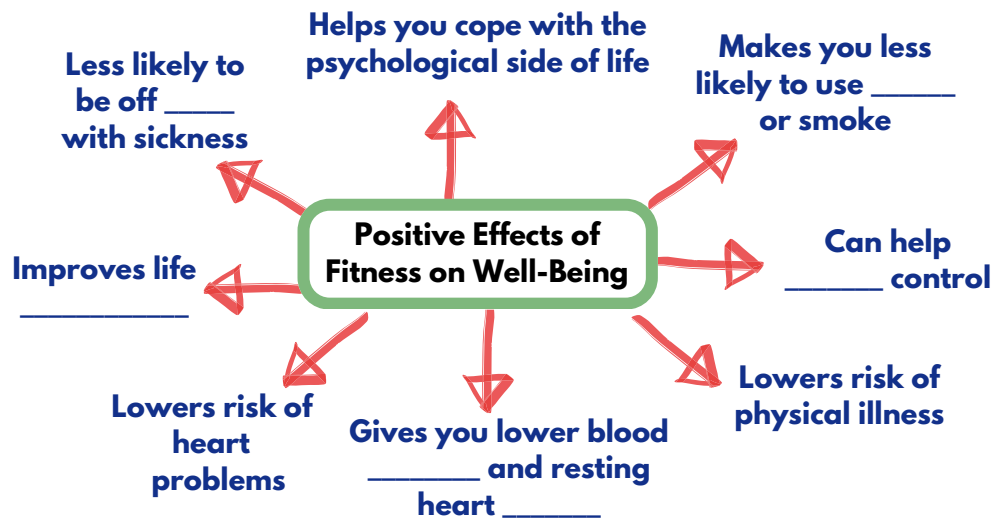
Work/Rest/Sleep Balance

- Stress and anxiety from too much work raises blood **pressure**
- Overtime increases risk of heart disease and **strokes**
- Imbalance affects **emotional** wellbeing
- Lack of sleep reduces **concentration** levels and recovery during and post exercise



Alcohol - Negative Effect on Sporting Performance

- Irregular _____
- Dizziness
- Slowing of _____
- Lessens coordination and judgement



Diet



Balanced diet provides the _____ the body needs to produce _____ needed to stay healthy and perform well. An imbalance can lead to obesity or _____

Activity levels



Physical activity reduces health _____ and has many positive effects.

PE COMPONENT 2 - WELLBEING & LIFESTYLE CHOICES



Smoking - Negative Effect on Sporting Performance

- Damage cells in lungs causing _____ from infections
- Damage to lung makes _____ more difficult
- Nicotine _____ raises heart rate and blood pressure

Work/Rest/Sleep Balance

- Stress and anxiety from too much work raises blood _____
- Overtime increases risk of heart disease and _____
- Imbalance affects _____ wellbeing
- Lack of sleep reduces _____ levels and recovery during and post exercise



Stressors in a particular sport can lead to long-term _____ problems

Competition pressure can lead to _____ problems

Negative Effects of Fitness on Well-Being

Puts you at risk of sport-related injury

Recovery time can lead to psychological problems such as _____

Can lead to obsessive interest in body _____ or composition, which leads to OCD

Early specialisation in one _____ can reduce chances in others