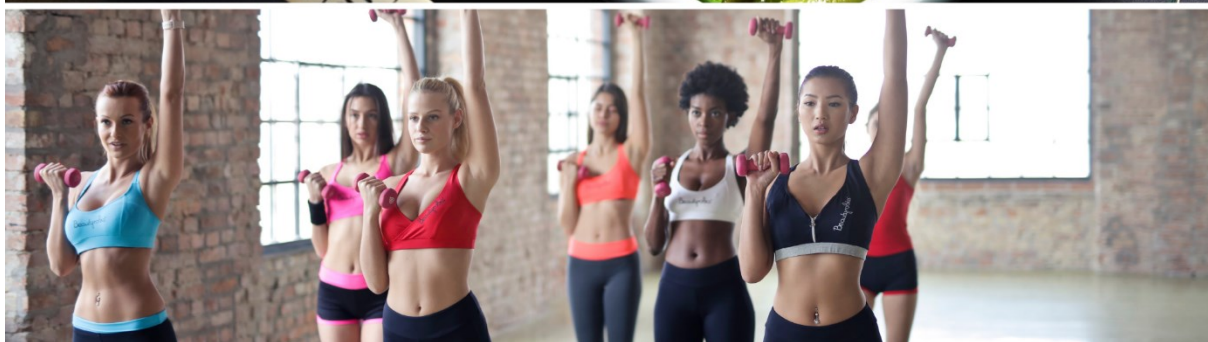




Name _____

Class _____

Physical, Emotional and Social Health, Fitness & Well-Being



Topic	Description from Specification	Pupil comments – How confident do you feel on this topic?
1.1.1	Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achieved	
1.1.2	Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved	
1.1.3	Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved	
1.1.4	Impact of fitness on well-being: positive and negative health effects	
1.1.5	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	

This module relates closely to the work you did on health and fitness during component one. Think back and try to remember the definitions for the following terms. If you are struggling, use some of the words below as prompts.

Health:

Exercise:

Fitness:

Performance:

Key Words:

Physical Environment Social Task Demands Emotional Disease Activity

We are going to look at the reasons why people should be encouraged to take part in sport. Before we begin, give 3 of your own reasons below:

1.

2.

3.



Health:

One of the reasons we exercise is to improve our physical, emotional and social health.

Put the statements below into the correct column within the table.

Enables people to maintain a healthy weight. Helps us to 'feel good'.

Improves your cardiovascular fitness. Requires cooperation.

Increases self-esteem and confidence. Develops a good attitude to competing.

Improves muscular strength and endurance.

Results in the removal of cholesterol from the walls of the arteries.

Helps to overcome physical and mental challenges.

Produces an aesthetic appreciation. Helps with friendships and social mixing

How can exercise improve physical health?	How can exercise improve emotional health?	How can exercise improve social health?

Sample Exam Question

A cricketer has decided to stop playing the sport due to stress and anxiety.



Discuss the positive and negative impacts of sport and physical activity on the **emotional health** of an individual. (9 marks)

[illegible]

Sample Exam Questions

Which one of the following is most likely to reduce the risk of osteoporosis in the legs? (1)

- A) Squats
- B) Cycling
- C) Rowing
- D) Swimming

Complete the following statements:

Participation in physical activity can provide emotional health benefits, for example

Improving cardiovascular fitness, however, is an example of a _____ health benefit.

Regular participation in physical activity can reduce the risk of heart attacks. Explain how one other risk to **long-term health** can be reduced through regular participation in **aerobic exercise** (3)

Key Terms:

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

Osteoporosis – A condition causing brittle and fragile bones

Serotonin – A natural chemical released during exercise

Endorphins – ‘Feel good’ chemicals released in the brain during exercise

Aesthetic Appreciation – Pleasing to look at

Depressant – A substance such as alcohol which lowers adrenaline



Teacher Answer Booklet

Physical, Emotional and Social Health, Fitness & Well-Being



Topic	Description from Specification	Pupil comments – How confident do you feel on this topic?
1.1.1	Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achieved	
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1.1.4	Impact of fitness on well-being: positive and negative health effects	
1.1.5	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	

This module relates closely to the work you did on health and fitness during component one. Think back and try to remember the definitions for the following terms. If you are struggling, use some of the words below as prompts.

Health:

A state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity

Exercise:

Physical activity which maintains or improves health and fitness

Fitness:

The ability to meet the demands of the environment

Performance:

How well a task is completed

Key Words:

Physical Environment Social Task Demands Emotional Disease Activity

We are going to look at the reasons why people should be encouraged to take part in sport. Before we begin, give 3 of your own reasons below:

1. E.g. to spend time with friends/family
2. E.g. to challenge myself to improve
3. E.g. to improve my cardiovascular fitness



Physical Health:

Health:

One of the reasons we exercise is to improve our physical, emotional and social health.

Put the statements below into the correct column within the table.

Enables people to maintain a healthy weight. Helps us to 'feel good'.

Improves your cardiovascular fitness. Requires cooperation.

Increases self-esteem and confidence. Develops a good attitude to competing.

Improves muscular strength and endurance.

Results in the removal of cholesterol from the walls of the arteries.

Helps to overcome physical and mental challenges.

Produces an aesthetic appreciation. Helps with friendships and social mixing

How can exercise improve physical health?	How can exercise improve emotional health?	How can exercise improve social health?
Exercise enables people to maintain a healthy weight	Exercise helps us to 'feel good'	Physical activity can require cooperation
Exercise improves your cardiovascular fitness	Exercise can help overcome physical and mental challenges	Physical activity can help with friendships and social mixing
Exercise improves muscular strength and muscular endurance	Observing physical activity can produce an aesthetic appreciation	Physical activity can develop a good attitude to competing
Exercise can result in the removal of cholesterol from the walls of the arteries.	Exercise increases self-esteem and confidence	Physical activity can require teamwork

Sample Exam Question

A cricketer has decided to stop playing the sport due to stress and anxiety.

Discuss the positive and negative impacts of sport and physical activity on the **emotional health** of an individual. (9 marks)



A01 - Sport can have the emotional health benefit of increasing self-esteem and confidence

A02 – This is evident in the mentality of performers who have mastered an activity. For example a cricket player who has mastered the skill of batting , will often score runs, which will increase his confidence.

A03 – This results in higher self-esteem, not only in a cricket setting but also universally. This means an individual becomes happier due to the effects of sport.

A01 - Sport can also have the emotional health benefit of helping us to ‘feel good’.

A02 – This is because taking part in physical activity, one example being cricket, releases endorphins as well as producing the chemical serotonin. Endorphins and serotonin both result in a person feeling happy.

A03 – Therefore catharsis occurs whereby stress is reduced due to the physical activity that has taken place, hence having a positive impact on an individual.

A01 – However the pressures of elite competition can lead to a negative effect on an individual’s mental health.

A02 – For example an elite cricket player has the pressure of performing in front of thousands of people, with one mistake whilst batting leading to them being labelled a failure.

A03 - Therefore sport can actually result in a performer becoming anxious and even depressed, even when stepping away from the sports field. At a certain level the costs of continuing to perform can at times outweigh the benefits.

Accept other appropriate answers.

Pupils should also make use of an introduction and a conclusion. The conclusion **might** summarise that the positives of sport outweigh the negatives in terms of an impact on mental health.

Sample Exam Questions

Which one of the following is most likely to reduce the risk of osteoporosis in the legs? (1)

- A) Squats
- B) Cycling
- C) Rowing
- D) Swimming

Mark One – Squats (this is a weight bearing activity)

Complete the following statements:

Participation in physical activity can provide emotional health benefits, for example

Mark One - Decreasing the chances of depression

Improving cardiovascular fitness, however, is an example of a **physical (one mark)** health benefit.

Regular participation in physical activity can reduce the risk of heart attacks. Explain how one other risk to **long-term health** can be reduced through regular participation in **aerobic exercise** (3)

Mark One - Another risk to long term health is the development of type II diabetes.

Mark Two - This can be prevented through aerobic activity because exercise reduces the body's need for insulin.

Mark Three - Therefore an individual can maintain a healthy weight and obesity is also less likely to occur.

Key Terms:

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

Osteoporosis – A condition causing brittle and fragile bones

Serotonin – A natural chemical released during exercise

Endorphins – ‘Feel good’ chemicals released in the brain during exercise

Aesthetic Appreciation – Pleasing to look at

Depressant – A substance such as alcohol which lowers adrenaline



1.1 Health & Fitness

Mark Scheme

Q1. Which one of the following is a physical benefit of exercise? **(1 mark)**

- A Meeting new people
- B Less chance of developing depression
- C A healthy weight can be maintained
- D Increases self-esteem

Mark One – C. A healthy weight can be maintained

Q2. Which of the following activities will decrease the chance of osteoporosis occurring? **(1 mark)**

- A Jogging
- B Cycling
- C Swimming
- D Diving

Mark One – A. Jogging

Q3. Which of the following sports is most likely to produce a social benefit of sport? **(1 mark)**

- A Jogging
- B Netball
- C Swimming
- D Kayaking

Mark One – B. Netball

Q4. What could a build-up of cholesterol in the arteries lead to? **(1 mark)**

Mark One – High blood pressure/Heart attack/Coronary Heart Disease

Q5. Explain one reason why taking part in exercise can increase happiness. **(2 marks)**

Mark One – When people take part in exercise endorphins are released in the brain

Mark Two – This decreases the chance of depression/can increase confidence and self-esteem

Accept other appropriate answers

Q6. Taking part in exercise can decrease the chance of cholesterol building up in the arteries. Explain one other way that exercise can have a benefit on physical health **(3 marks)**

Mark One – Exercise improves muscular strength and muscular endurance

Mark Two – This means that a person will develop stronger muscles and bones (caused by weight-bearing activities)

Mark Three - This can result in less chance of osteoporosis or fractures

Accept other appropriate answers

Q7. Regular participation in physical activity can help with social mixing and developing friendships. Explain one other social benefit of exercise. **(3 marks)**

Mark One – Physical activity can develop a good attitude to competing

Mark Two – This is because you learn to respect your opponents and officials

Mark Three – This results in the development of good sportsmanship and further enjoyment in sport

Accept other appropriate answers



Name: _____

1.1 Health & Fitness

Date:

Total marks available: 15

Total marks achieved: _____

Percentage: _____

Q1. Which one of the following is a physical benefit of exercise? **(1 mark)**

- A** Meeting new people
- B** Less chance of developing depression
- C** A healthy weight can be maintained
- D** Increases self-esteem

Q2. Which of the following activities will decrease the chance of osteoporosis occurring? **(1 mark)**

- A** Jogging
- B** Cycling
- C** Swimming
- D** Diving

Q3. Which of the following sports is most likely to produce a social benefit of sport? **(1 mark)**

- A** Jogging
- B** Netball
- C** Swimming
- D** Kayaking

Q4. What could a build-up of cholesterol in the arteries lead to? **(1 mark)**

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Q5. Explain one reason why taking part in exercise can increase happiness. **(2 marks)**

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Q6. Taking part in exercise can decrease the chance of cholesterol building up in the arteries. Explain one other way that exercise can have a benefit on physical health **(3 marks)**

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Q7. Regular participation in physical activity can help with social mixing and developing friendships. Explain one other social benefit of exercise. **(3 marks)**

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Health



A state of complete **emotional**, **physical** and **social** well-being, and not merely the absence of disease and infirmity

Fitness



The ability to meet the **demands** of the **environment**

Exercise



Physical activity which **maintains** or improves **health** and **fitness**

Performance



How well a **task** is **completed**



What does being physically healthy look like?



Body **organs** and systems are working well



Strong and fit to be able to do **everyday** tasks



Not suffering from any **illnesses**, diseases or injuries

What does being socially healthy look like?



You have friends



You have **food**, shelter and clothing



You feel you have societal **worth**

What does being emotionally healthy look like?



Absence of significant **stress** and anxiety



Confident and content



Able to manage **emotions** and challenges

PE COMPONENT 2 - HEALTH & FITNESS



How can exercise improve **emotional** health?

- Helps us 'feel good'
- Helps to overcome physical & mental challenges
- Aesthetic appreciation
- Increased self-esteem

How can exercise improve **physical** health?

- Maintain healthy weight
- Improves CV fitness
- Improves muscular strength & muscular endurance
- Removal of cholesterol from walls of arteries
- Prevents high blood pressure
- Prevents osteoporosis
- Reduces the risk of Type 2 diabetes
- Prevents obesity

How can exercise improve **social** health?

- Opportunities to socialise/make friends
- Cooperation
- Good attitude to competing
- Teamwork



Health



A state of complete _____, **physical** and _____ well-being, and not merely the absence of disease and infirmity

Fitness



The ability to meet the _____ of the _____

Exercise



Physical activity which _____ or improves **health** and **fitness**

Performance



How well a _____ is completed



What does being physically healthy look like?



Body _____ and systems are working well



Strong and fit to be able to do _____ tasks



Not suffering from any _____, diseases or injuries

What does being socially healthy look like?



You have friends



You have _____, shelter and clothing



You feel you have societal _____

What does being emotionally healthy look like?



Absence of significant _____ and anxiety



_____ and content



Able to manage _____ and challenges

PE COMPONENT 2 - HEALTH & FITNESS



How can exercise improve **emotional** health?

- Helps us 'feel good'
- Helps to _____ physical & mental challenges
- Aesthetic _____
- I _____ self-esteem

How can exercise improve **physical** health?

- Maintain healthy _____
- Improves CV _____
- Improves muscular _____ & muscular endurance
- Removal of _____ from walls of arteries
- Prevents high blood pressure
- Prevents osteoporosis
- Reduces the risk of Type 2 diabetes
- Prevents obesity

How can exercise improve **social** health?

- Opportunities to _____/make friends
- Cooperation
- Good attitude to _____
- Teamwork