

GCSE Physical Education – Health, fitness and well-being

Health

'A state of complete, physical, mental and social wellbeing, and not merely the absence of disease or infirmity'

Fitness

'The ability to cope with the demands of everyday life and sport'

Well-being

'The feeling of being contented, prosperous and happy'

BENEFITS OF TAKING PART IN IN ACTIVITY FOR HEALTH, FITNESS and WELL-BEING

Physical

- Decreased chance of injury
- Decreased chance of coronary heart disease (CHD)
- Decreased blood pressure
- Increased bone density
- Decreased chance of obesity
- Decreased chance of Type 2 diabetes
- Improved posture
- Increased fitness

Emotional (mental)

- Increased self-esteem
- Increased self- confidence
- Decreased stress
- Increased feeling of image
- Success / competition is enjoyable
- Encourages mindfulness and feeling of positivity

Social

- Increased friendship
- A belonging to a group
- Decreased loneliness
- Share your experience with others
- Can lead to other interests away from the activity
- Increased SOCIAL CONFIDENCE
- Improve communication skills

Sedentary Lifestyle



Characteristics

- 1) does not engage (much) in physical activity / Is too passive in their life
- 2) too much watching TV / playing video games (and not enough activity)
- 3) drives / uses public transportation a lot and rarely walks / cycles
- 4) spends a lot of time sitting at work / school / college / home
- 5) does not have hobbies or interests with physically active element, such as sports or outdoor pursuits

Consequences

1. Obesity
 2. Type 2 diabetes
 3. Decrease in Physical fitness
 4. Increased likelihood of injury
 5. Increased likelihood of raised blood pressure
 6. More likely to suffer or increase in risk of CHD / heart attack / stroke / heart disease
 7. More likely to suffer or increase risk of respiratory / lung disease
 8. A decrease in bone density or more likely to suffer bone disease
 9. May cause poor posture
- Increase in weight

POSTURE (Benefits of)

1. helps strengthen your core or muscles around abdomen, e.g. plank exercises, pilates
2. helps to mobilise or exercise the back / spine or helps to separate the bones in the spine / vertebrae, e.g. back extension exercises
3. helps with spine flexibility, e.g. side bends, flexion and extension exercises
4. helps to alleviate / stop back pain, e.g. swimming, yoga
5. improves motivation and confidence (which can help with posture) e.g. feeling more comfortable, feeling that body is stronger, feeling a sense of achievement
6. increases awareness of body position / proprioception, e.g. improved coordination in exercise and sport, feeling more responsive / less sluggish