

<p>1.1.1 Healthy, active lifestyles and how they could benefit you</p>	<p>Investigate the reasons why people take part in sport and physical activity. Why do they (the students) take part in sport?</p>
<p>Topic 1.1.2 Influences on your healthy, active lifestyle</p>	<p>Initiatives, influences and opportunities that get and keep people involved in sport and physical activity for health and competitive reasons. CHIRPS</p>
<p>Topic 1.1.3 Exercise and fitness as part of your healthy, active lifestyle</p>	<p>Health-related exercise – fitness – performance – Skill-related fitness</p>
<p>Topic 1.1.4 Physical activity as part of your healthy, active lifestyle</p>	<p>Assessing readiness for exercise – PAR-Q Testing – assessing fitness levels via a series of tests for example Cooper’s 12-minute run; Illinois Agility Run; Sergeant Jump; Standing Broad Jump; hand grip test etc. Principles of training; Setting SMART goals for the Personal Exercise Programme (PEP). Methods of training – students experience each method or a selection of methods of training. Aerobic and anaerobic training. Training session warm-up; main activity and cool down. Heart rates – plotting examples and evaluating results from practical experience.</p>
<p>Topic 1.1.5</p>	<p>Diet – much of this work could be incorporated into the practical lessons above, during which students are doing their 6-week PEP. Then bring it all together in one final lesson, for example why did you take on water and need carbohydrates? Exercise, diet, work and rest. Explain the requirements of a balanced diet. The factors of a balanced diet. Diet in relation to exercise timing of dietary intake and reasons.</p>

<p>Topic 1.2.1 Physical activity and your healthy mind and body</p>	<p>Somatotypes. Endomorph – mesomorph – ectomorph. Understanding and explaining with examples the terms: anorexia, obesity, overfat, overweight, underweight, and how they relate to sports performance. Gender, height, weight, bone structure, muscle girth, optimum weight and their influence in sport. Smoking, alcohol and sport. Drugs in sport.</p>
<p>Topic 1.2.2 A healthy, active lifestyle and your cardiovascular system</p>	<p>Exercise and physical activity – the effects on the CV system. Immediate and short-term effects. The effects of regular and long-term participation. The importance of rest for adaptation and recovery – diet for cholesterol (HDL and LDL). Recreational drugs and the CV system.</p>
<p>Topic 1.2.3 A healthy, active lifestyle and your respiratory system</p>	<p>Exercise and physical activity – the effects on the respiratory system. Immediate and short-term effects. The effects of regular and long-term participation. The importance of rest for adaptation and recovery. Recreational drugs and the respiratory system.</p>
<p>Topic 1.2.4 A healthy, active lifestyle and your muscular system</p>	<p>Exercise and physical activity and the effects on the muscular system, and main muscle groups. Immediate and short-term effects. Isometric and isotonic contractions. The effects of regular and long-term participation. Exercise and potential muscle injuries, muscle strains, muscle atrophy, treatment (RICE). The importance of rest for adaptation and recovery. Diet – protein. Performance-enhancing drugs.</p>
<p>Topic 1.2.5 A healthy, active lifestyle and your skeletal system</p>	<p>Exercise and physical activity and the effects on the skeletal system. Role of skeletal system during physical activity, including ranges of movement at hinge and socket joints. The effects of regular and long-term participation. The importance of weight-bearing exercise. Potential injuries and conditions. Diet.</p>

