OCR GCSE PE

RECALL QUESTION REVISION BOOKLET

Paper 1 exam – 22/05/2024 (Provisional)

Paper 2 exam – 03/06/2024 (Provisional)

Contents

Paper 1- Physical Factors Affecting Performance

Applied Anatomy and Physiology Page **Error! Bookmark not defined.**-3

Movement Analysis Page 4

Physical Training Page 5-7

Paper 2 - Socio-cultural issues and Sports Psychology

Sports Psychology Page 8-9

Socio-cultural influences Page **Error! Bookmark not defined.**

Commercialisation Page 10

Ethical Issues Page 11

Health and Fitness 12-13

Anatomy and Physiology	Identify two hinge joints on the body.	Elbow and knee	
Anatomy and Physiology	Identify four functions of the skeletal system	Red Blood Cell production, movement, protection, posture, support, mineral storage	
Anatomy and Physiology	Identify two ball and socket joints on the body.	Hip and shoulder	
Anatomy and Physiology	Which bones meat at the neck and head?	Vertebrae, cranium	
Anatomy and Physiology	Which bones make up the shoulder joint?	Humerus, scapula	
Anatomy and Physiology	Which bones make up the knee joint?	Femur, tibia	
Anatomy and Physiology	Which bones make up the elbow joint?	Radius, ulna, Humerus	
Anatomy and Physiology	Define what is meant by abduction.	Movement of a body part away from the midline of body	
Anatomy and Physiology	Define what is meant by adduction.	Movement of a body part towards the midline of body	
Anatomy and Physiology	Define what is meant by flexion.	Decrease in the angle at a joint	
Anatomy and Physiology	Define what is meant by extension.	Increase in the angle at a joint	
Anatomy and Physiology	Define what is meant by rotation.	Turning a limb along its long axis	
Anatomy and Physiology	Define what is meant by circumduction.	This is where the limb moves in a circle (rotation + another joint action)	
Anatomy and Physiology	Give the function of a tendon	Attaches a muscle to a bone	
Anatomy and Physiology	Give the function of a ligament	Attaches bone to bone	
Anatomy and Physiology	Give the function of the synovial fluid	Produced by synovial membrane to lubricate the joint, nourishes the joint, allows free movement	
Anatomy and Physiology	Give the function of cartilage	Covers the ends of bones providing smooth, friction free surface, shock absorber	
Anatomy and Physiology	Which mineral is needed for bone formation?	Calcium	
Anatomy and Physiology	Which movements are performed at hinge joints?	Flexion and extension	
Anatomy and	Which movements are performed at ball and socket	Flexion, extension, abduction, adduction, rotation,	

Physiology	joints?	circumduction	
Anatomy and Physiology	What is a joint?	A place where two or more bones meet	
Anatomy and Physiology	Which movements can occur at the shoulder joint?	Flexion, extension, abduction, adduction, rotation, circumduction	
Anatomy and Physiology	Which movements can occur at the knee and elbow joints?	Flexion and extension	
Anatomy and Physiology	Which movements can occur at the hip joint?	Flexion, extension, abduction, adduction, rotation	
Anatomy and Physiology	Which bones make up the hip joint?	Pelvis, femur	
Anatomy and Physiology	Which bones make up the chest?	Ribs, sternum	
Anatomy and Physiology	Name 3 muscles in the legs?	Hamstrings, quadriceps, gastrocnemius,	
Anatomy and Physiology	Which muscle extends the knee?	Quadriceps	
Anatomy and Physiology	Which muscle flexes at the knee?	Hamstrings	
Anatomy and Physiology	When throwing a ball, which muscle is the agonist at the elbow?	Triceps	
Anatomy and Physiology	When throwing a ball, which muscle is the antagonist at the elbow?	Biceps	
Anatomy and Physiology	Identify the order of the pathway of air.	Nose/mouth, trachea, bronchi, bronchioles, alveoli	
Anatomy and Physiology	Where does gas exchange take place?	Alveoli	
Anatomy and Physiology	Which structure in the lungs is one cell thick?	Alveoli	
Anatomy and Physiology	Describe gaseous exchange	Oxygen passes through alveoli into red blood cells in capillaries, oxygen combines with haemoglobin, enzyme breaks down carbon dioxide which passes through alveoli and is breathed out.	
Anatomy and Physiology	Which features assist with gaseous exchange?	Large surface area of alveoli, thin walls, large blood supply, short diffusion pathway, oxygen combines with haemoglobin, gas moves from high to low concentration	
Anatomy and Physiology	Name three blood vessels involved in the transport of blood?	Veins, arteries, capillaries	

Anatomy and Physiology	Identify three characteristics of veins	Carry deoxygenated blood back to the heart, thinner and less elastic walls, have valves to prevent backflow of blood	
Anatomy and Physiology	Identify three characteristics of arteries	Have thick walls, carry oxygenated blood at high pressure away from heart, have no valves, have more elastic walls	
Anatomy and Physiology	Identify three characteristics of capillaries	Small, allow carbon dioxide, water and waste products to pass through, have thin walls	
Anatomy and Physiology	Define systolic blood pressure	When the heart is contracting	
Anatomy and Physiology	Define diastolic blood pressure	When the heart is relaxing	
Anatomy and Physiology	Identify the formula for Cardiac Output (Q)	Cardiac Output (Q) = stroke volume x heart rate	
Anatomy and Physiology	What is meant by cardiac output?	The amount of blood pumped from the heart in one minute	
Anatomy and Physiology	What is meant by stroke volume?	Amount of blood pumped out of the heart(or left ventricle) during one contraction	
Anatomy and Physiology	Define heart rate	The number of times the heart beats (measured in BPM)	
Anatomy and Physiology	Define tidal volume	The volume of air inspired or expired in each breath	
Anatomy and Physiology	Describe the difference between aerobic exercise and anaerobic exercise.	Aerobic is with oxygen, anaerobic is without	
Anatomy and Physiology	Describe aerobic exercise	Occurs during the presence of oxygen, occurs when exercising for long periods of time e.g. marathon runner, swimming, cycling, 800m	
Anatomy and Physiology	Describe anaerobic exercise	Occurs when no oxygen is available, used only for short periods of time, short intense bursts of activity e.g. 100m, 200m sprinting	
Anatomy and Physiology	What is lactic acid?	Mild poison that builds up in muscles due to anaerobic exercise and can cause pain, fatigue	
Anatomy and Physiology	What does DOMS stand for?	Delayed Onset of Muscle Soreness	
Anatomy and Physiology	Identify three long term effects of exercise (months and years of exercise)	Change in body shape, build strength, improve muscular endurance, increase size of heart, lower resting heart rate, improved flexibility, improved stamina	

Movement Analysis	**Describe a first class lever system**	**Fulcrum lies between the effort and the resistance e.g. elbow joint**	
Movement Analysis	**Describe a second class lever system**	**The fulcrum lies at one end with the effort at the other end and the resistance in the middle e.g. the ankle joint - set shot**	
Movement Analysis	**Describe a third class lever system**	**The fulcrum lies at one end and the resistance is at the other end with the effort located between the fulcrum and the resistance e.g. elbow joint**	
Movement Analysis	**Describe what is meant by mechanical advantage**	**The efficiency of a working lever, calculated by effort/weight (resistance) arm**	
Movement Analysis	**Identify the three parts of a lever system**	**Load (resistance), fulcrum, effort**	
Movement Analysis	**Identify three planes of the body**	**frontal, transverse, sagittal**	
Movement Analysis	**Identify three axes of the body**	**sagittal, transverse, longitudinal**	
Movement Analysis	**Describe sagittal axis**	**Through the belly button**	
Movement Analysis	**Describe transverse axis**	**Through the hips**	
Movement Analysis	**Describe longitudinal axis**	**Head to toe**	
Movement Analysis	**Describe sagittal plane**	**Forwards and backwards**	
Movement Analysis	**Describe frontal plane**	**Left or right**	
Movement Analysis	**Describe transverse plane**	**Rotation along the longitudinal axis**	

Physical Training	**Define agility**	**The ability to move and change direction quickly whilst maintaining control**	
Physical Training	**Define coordination**	**The ability to use different parts of the body together**	
Physical Training	**Define balance**	**the maintenance of the centre of mass over the base of support**	
Physical Training	**Define speed**	**the maximum rate at which an individual is able to perform a movement in a period of time**	
Physical Training	**Define muscular endurance**	**the ability of muscles to undergo repeated contractions without tiring**	
Physical Training	**Define cardiovascular endurance**	**the ability of the heart and lungs to supply oxygen to the working muscles**	
Physical Training	**Define strength**	**the ability to overcome a resistance**	
Physical Training	**Define power**	**the product of strength x speed**	
Physical Training	**Define flexibility**	**the range of movement at a joint**	
Physical Training	**Define reaction time**	**the time taken to initiate a response to a stimulus to starting a response**	
Physical Training	**Name the test for agility**	**Illinois agility test**	
Physical Training	**Name the test for coordination**	**Wall toss test**	
Physical Training	**Name the test for power**	**Vertical jump test**	
Physical Training	**Name a test for strength**	**handgrip dynamometer test**	
Physical Training	**Name a test for balance**	**Stork balance test**	
Physical Training	**Name a test for speed**	**30 metre sprint test**	
Physical Training	**Name a test of muscular endurance**	**Sit up bleep test**	
Physical Training	**Name a test for cardiovascular endurance**	**Multi stage fitness test (MSFT) or Cooper 12**	
Physical Training	**Name a test for reaction time**	**Ruler drop test**	
Physical Training	**Name a test for flexibility**	**Sit and reach test**	
Physical Training	**Give three reasons for fitness testing**	**motivate, monitor improvement, set goals, inform training, provide variety to training**	
Physical Training	**Give three limitations of fitness testing**	**not sport specific, may not replicate movements of activity, must be carried out with correct procedures**	
Physical Training	**Name a test for maximal strength**	**One rep max test**	
Physical Training	**Describe the test protocol for the Illinois agility test**	**Arrange cones in 10x5m rectangle with 4 cones in middle. Start face down on floor. Run around the cones as fast as possible. Time in seconds.**	

Physical Training	**Describe the test protocol for the wall toss test**	**Start 2m from the wall. Throw ball rom left hand against wall to right hand. Repeat as many times as possible in 30 secs.**	
Physical Training	**Describe the test protocol for the vertical jump test**	**Feet flat, stand and push the wall ruler with the fingertips as high as possible to provide 0 score. Mark with chalk. From standing jump as high as possible and chalk the wall. Record the in cm.**	
Physical Training	**Describe the test protocol for the multi stage fitness test**	**Run over a distance of 20m. Progressively gets harder. Run in time with bleeps. Time gets shorter as level increases. Run until they cannot keep up with bleeps. Record level.**	
Physical Training	**Describe the test protocol for the one rep max test**	**Use a barbell or bench. Lift weight once with correct technique. Attempt a heavier weight until max heaviest weight the individual can lift is completed.**	
Physical Training	**Describe the test protocol for the hand grip dynamometer test**	**Hold in dominant hand. Arm 90 degrees with elbow against body. Squeeze with maximum effort and record score. Repeat three times.**	
Physical Training	**Describe the test protocol for the ruler drop test**	**Hold ruler at zero point vertically. Place thumb and index finger around ruler. React to the dropped ruler with their fingers. Record the score in cm**	
Physical Training	**Describe the test protocol for the stork balance test**	**Lift one leg to touch knee of other leg. Hands on hips. Raise heel. Balance for as long as possible until they lose balance. Record time in seconds.**	
Physical Training	**Describe the test protocol for the sit up bleep test**	**Lie on a mat in sit up position. Partner supports. Sits up and down as many times as possible in a minute. Record score.**	
Physical Training	**Describe the test protocol for the 30 metre sprint test**	**Two cones 30m apart. Use flying start. Time how fast run in 30m. Record in seconds.**	
Physical Training	**Describe the test protocol for the sit and reach test**	**Sit with legs straight. Remove shoes with feet against board. Reach and push slider as far as possible. Keep legs straight.**	
Physical Training	**What does SPOR stand for? (Principles of Training)**	**Specificity, Progressive Overload, Reversibility,**	
Physical Training	**Define Specificity**	**Making training specific to the sport being played/movements/muscles used**	
Physical Training	**Define progressive overload**	**Gradual increase in the amount of overload so that fitness gains occur. Apply FITT principle.**	
Physical Training	**Define reversibility**	**Losing fitness levels when you stop exercising**	
Physical Training	**What does FITT stand for?**	**Frequency, Intensity, Time, Type**	
Physical Training	**What is meant by frequency?**	**How often you train**	
Physical Training	**What is meant by intensity?**	**How hard you train**	
Physical Training	**What is meant by time?**	**How long you spend training**	
Physical	**What is meant by type?**	**The type of training being used**	

Training			
Physical Training	**Describe circuit training**	**Training method consisting of a number of different exercises or activities arranged in a circuit**	
Physical Training	**Describe plyometrics**	**Training that includes hopping, jumping, bounding exercises designed to improve power.**	
Physical Training	**Describe continuous training**	**Taking part in sustained exercise at a constant rate without rest. Minimum of 20 mins.**	
Physical Training	**Describe fartlek training**	**Means 'speed play' Uses a variety of speed, terrain and work/rest ratios.**	
Physical Training	**Describe interval training (HIIT)**	**Also known as HIIT (high intensity interval training). Period of work followed by period of rest.**	
Physical Training	**Describe weight training**	**Method used to improve strength, power or speed. Includes sets and repetitions.**	
Physical Training	**How do you calculate somebody's maximum heart rate?**	**220-age**	
Physical Training	**How do you calculate the aerobic training zone?**	**60-80% of MHR**	
Physical Training	**How do you calculate the anaerobic training zone?**	**80-90% of MHR**	
Physical Training	**How do you prevent injury in sport?**	**Warm up and cool down, carrying and lifting equipment safely, appropriate clothing and footwear, protective equipment, appropriate level of competition**	
Physical Training	**What are the components of a warm up?**	**Gradual pulse raising activity, stretching, mobility, dynamic movements, skill activity,**	
Physical Training	**What should a cool down include?**	**Gradual reduction in intensity, maintain breathing and heart rate, stretching**	
Physical Training	**What are the benefits of warming up?**	**Psychological preparation, prevent injury, increased flexibility, body temperature**	
Physical Training	**What are the benefits of cooling down?**	**Body recovery, removal of lactic acid/CO2, prevent DOMS**	

Sports Psychology	**Define Skill**	**Learned actions or learned behaviours with the intention of bringing about predetermined results**	
Sports Psychology	**Define Ability**	**Inherited, stable traits that determine an individual's potential to learn or acquire a skill**	
Sports Psychology	**Identify 3 characteristics of a skilful performance**	**Pre-determined, aesthetically pleasing, fluent, co-ordinated, efficiency**	
Sports Psychology	**Give an example of a simple skill from a team game.**	**Short passing, basic catching or ball control.**	
Sports Psychology	**Identify a characteristic of a complex skill**	**Involves lots of decision making, performed by more experienced performers**	
Sports Psychology	**Give an example of a complex skill**	**Pole vault, long jump, triple jump**	
Sports Psychology	**Identify a characteristic of an open skill**	**Skill performed in an unstable changing environment, externally paced, depends on opponents/others**	
Sports Psychology	**Give an example of an open skill**	**Tackling in rugby, dribbling in basketball, shooting in hockey**	
Sports Psychology	**Identify a characteristic of a closed skill**	**Stable environment, self-paced, skill performed same way each time as not affected by environment**	
Sports Psychology	**Give an example of a closed skill**	**Gymnastics routine, javelin throw, penalty in football**	
Sports Psychology	**What does SMART stand for?**	**Specific, measurable, accepted, realistic, time bound**	
Sports Psychology	**Describe what is meant by a specific goal.**	**Goal must be specific to the demands of the sport or the muscles/movement used**	
Sports Psychology	**Describe what is meant by a measurable goal.**	**It must be possible to measure whether the goals set have been met**	
Sports Psychology	**Describe what is meant by an accepted goal.**	**Goals that are accepted by the performer and others e.g. coach, parents, teacher**	
Sports Psychology	**Describe what is meant by a realistic goal.**	**the goals must actually be possible to complete or achieve**	
Sports Psychology	**Describe what is meant by a time bound goal.**	**A set period of time must be imposed e.g. by the end of the season**	
Sports Psychology	**Identify four types of guidance**	**Visual, verbal, manual, mechanical**	
Sports Psychology	**Explain verbal guidance**	**This involves using your sense of hearing and could involve listening to a coach give instructions.**	
Sports Psychology	**Explain visual guidance**	**This involves the performer being able to actually see something using sight which could be a demonstration, a video, you tube clip or photograph, chart, court markings.**	
Sports Psychology	**Explain mechanical guidance**	**This involves the use of objects or aids such as RoboGolfPro machine for golfers to practice the golf swing, floats in swim.**	
Sports Psychology	**Explain manual guidance**	**This is where the performer can be assisted in a physical movement e.g. supporting somebody do a gym vault.**	

Sports Psychology	**Give an example of manual guidance**	**Gymnastic vault**	
Sports Psychology	**Give an example of visual guidance**	**Looking at a demo of how to serve in badminton, looking at pictures, watching you tube videos**	
Sports Psychology	**Give an example of verbal guidance**	**Listening to a coach give instructions of how to move the arms in back crawl**	
Sports Psychology	**Give an example of mechanical guidance**	**Using a float in swimming, , RoboGolfPro machine**	
Sports Psychology	**Identify six types of feedback**	**Positive, negative, extrinsic, intrinsic, knowledge of results, knowledge of performance**	
Sports Psychology	**Describe extrinsic feedback**	**Received from outside of the performer e.g. coach**	
Sports Psychology	**Describe intrinsic feedback**	**Feedback received from within themselves e.g. how a shot at goal felt**	
Sports Psychology	**Describe knowledge of results**	**This is feedback the performer gets through the end result of a performance e.g. the score, how many runs made**	
Sports Psychology	**Describe knowledge of performance**	**This is how the performer feels about their actions from the performance that has just taken place**	
Sports Psychology	**Describe what is meant by positive feedback**	**Feedback about what was good and correct about a performance**	
Sports Psychology	**Describe what is meant by negative feedback**	**Feedback about what was bad or incorrect about a performance**	
Sports Psychology	**Explain positive self-talk**	**This involves you mentally reflecting and reframing your thoughts replacing negative thoughts with positive ones**	
Sports Psychology	**Explain visualisation/imagery**	**Changing the way, you think in order to change the way you behave. Recalling a positive outcome.**	

Socio-cultural influences	**Describe the engagement patterns of the social group: Gender**	**Women have more body fat up to 30% more, women have 2/3 of the strength of men, flexibility tends to be greater in women, boys overtake women in height, weight and strength**	
Socio-cultural influences	**Describe the engagement patterns of the social group: Age**	**Reaction time decreases as you get older, strength increases with age until 30s, young children cannot cope with difficult tasks, injury and disease are more common as you get older**	
Socio-cultural influences	**Describe the engagement patterns of the social group: Disability**	**Adapted activities, adapted equipment, disability classifications, provision**	
Socio-cultural influences	**Identify a range of factors that can affect engagement**	**Attitudes, role models, education, media coverage, familiarity, income, inclusiveness, religion, sexism, family commitments**	
Socio-cultural influences	**Describe the engagement patterns of the social group: Family/friends**	**Peers may encourage you or discourage you from participation, parents often pay for travel, memberships, costs, peer pressure**	
Socio-cultural influences	**Describe the engagement patterns of the social group: Race/religion/culture**	**Women's boxing, single sex rules in sport, dress codes, head and hair codes e.g. Sikh faith, religious dietary guidelines**	

Commercialisation of physical activity & sport	**What is the Golden triangle?**	**The financial relationship between sport, sponsorship and the media**
Commercialisation of physical activity and sport	**Define commercialisation**	**Managing or exploiting an organisation or activity in a way designed to make a profit**
Commercialisation of physical activity and sport	**What is meant by sponsorship?**	**Where a company pays money to a team or individual in return for advertising their goods**
Commercialisation of physical activity and sport	**Which sort of people can get sponsorship?**	**Individuals, teams, events, specific sport, competitions**
Commercialisation of physical activity and sport	**Identify different types of sponsorship**	**Financial, clothing, equipment, facilities**
Commercialisation of physical activity and sport	**What are the positive effects of sponsorship on the performer/sport?**	**Sponsorship deals, promotion, more prize money, improves profile and image of the sport**
Commercialisation of physical activity and sport	**What are the negative effects of sponsorship on the performer/sport?**	**Withdrawal of sponsorship, change of dates of events, clothing and equipment restrictions, inequality**
Commercialisation of physical activity and sport	**What are the positive effects of sponsorship for the sponsor?**	**Advertising, image, tax relief, research and development**
Commercialisation of physical activity and sport	**What is meant by the media?**	**The main ways that people communicate e.g. TV, radio, internet**
Commercialisation of physical activity and sport	**Identify different types of the media**	**Social media, television, radio, the press, internet**
Commercialisation of physical activity and sport	**What are the positive effects of the media on sport?**	**Promotes sport, raises popularity, increases participation, increased revenue, sponsorship, education**
Commercialisation of physical activity and sport	**What are the negative effects of the media on sport?**	**Media pressure, TV directors influence, popularity, undermines officials, intrusion**

Ethical Issues	**Define sportsmanship**	**Appropriate, polite and fair behaviour while participating in a sporting event**	
Ethical Issues	**Define gamesmanship**	**The use of dubious methods that are not strictly illegal to gain an advantage**	
Ethical Issues	**What is meant by contract to compete?**	**Agreeing to play by the rules, trying to win but also allowing your opponent to play**	
Ethical Issues	**What is the function of stimulants?**	**They affect the central nervous system, Increase alertness, reduce fatigue and can increase competitiveness**	
Ethical Issues	**Who would benefit from using stimulants?**	**Sprinters, speed swimmers**	
Ethical Issues	**What are the negative side effects of using stimulants?**	**Death, high blood pressure, anxiety, strokes, irregular heartbeat, addiction**	
Ethical Issues	**What is the function of anabolic steroids?**	**Increase muscle strength, help them train longer and harder**	
Ethical Issues	**Who would benefit from using anabolic steroids?**	**Weight lifters**	
Ethical Issues	**What are the negative side effects of using anabolic steroids?**	**Liver damage, heart disease, addiction, aggression, sexual problems, deeper voice, kidney damage**	
Ethical Issues	**What is the function of beta blockers?**	**Reduce heart rate, muscle tension, and blood pressure, reduces effects of adrenaline, improve preciseness**	
Ethical Issues	**Who would benefit from using beta blockers?**	**Snooker players, archery, shooting events, darts**	
Ethical Issues	**What are the negative side effects of using beta blockers?**	**Nausea, weakness, heart problems**	
Ethical Issues	**What are the advantages of taking PEDs?**	**Success, fame, wealth, level playing field**	
Ethical Issues	**What are the disadvantages of taking PEDs?**	**Cheating, immoral, health risks, fines, bans, damage to reputation, credibility**	
Ethical Issues	**What are the positive influences of spectators at matches?**	**Atmosphere, home field advantage**	
Ethical Issues	**What are the negative influences of spectators at matches?**	**Negative affect on performance due to pressure, hooliganism, crowd trouble, negative affect on participation numbers, safety costs**	

Health and Fitness	Identify 5 reasons for having good physical health and well being	Improves efficiency of body systems, reduces risk of illnesses, able to do everyday tasks, helps avoid obesity, improves heart function	
Health and Fitness	Identify 3 reasons for having good mental health and well being	Reduces stress/tension, able to control emotions, releases serotonin	
Health and Fitness	Identify four reasons for having good social health and well being	Cooperation, teamwork, socialise, make friends	
Health and Fitness	What is meant by a sedentary lifestyle?	An inactive lifestyle, lack of regular exercise	
Health and Fitness	What are the consequences of a sedentary lifestyle?	Weight gain/obesity, heart disease, diabetes, lethargy, poor sleep, poor self-esteem, hypertension	
Health and Fitness	Define obesity	Obesity is a term used to describe people who are overweight. A BMI of over 30 would be considered as being obese.	
Health and Fitness	Identify how obesity can affect performance	Limits flexibility, lack of stamina, limits agility, limits speed/power	
Health and Fitness	Identify how obesity can affect physical health	Heart disease, heart attacks, cancer, diabetes, high cholesterol	
Health and Fitness	Identify how obesity can affect mental health	Depression, loss of confidence, poor self esteem	
Health and Fitness	Identify how obesity can affect social health	Inability to socialise, inability to leave home	
Health and Fitness	What is energy measured in?	Calories (kcal)	
Health and Fitness	What is the average calories required by males in a day?	2500	
Health and Fitness	What is the average calories required by females in a day?	2000	
Health and Fitness	What factors can affect energy usage?	Age, gender, height, exercise levels	
Health and Fitness	What is meant by a balanced diet?	Eating the right amount of calories according to how much you are exercising and different food types to provide nutrients	
Health and Fitness	Why is it important to have a balanced diet?	Unused energy is stored as fat, body needs nutrients for energy, growth and hydration	
Health and Fitness	What percentage of a balanced diet should come from fat?	25-30%	
Health and Fitness	What percentage of a balanced diet should come from protein?	15-20%	
Health and Fitness	What percentage of a balanced diet should come from carbohydrates?	55-60%	
Health and Fitness	What is the function of	Main energy source of the body. Stored as glycogen	

	carbohydrates?	in the liver and muscles.	
Health and Fitness	What is meant by carbo loading?	Eating foods that are high in starch to increase carbohydrate reserves in the muscles	
Health and Fitness	What is the function of protein?	Growth and repair of muscle tissue	
Health and Fitness	What is the function of fats?	A source of energy and help insulate the body	
Health and Fitness	What is the function of vitamins and minerals?	Essential to help the body with good health.	
Health and Fitness	Define dehydration	Excessive loss of body water	
Health and Fitness	How does dehydration affect the body	Blood thickens (blood viscosity) which slows blood flow, increases heart rate which has to work harder, increase in body temperature, overheat	
Health and Fitness	How does dehydration affect the performance?	Fatigue, cramps, slower reactions, loss of concentration, poorer decisions	