

Chapter 5

Health, fitness,
and a healthy
active lifestyle

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5.1 General Health

Good health is something that most people take for granted- it is only when we become unhealthy, either permanently or temporarily, that many people consider it more carefully.

Objectives:

- Define good health
- Consider the components that combine to affect the health of an individual and their link to physical activity.

Activity 1. Shuffle

Reorder the words below to create the WHO's definition of Health.

Disease or infirmity/ a state of complete/ and not merely/ physical, mental and social wellbeing/ the absence of/

Activity 2

List 5 components that have a positive impact on your health

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 components that have a negative impact on your health

1. _____
2. _____
3. _____
4. _____
5. _____



Activity 3- Exam Question

Which one of these will not improve an individual's health?

- a. Good hygiene
- b. Balanced diet
- c. Lack of sleep
- d. Regular medical check-ups

(1 mark)

(June, 2013)

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5.2 Healthy and Active Lifestyle

There is a clear link between health and fitness and combining the two will allow you to live a healthy and active lifestyle, which in turn will increase the quality of life that you are able to enjoy. There is also a clear link with the amount of exercise you manage to include in this lifestyle as well.

Objectives:

- Consider the differences between health and fitness and also the ways in which they are related
- Consider some good exercise habits that could be adopted
- Be aware of the benefits that can be gained through increasing basic exercise levels

Activity 1

Give three good exercise habits you could incorporate into your everyday life

1. _____
2. _____
3. _____



← This woman is walking her children to school instead of driving.

Activity 2

Describe two benefits that can be gained through exercising daily

Activity 3- Exam Question

Regular exercise is important to help maintain a healthy lifestyle. State **two** reasons why taking part in regular exercise can improve your health.

1

2

(2 marks)

(Mock exam, 2013)

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5.3 The structure and function of the skeletal system

The skeletal system has five particular functions, which are linked directly to its structure:

- Movement at joints
- Support for muscles and vital organs
- Shape for maintaining our basic body shape
- Protection
- Blood cell production in the bone marrow.

Objectives:

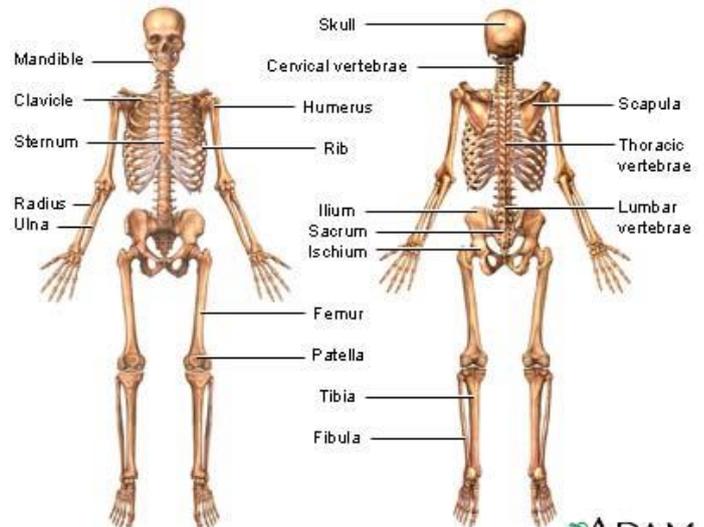
- Be aware of the bones that make up the skeletal system
- Consider the particular functions that the skeletal system performs
- Be aware of how movements occur through joints.

Activity 1- Listing

List the four main types of bones

Activity 2- True or False (put a 'T' in the box if you think the statement is true and an 'F' if you think the statement is false)

- Long bones, such as the femur
- Irregular bones include the cranium
- Pivot such as the wrist
- Condylod such as the patella
- Flat bone such as the skull
- Gliding such as the bones in the hand



The Skeletal System

Activity 3- Exam Question

Explain the function of cartilage in relation to movement.

.....

.....

.....

.....

(2 marks)

(June, 2013)

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5.4 The Role of the Skeletal System

Although the skeletal system has five distinct functions, the main role to be considered is that of movement, as this is what happens at joints. The amount of movement that does occur differs between different joints.



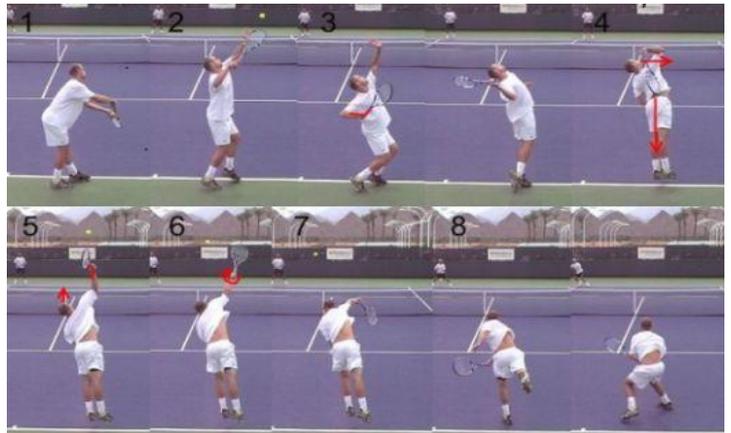
Activity 2

Describe all the types of movement that occur when performing:

- a) A straddle jump on the trampoline: _____

- b) A tennis serve: _____

Stages of the tennis serve →



Activity 3 Exam Question

Names are given to particular ranges of movement. Describe the following movements.

Rotation

Example

(2 marks)

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5.5 The structure of the muscular system

The muscular system links to the skeletal system in order for movement to occur. There are over 600 muscles in the body, but you only need to be aware of the major ones involved in the majority of movements and the ones that make up the major muscle groups.

Objectives:

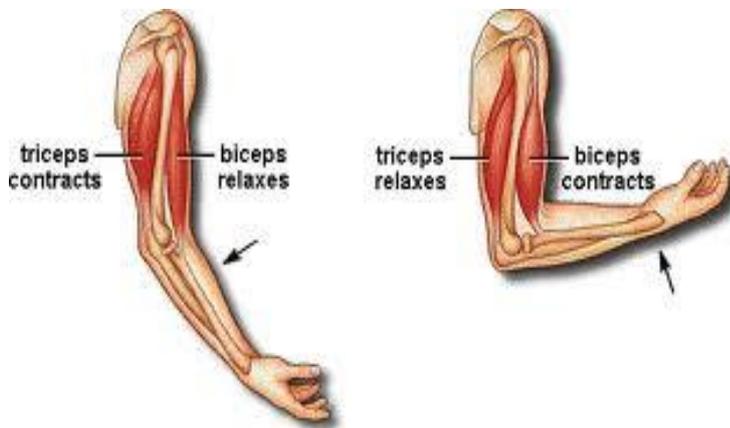
- Be aware of the main muscles that make up the muscular system
- Identify the three different types of muscle
- Consider the way in which movement occurs through the link of the muscular system to the skeletal system.

Activity 1

Give a definition of voluntary muscles

Give a definition of involuntary muscles

Activity 2



Activity 2

Label:

- The Prime Mover
- Origin
- Insertion
- Antagonist

Activity 3- Exam Question

Name two muscles that are located in the leg.

Muscle 1

Muscle 2

(June, 2013)

(2 marks)

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5.6 The role of the muscular system

The muscular system allows us to move body parts, stabilise joints when movement is happening and protects and keep vital organs in place whilst also giving us our individual shape.

Objectives:

- Consider the basic roles that the muscular system fulfils
- Be aware of the particular movements that various muscles can allow
- Consider specific muscles and muscle groups, and the major movements they are responsible for.

Activity 1- Matching task

Flexors

Extensors

Adductors

Abductors

- The muscles that work with and against the flexors and that straighten a limb at a joint by contracting
- The muscles that bend a limb at a joint by contracting
- The paired muscles for adductors, which move a limb away from the body.
- The muscles that move a limb towards the body

Activity 2

a) Explain what is meant by an isometric contraction

b) Describe one action that the quadriceps and hamstrings would combine together to allow?

Activity 3- Exam Question

Give two examples of sporting situations where extension occurs.

Example 1

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Example 2

.....

(2 marks)



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5.7 Components of Fitness

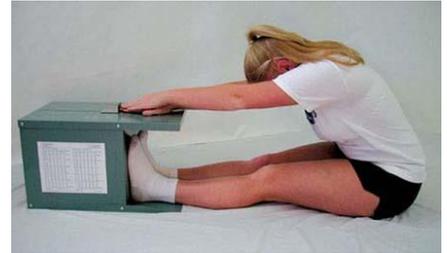
Fitness is made up of lots of different aspects/ parts.

Objectives:

- Consider the fitness capability in terms of the various Components of Fitness
- Consider each of the separate components of fitness
- Consider the ways in which these components can be affected by training.

Activity 1- Name the component of fitness for each of following fitness tests

- Hand Grip Dynamometer _____
- Cooper 12 minute run _____
- Sit and Reach test _____
- Vertical Jump _____



Activity 2

Give a sporting situation when each of the following components of fitness would be used. *For example; speed is needed in football to sprint away from defenders to get in a pace to receive a pass.*

Flexibility: _____

Cardiovascular endurance: _____

Power: _____

Strength: _____

Speed: _____

Activity 3- Exam Question

Different types of strength are needed for certain activities. Give **two** types of strength, using an example of each from a **named physical activity**.

Type 1: Named physical activity:.....

Type 2:Named physical activity:.....

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(4 marks)

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5.8 Skill-related Factors of Fitness

These are factors affecting your levels, which means they are therefore factors that you are able to do something about. All skills can be improved through practice, but they may also need some degree of training, making use of the components of fitness.

Activity 1- Name the skill related component of fitness

- Illinois Agility Run: _____
- Stork Stand: _____
- Ruler drop test: _____
- Alternative hand throw: _____

Activity 2

Give a sporting situation when each of the following Skill related components of fitness would be used. For example Reaction time is needed in tennis so you can react to your opposition's serve and return the serve successfully.

Agility: _____

Balance: _____

Co-ordination: _____

Reaction Time: _____

Timing: _____

Activity 3- Exam Question

The most important factor for a fast start in a 100 m sprint is:

- a. Flexibility
- b. Balance
- c. Reaction time
- d. Co-ordination

(1 mark)

Objectives:

- Consider the ways in which skill-related factors contribute to fitness and effective performance.
- Consider specific skill-related factors.
- Be aware of how these factors interrelate with each other and also with the components of fitness.



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5.9 Skill Acquisition

Skill is using knowledge or expertise to succeed efficiently and effectively in achieving a particular objective and ability, which has been acquired by training.



Objectives:

- Be aware of what skills are and how they can be acquired and developed.
- Be aware of the different types of guidance that maybe available.
- Be aware of the different types of feedback available and the types of practice that can be used.

Activity 1- Put the following activities on the continuums

- Shot putt
- Penalty kick (football)
- Javelin throw
- Star jump
- Set shot in basketball

Basic	Complex

Open	Closed

Activity 2

What is the difference between intrinsic and extrinsic feedback?

Activity 3- Exam Question

Describe what is meant by an open skill.

.....

.....

..... (2 marks)

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