

GCSE PE Knowledge Organiser: Physical, emotional and social health, fitness and well-being

<p><u>Objectives:</u></p> <p>How increasing physical ability can improve health and reduce health risks</p> <p>How taking part in sport can improve emotional health</p> <p>How taking part in sport can improve social health</p> <p>Lifestyle choices and their impact on health, fitness and well-being</p>	<p>Key terms:</p> <p>Adrenaline – Hormone that increases blood circulation and breathing</p> <p>Bronchitis – Inflammation of the lining of the Bronchoil tubes</p>	<p><u>Lifestyle Choices:</u></p> <p>Diet, Activity Level, Recreational Drugs, Smoking, Alcohol</p> <p>Positive and Negative impacts of lifestyle choices:</p> <p><u>SMOKING:</u> Shortens breath, reduces lung capacity, heart disease, Increased blood pressure, bronchitis and lung disease.</p> <p><u>ALCOHOL:</u> Changes behaviour, damage to heart and circulatory system, liver damage, increased risk of cancer, weakens immune system.</p> <p><u>Sedentary lifestyle</u> – Where there is little, irregular or no physical activity.</p> <p>Risks:</p> <p>Weight issues, depression, coronary heart disease, high blood pressure, diabetes, risk of osteoporosis, loss of muscle tone and poor posture.</p>
<p>Effects of fitness of well-being:</p>		
<p><u>Positive:</u></p> <p>Helps cope with physical life</p> <p>Improves longevity</p> <p>Lowers risk of Psychological problems</p> <p>Lowers risk of eating problems</p> <p>Less likely to use drugs or smoke</p> <p>Less likely to be off work</p> <p>Lower resting heart rate and blood pressure</p> <p>Help control weight</p> <p>Gives you stronger bones</p> <p>Improves your body composition</p>	<p><u>Negative</u></p> <p>Risk of sport related injury</p> <p>Time off to recover from injury can lead to psychological problems</p> <p>Competition pressure can lead to psychological problems</p> <p>Specialism in one sport can reduce other opportunities</p> <p>Stresses and needs of a particular sport can lead to long term health problems</p> <p>Can lead to obsessive interest in body shape or composition</p>	

Reasons for taking part in Sport

Key Words

Emotional Physical

Social Health

Fitness Performance

Stress Enjoyment

Illness Friendship

Teamwork leadership

Challenge Aesthetic Appreciation

What I must know

The 3 reasons why people take part and be able to give at least 3 examples of each.

These MUST be specific and not just vague answers like “get fitter”. Be able to apply to different situations and look for a reason within the text.

The benefits of things like competition, teamwork etc and be specific about what someone might enjoy. The definitions

Physical Benefits

- helps the individual to feel good and look good
- enhances body shape and improves muscle tone
- Improves cardiovascular fitness, weight loss, muscular strength
- contributes to good health preventing illness and heart/lung disease

Emotional Benefits

- relieve stress/tension and stress related illness
- Improve self-esteem and confidence
- Stimulate enjoyment and escapism
- Stimulates challenge and competition
- Aesthetic appreciation, enjoying the art of the performance

Social Benefits

- Encourage teamwork and co-operation
- Meeting new people encouraging friendship and social mixing