**Health & Fitness Questions**

**Health & Fitness**

* How may improved fitness brought about by regular training on a treadmill, benefit the health of an individual? (1 mark)
* Explain the difference between the terms health and fitness. (1 mark)
* Explain how the health of a performer may affect their fitness.(2 marks)

**In order to play netball effectively, performers need to be fit.**

* What do you understand by the term *fitness*? (1 mark)
* Discuss whether you must be *healthy* in order to be fit. (2 marks)

**Components of Fitness**

* What do you understand by the term balance? (2 marks)

**The different types of events in athletics require different components of fitness.**

* Name **two** components of skill-related fitness required by a 400 metre hurdler. *(1 mark)*
* Name **two** components of health-related fitness required by a shot putter. *(1 mark)*
* What do you understand by the term ‘stamina’ **and** why is it an important component of fitness for football players? *(2 marks)*
* Name **two** other components of fitness **and**, using examples, explain why each component is important in a game of football. *(3 marks)*

***Weightlifting requires different types of strength.***

* Name **and** describe the different types of strength used during weightlifting.

*(2 marks)*

* Apart from strength, name **and** describe another component of fitness that is

needed for weightlifting. *(1 mark)*

* What do you understand by the term ‘stamina**’ and** why is it an important

component of fitness for games players? (*1 mark)*

* Explain how different lifestyle choices can positively **and** negatively affect a

games player’s stamina. *(4 marks)*

**Exercise & Fitness Answers**

**Health & Fitness**

**How may improved fitness brought about by regular training on a treadmill, benefit the health of an individual? (1 mark)**

* Reduced weight/fat/obesity
* Strengthen heart/reduce chance of heart attack/ coronary risk factors
* Improve social/physical/mental wellbeing

**Explain the difference between the terms health and fitness. (1 mark)**

* Fitness – cope/meet everyday demands of the environment and health – complete social, mental and physical well-being

**Explain how the health of a performer may affect their fitness.**

A. Can be unhealthy/get cold/flu/injury/ and unable to train/fitness declines

B. Can be unhealthy but able to train and fitness can still improve

**In order to play netball effectively, performers need to be fit. What do you**

**understand by the term *fitness*? (1 mark)**

Ability to meet everyday demands/to cope

**Discuss whether you must be *healthy* in order to be fit.**

Healthy – social, mental and physical well-being

2. Can be fit and healthy

3. Can be fit and unhealthy

**Components of fitness**

**What do you understand by the term balance? (2 marks)**

* Maintaining/keeping stable at equilibrium
* Centre of gravity/mass over base of support
* Static or dynamic

The different types of events in athletics require different components of fitness.

**Name two components of skill-related fitness required by a 400 metre hurdler. *(1 mark)***

A. Agility/balance/co-ordination/reaction time

**Name two components of health-related fitness required by a shot putter. *(1 mark)***

* Strength/power/flexibility /speed

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**What do you understand by the term ‘stamina’ and why is it an important component of fitness for football players? *(2 marks)***

A. Ability to delay the onset of fatigue

B. Important because of the duration of the game eg 90 mins;

**Name two other components of fitness and, using examples, explain why each component is important in a game of football. *(3 marks)***

A. Any **two** of the following:

Power; Speed; Flexibility; Balance; Agility, Reaction time; Co-ordination; Muscular endurance

Reason:

B. Power – move body quickly/jump high/ apply force to ball/shoot/tackle;

C. Speed – get to ball quickly/run fast;

D. Flexibility – reach in tackle/stretch to get to ball;

E. Balance – stay stable/not fall when dribbling;

F. Agility – change direction quickly;

G. Reaction time – respond quickly/make decisions/read game (especially goalkeepers);

H. Co-ordination – move legs/feet/hands smoothly;

I. Muscular endurance – repeated skills/ muscle contractions

**Weightlifting requires different types of strength.**

**Name and describe the different types of strength used during weightlifting.**

***(2 marks)***

A. Explosive strength – rapid/maximal/forceful/powerful contraction/equiv;

*B.* Static strength – holding position/isometric/ equiv;

**Apart from strength, name and describe another component of fitness that is**

**needed for weightlifting. *(1 mark)***

A. Flexibility – wide range of movement;

B. Speed – rapid movement/move quickly;

C. Co-ordination – combining movements/

arms and legs together;

D. Power – strength x speed/large force

quickly;

E. Agility – change direction quickly;

F. Balance – Remaining

stable/equilibrium/ centre of mass over

area of support;

**What do you understand by the term ‘stamina’ and why is it an important**

**component of fitness for games players? (*1 mark)***

Ability to delay the onset of fatigue/equiv/important because

game lasts more than 20 mins/length of match/equiv.

**Explain how different lifestyle choices can positively and negatively affect a**

**games player’s stamina. *(4 marks)***

Stamina reduced by:

A. Smoking – reduces lung/oxygen transport capacity

B. Lack of exercise – reduces stamina

C. Diet – overweight/obese – extra tissue

D. Alcohol – damages heart/affects concentration

(sub max 3 marks)

Stamina increased by:

E. Not smoking – improved breathing

F. Training – improved fitness

G. Care with diet – correct weight

H. No alcohol – remain alert

I. Cycle/walk to work/walk upstairs