



Saint Paul's Catholic High School
A Voluntary Academy and Engineering College



G.C.S.E

PHYSICAL EDUCATION
HOMEWORK

TOPIC: 1.1.5

YOUR PERSONAL HEALTH AND WELL-BEING

MARK	%	GRADE	IL
/ 68			
COMMENTS:			

A*	A	B	C	D	E	F	G	U
90%	80%	70%	60%	50%	40%	30%	20%	10%

NAME: _____

GCSE PE TEACHER: _____

1. Why is water provided for charity marathon runners during a race?
- A To contribute to their general wellbeing.
 - B Because they are running for charity.
 - C To stop their throat from getting dry.
 - D To prevent dehydration.
- (Total 1 mark)**
2. Which group of nutrients (A, B, C or D) can **all** be used to provide energy for physical activity?
- A Fat, protein, carbohydrate.
 - B Fat, carbohydrate, minerals.
 - C Protein, carbohydrate, vitamins.
 - D Carbohydrate, fat, fibre.
- (Total 1 mark)**
3. Which of the following gives a balanced diet to maintain body requirements when undertaking an exercise programme?
- A Carbohydrates, fibre, vitamins, minerals, water, protein.
 - B Water, carbohydrates, protein.
 - C Fats, carbohydrates, fibre, vitamins, minerals, water, protein.
 - D Carbohydrates, proteins, water, vitamins, minerals.
- (Total 1 mark)**
4. Which of the following is an important source of roughage in an athlete's diet?
- A Fats
 - B Vitamins
 - C Minerals
 - D Fibre
- (Total 1 mark)**
5. The following are some of the important nutritional requirements of a balanced diet
- A Fats, protein, carbohydrates
 - B Fats, carbohydrates, minerals
 - C Protein, carbohydrates, vitamins
 - D Carbohydrates, fats, fibre
- Which combination of nutrients, A, B, C or D can all be used to provide energy for physical activity?
- (Total 1 mark)**

6. The following are some important nutritional requirements of a balanced diet:

- A Fats
- B Fibre
- C Carbohydrates
- D Protein

Which of these nutrients will be used to provide energy for a 100 m sprinter?

(Total 1 mark)

7. Diet is an important factor in maintaining bone strength throughout life. Which of the following should be included in a balanced diet to aid bone development?

- A Minerals
- B Water
- C Fats
- D Fibre

(Total 1 mark)

8. The following nutrients should all be present in a balanced diet.

- A Fibre
- B Minerals
- C Carbohydrates
- D Protein

(a) Which of these nutrients provides energy for anaerobic respiration?

(b) Which of these nutrients are required to aid digestion?

(c) Which of these nutrients aid bone development?

(Total 3 marks)

9. The following statements were all made by year 11 students before, during or after a rugby match.

- A I make sure I wear my gum shield during the game
- B Before making the substitution the referee checked the studs on my boots
- C I always take a bottle of water with me to matches
- D After the match I had a shower before going out with my friends

(a) Which statement shows that the student is taking measures to avoid dehydration?

(b) Which statement should reduce the chance of injury to the **student**?

(Total 2 marks)

10. The following nutrients should all be present in a balanced diet.

- A Protein
- B Fats
- C Carbohydrates
- D Water

- (a) Which of these provides energy for anaerobic respiration?
- (b) If eaten in excess, which of these is most likely to lead to obesity?
- (c) Which of these are required to reduce the chances of becoming dehydrated?

(Total 3 marks)

11. Elite performers need to ensure that they eat appropriately for their sport. Which of the following food groups should the students eat to ensure they have enough energy?

- A Fat
- B Fibre
- C Protein
- D Carbohydrate

(Total 1 mark)

12. (a) A balanced diet consists of seven nutritional requirements; three are listed in the box below.

Name the **four** remaining nutritional requirements of a balanced diet.

Protein Water Fats

- (i)..... **(1)**
- (ii)..... **(1)**
- (iii)..... **(1)**
- (iv)..... **(1)**

(b) Briefly explain the role of the following when undertaking physical activity.

(i) Water

.....
.....

(1)

(ii) Fats

.....
.....

(1)

(c) What is the role of protein and how does this help the performer?

Role.....
.....

Advantage to performer

.....
.....

(2)

(Total 8 marks)

13. John plays rugby at school and for a local club. He has been told by his club that he should be more careful about the food that he eats, so he has the necessary energy to participate and is not carrying unnecessary weight.

Fibre, vitamins and minerals are important parts of a balanced diet. Complete the table below by:

- (i) naming **four other** nutritional requirements of a balanced diet
- (ii) explaining how each helps John participate in sport.

	Nutritional requirement	How this helps John participate in sport
1		
2		
3		
4		

(Total 8 marks)

14. In order to play sport, the body uses the skeleton, muscles and joints to bring about movement. Each joint has its own range of movement.

(i) What **type** of synovial joint gives the greatest range of movement?

..... (1)

(ii) What **type** of synovial joint gives the smallest range of movement?

..... (1)
(Total 2 marks)

15. There are risks associated with any sporting activity. What sports injuries or conditions are being described in the statements below?

(i) It was a hot day and Emma had played continuously for over two hours without drinking any water.

..... (1)

(ii) As Emma was running between the posts, she slipped and twisted her ankle.

..... (1)

(iii) As Emma was sprinting between the posts, she stopped suddenly as she had torn a muscle.

..... (1)
(Total 3 marks)

16. Marvin is a 200m sprinter. He understands the importance of maintaining a balanced diet to improve performance and the need for an appropriate training programme.

(a) (i) What type of food group **should** he eat to provide energy?

..... (1)

(ii) What other food group can provide energy?

..... (1)

(b) Sprinters can suffer injuries. A balanced diet can help recovery after injury.

What food group aids growth and repair of tissues?

..... (1)
(Total 3 marks)

17. (a) In addition to keeping fit, Ashan also knows that it is important to consider what and how much he eats.

Why would Ashan include the following in his diet?

(i) Carbohydrates
..... (1)

(ii) Water
..... (1)

(b) Why is it important that Ashan does not **under eat**?
..... (1)

(c) It is important that Ashan does not over eat. Explain the term **over eat**.
.....
..... (1)
(Total 4 marks)

18. (i) To maintain peak performance sprinters must eat an appropriate diet. State **one** way in which a sprinter's diet might differ from that of an untrained person.
.....
..... (1)

(ii) Explain your answer.
.....
..... (1)
(Total 2 marks)

19. (a) Fats and carbohydrates provide performers with energy.
Which food type should you eat a larger amount of, fat **or** carbohydrate?
..... (1)

(b) Why is this food type a better source of energy for you?
..... (1)
(Total 2 marks)

20. Chris plays basketball and badminton for his school. He is taking GCSE PE and is learning about circuit training.

(a) This is Chris' first attempt at planning his circuit. His six skill stations are listed below.

Station 1	Dribbling a ball in and out of cones
Station 2	Hitting a ball against a wall
Station 3	Serving
Station 4	Chest passes against a wall
Station 5	Stationary shots at a basket
Station 6	Bowling at a target

(i) Identify three weaknesses of **his** circuit.

1.
.....
2.
.....
3.
.....

(3)

(ii) List three additional **fitness** stations Chris could include to improve his fitness for either badminton or basketball.

1.
.....
2.
.....
3.
.....

(3)

- (b) (i) In the table below add your three chosen fitness stations to give a six station circuit.

Complete the table below to show which components of Health Related Exercise or Skill Related Fitness Chris would be improving if he used this circuit on a regular basis.

	Station in circuit	Component of Health Related Exercise or Skill Related Fitness
1	Dribbling a ball in and out of cones	
2	Chest passes against a wall	
3	Stationary shots at a basket	
4		
5		
6		

(6)

- (ii) Select either badminton or basketball. Choose three stations from the circuit in (a) and in the table below state how each station would improve Chris' performance.

Chosen sport

.....
 .

Station	How performance would be improved

(3)

- (c) State **three** advantages of using circuit training as a training method

1.

.....

2.

.....

3.

.....

(3)

(d) (i) Fats and carbohydrates provide the performer with energy.

Should Chris eat a larger amount of fat or carbohydrate in his diet?

..... (1)

(ii) Why is this a better source of energy for Chris?

.....
..... (1)
(Total 20 marks)

21. (a) Which of the following three body conditions is considered to be the most dangerous to our health?

OBESE	OVERWEIGHT	OVERFAT
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(1)

(b) Why is it **unlikely** that an elite performer will have this condition?

.....
.....
..... (1)

(c) Some elite performers, for example rugby players, will weigh more than their 'expected' weight, but still be the appropriate weight for their sport. Why will these performers weigh more than expected?

.....
..... (1)
(Total 3 marks)




22. (a) Obese, overweight and overfat are all terms relating to body composition. Which of these three conditions is potentially the most harmful?

..... (1)

(b) Explain why an injured athlete's weight will increase if he maintains the same diet during injury as he did while training.

.....
..... (1)
(Total 2 marks)

Student – Teacher Feedback:

CIRCLE A FACE	WHY?
	I am confident with these areas of this topic.....
	I am unsure on these areas of this topic.....
	I am struggling with these areas of this topic.....