

OBHS Core Questions:

Subject: GCSE PE

Year and Term: Year 10 Autumn 1

Topic: Health, fitness and well-being (Component 2)



Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the 'Look, Say, Cover, Write' method.

	Question	Answer
1.	Define Health	A complete state of emotional, physical and social well-being, not merely the absence of disease or infirmity.
2.	Define Fitness	The ability to meet the demands of the environment.
3.	List 2 ways physical activity can benefit your emotional well-being.	Relief stress Enjoyment Release of serotone (feel good hormone)
4.	List 2 ways physical activity can benefit your physical well-being.	Lose weight if overweight. Reduces the chance of coronary heart disease. Lowers blood pressure.
5.	List 2 ways physical activity can benefit your social well-being.	Make new friends. Meet up with friends Develops co-operation. Feeling part of a club.
6.	What is a balanced diet?	A diet that contains the correct proportions of all the nutrients to maintain good health.
7.	What are the 3 macronutrients?	Carbohydrates. Protein. Fats.
8.	What are the 2 micronutrients?	Vitamins. Minerals.
9.	What is the function of Carbohydrates?	Provides the body with energy.
10.	What is the function of Proteins?	Builds and repairs muscle. Can also provide energy.
11.	What is carbohydrate loading?	A strategy used by endurance athletes to store more glycogen, by eating a high carbohydrate diet a few days before the event.
12.	Name the 4 factors that can affect optimum weight.	Bone structure. Height. Sex/Gender. Muscle girth.
13.	Define the term sedentary lifestyle.	Inactive and spending a large proportion of the day sitting down.