

Name: _____

3.1 Health, Fitness & Well-Being

3.2 The Consequences of a Sedentary Lifestyle

3.3 Energy Use, Nutrition, Diet & Hydration

Date: _____

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

Q1. Which one of the following is a physical benefit of exercise? **(1 mark)**

- A Meeting new people
- B Less chance of developing depression
- C Improves efficiency of the body systems
- D Increases self-esteem

Q2. Which of the following sports is most likely to produce a social benefit of sport? **(1 mark)**

- A Jogging
- B Netball
- C Swimming
- D Kayaking

Q3. Why do some people seem to take on lots of calories without ever putting on a large amount of weight? **(1 mark)**

.....

Q4. Sara is a long distance swimmer. A balanced diet is essential for her performance. Explain how the intake of carbohydrates can help Sara's swimming performance. **(2 marks)**

.....
.....
.....
.....

Q5. Dehydration can cause blood to thicken, resulting in slower blood flow. Explain what this is called and how it can decrease performance during sport. **(2 marks)**

.....
.....
.....
.....
.....

Q6.



The athletes pictured above are both gymnasts.

Explain two reasons why the performer on the right may take on more calories than the performer on the left.

Reason 1:

.....
.....
.....
..... (2 marks)

Reason 2:

.....
.....
.....
..... (2 marks)

Q7. Being obese can be a consequence of lifestyle choices. Define the term 'obese'. (1 mark)

.....

Q8. Q8. A sedentary lifestyle can result in hypertension. What is hypertension and why can it be dangerous for an individual? **(2 marks)**

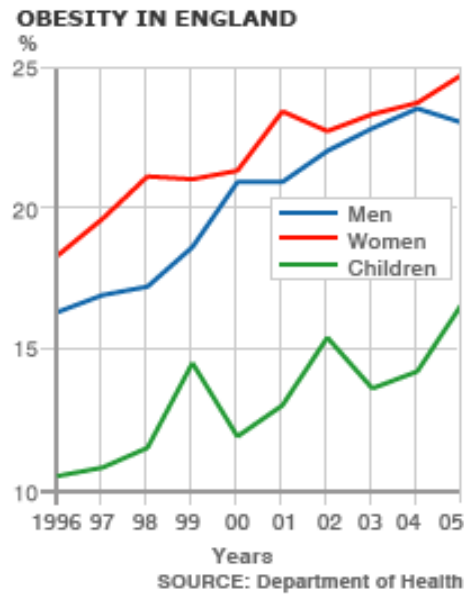
.....

.....

.....

.....

Q9. The graph below shows the changing rates of obesity in England between 1996-2005.



i) During this period what was the overall trend in obesity levels? **(1 mark)**

.....

ii) Describe two ways that obesity can impact on mental health. **(2 marks)**

.....

.....

.....

