**BTEC Sport: Summer Task 2023**

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| Q1 | Name 4 benefits of lifestyle on health and well- being |  |  |
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| Q2 | What are the 3 macro- nutrients? |  |  |
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| Q3 | What are 4 benefits of a healthy diet? |  |  |
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| Q4 | Identify 4 government initiatives or recommendations to do with physical activity, alcohol and/ or healthy eating.  |  |  |
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| Q5 | Identify the negative effects of smoking and alcohol |  |  |
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| Q6 | Identify the negative effects of stress and lack of sleep |  |  |
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| Q7 | Identify the negative effects of a lack of physical activity |  |  |
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| Q8 | Identify 4 possible questions on a PAR-Q  |  |  |
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| Q9 | Name 2 skill related and 2 health related components  |  |  |
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| Q10 | Name the 4 training methods for the named components above |  |  |
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Research essay (Handwritten on one side of A4):

Look at your own lifestyle;

Identify 3 strengths:

1

2

3

Identify 3 areas of improvement:

1

2

3

Write 3 paragraphs explaining strategies to reduce unhealthy lifestyle factors you named above and one summary paragraph explaining the benefits to your health and fitness if you carried them out.