







Student Checklist




Topic 1.1.1: Healthy, active lifestyles (HAL) and how they can benefit you

You should be able to.....				Action Required
Explain what makes up a HAL				
Classify the benefits of a HAL into 3 categories (mental, social & physical).				
Describe the 6 main benefits of physical activity.				
Explain the reasons why people take part in sport (5 main ones).				




Topic 1.1.2: Influences on your HAL

You should be able to.....				Action Required
Identify the key influences that impact participation (6 main categories)				
Explain the different opportunities for getting involved in sport.				
Explain the sports participation pyramid (including the foundation, participation, performance and elite stages).				
Identify agencies involved in getting people involved in physical activity and sport.				
Describe some of the initiatives to get people involved in physical activity and sport and their purposes.				

Topic 1.1.3: Exercise and fitness as part of your HAL




You should be able to.....				Action Required
Explain the terms health, fitness and exercise.				
Know the 5 Health-related components of fitness.				
Define each health-related component of fitness and explain why it is important for different activities.				
Know the 6 Skill-related components of fitness.				
Define each health-related component of fitness and explain why it is important for different activities.				

Topic 1.1.4: Physical activity as part of your HAL




You should be able to.....				Action Required
Assess personal readiness (PAR-Q)				
Assess fitness levels for use in an exercise programme (know the tests for Health-related exercise and skill-related fitness)				
Explain the principles of training (individual differences/needs, progressive overload, specificity, rest and recovery, FITT principle, reversibility).				
Know how to use the principles of training to improve your fitness and/or skills in a personal exercise programme.				
Explain the components of the FITT principle, and how it can improve your performance.				
Explain the term reversibility, why it might occur and its impact on performance.				
Explain the value of goal setting in terms of planning, developing and maintaining regular involvement in physical activity.				
Describe, explain and apply the principle of setting SMART targets.				
Describe the 6 main methods of training.				
Explain which sports/activities each method is most suited to.				
Explain how each method can improve health and fitness.				
Describe each methods relationships with the components of fitness.				

Plan an exercise session to match the fitness requirements of a selected activity or individual.				
Understand the exercise session and the purpose of each component (warm up, main activity, cool down).				
Understand what is meant by resting heart rate, working heart rate, and recovery rates, and be able to evaluate results on a graph.				
Use graphs to demonstrate and explain the use of target zones and thresholds of training.				




Topic 1.1.5: Your personal health and well-being

You should be able to.....				Action Required
Know the links between exercise, diet, work and rest and explain how these factors influence your personal health and well-being				
Recall the 7 factors of a balanced diet.				
Explain how each of these factors fits into a balanced, healthy lifestyle (i.e. give examples of foods which contain each nutrient; state their function; give examples of an athlete who would need to consume each nutrient).				
Understand the importance of the right timing of dietary intake for optimum performance (pre, post and during exercise; carbo-loading)				
Explain how blood flow (blood shunting) changes during exercise.				




Topic 1.2.1: Physical activity and your healthy mind and body

You should be able to.....				Action Required
Know the characteristics of different body types (somatotypes): endomorph, mesomorph, ectomorph.				
Explain the effect each somatotype can have on participation and performance.				
Identify activities where different somatotypes are an advantage.				
Understand optimum weight, and explain why it varies according to height, gender, bone structure and muscle girth and how it can affect performance and participation in physical activity.				
Define the terms anorexic, obese, overfat, overweight and underweight.				
Explain how the above conditions might affect physical activity.				
Identify the 2 types of drugs: recreational (smoking and alcohol) and performance enhancing (peptide hormones, anabolic steroids, narcotics/analgesics, stimulants, diuretics and beta blockers).				
Explain the impact of performance enhancing drugs on well-being and performance (i.e. potential benefits, side-effects, examples of athletes who may use them).				
Give reasons why some performers might risk taking performance-enhancing drugs.				
Explain the effects of smoking and alcohol on general health and physical activity.				
Identify the risks associated with participation in physical activities.				
Explain how to reduce these risks, with special consideration to: warming up/cooling down; equipment and facilities; clothing; balanced competition; rules; readiness.				




Topic 1.2.2: A healthy, active lifestyle and your cardiovascular system

You should be able to.....				Action Required
Identify and explain the immediate and short-term effects of participation in physical activity on the CV system (increased HR; systolic/diastolic BP; increased BP).				
Identify and explain the effects of regular and long-term participation in exercise on the CV system (decreased resting HR, recovery rate, increased stroke volume, cardiac output, BP, healthy veins and arteries).				
Understand the importance of rest and recovery time.				
Explain the impact of diet on the CV system, in particular how it effects BP and cholesterol (LDL and HDL).				
Identify the effects of recreational drugs on the CV system.				




Topic 1.2.3: A healthy, active lifestyle and your respiratory system

You should be able to.....				Action Required
Understand the main function of the respiratory system and respiration.				
Identify and explain the immediate and short-term effects of participation in physical activity on the respiratory system (increased breathing rate; oxygen debt).				
Identify and explain the effects of regular and long-term participation in exercise on the respiratory system (better delivery of O ₂ and removal of CO ₂ to/from the working muscles, increased lung volumes, increased number of alveoli, increased number of blood vessels).				
Explain the effects of smoking on the respiratory system.				

Topic 1.2.4: A healthy, active lifestyle and your muscular system

You should be able to.....				Action required
Identify the major muscle groups (deltoid, trapezius, latissimus dorsi, pectorals, abdominals, biceps, triceps, gluteals, quadriceps, hamstrings, gastrocnemius).				
Understand which physical activities benefit the major muscle groups.				
Explain the role of muscles in movement (i.e. antagonist, agonist, the role of each muscle group)				
Identify and explain the immediate and short-term effects of participation in exercise on the muscular system.				
Identify and explain the effects of regular and long-term participation in exercise on the muscular system.				
Understand the potential for injuries such as strains and muscle atrophy.				
Identify the common treatments for injuries (RICE)				
Understand the need for rest.				
Understand the effect of the diet on the muscular system.				
Explain the effects of recreational drugs on the muscular system.				

Topic 1.2.5: A healthy, active lifestyle and your skeletal system

You should be able to.....				Action Required
Identify the 3 functions of the skeletal system during physical activity: movement, support, and protection.				
Identify and explain the ranges of movement possible at a hinge and ball and socket joint (flexion, extension, abduction, adduction and rotation).				
Identify and explain the effects of regular and long-term participation in exercise on the skeletal system.				
Explain the importance of weight-bearing exercise in preventing osteoporosis.				
Identify the potential for injuries such as fractures.				
Identify the common treatments for injuries (RICE)				
Describe the importance of diet, including the effect of calcium on bones.				