

<b>Define physical health and well being</b>		2
<b>Define mental health and well being</b>		2
<b>Name the 10 components of fitness</b>		2
<b>What are the consequences of a sedentary lifestyle</b>		2
<b>Match the following somatotype with their characteristics;</b> <ul style="list-style-type: none"> <li>• Ectomorph</li> <li>• Mesomorph</li> <li>• Endomorph</li> </ul>	<p>Muscular appearance, wide shoulders and narrow hips.</p> <p>Tall and thin, narrow shoulders and narrow hips</p> <p>Pear-shaped, wide hips and narrow shoulders</p>	2
<b>Give an example of each</b>	<ul style="list-style-type: none"> <li>• Ectomorph</li> <li>• Mesomorph</li> <li>• Endomorph</li> </ul>	
<b>What 4 factors affect a person's calories required</b>		5
<b>How many calories does the average Man/Woman require in one day?</b>		
<b>There are 2 types of Carbohydrates, what are they and why do we need them?</b>		4
<b>What does Fat provide us with?</b>		3
<b>What does our body use Protein for?</b>		1
<b>What does our body use Vitamins and minerals for?</b>		1
<b>Define dehydration</b>		1