

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