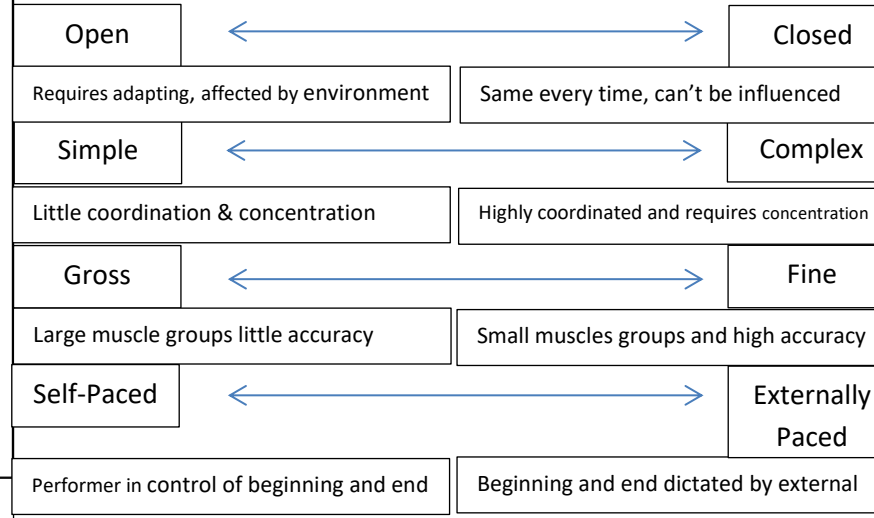


## Diet

**Carbohydrates** – Main source of energy (55-60%)  
**Fats** – Energy, warmth, shock absorber (25-30%)  
**Protein** – Growth and repair of muscles (15-20%)  
**Vitamins/Minerals** – Essential for efficient working of the body  
**Fibre** - Keeps digestive system working efficiently  
**Water/Fluids** – Keeps body hydrated and regulates body temperature  
**Daily Calorie Intake** – Men 2500 & Women 2000

## Skill Classification



## Consequences of a Sedentary Lifestyle

**Sleep** – risk of developing poor sleeping patterns  
**Energy**– risk of lethargy, which is the feeling of having no energy and enthusiasm  
**Disease** – risk of high blood pressure, type II diabetes, heart disease etc  
**Self-Esteem** – a risk of reduced self-esteem and confidence  
**Weight** – possible weight gain & obesity (having a large fat content of BMI of 30 or above)

## Somatotypes

**Ectomorph** – Narrow hips, narrow shoulders, low body fat, low muscle mass, usually tall (*long distance running due to carrying less weight so easier to travel long distance*)  
**Mesomorph**– Narrow hips, broad shoulders, v-shaped, low body fat, high muscle mass (*rugby due to power and strength in the tackle*)  
**Endomorph** – Wide hips, pear shaped, high fat percentage (*Shot putt due to weight and ability to generate power*)

## GCSE PE Bread & Butter



## Factors affecting Participation

**Disability** – There are less sports or clubs available to disabled people  
**Role Models**– A lack of roles models in a sport may affect participation due to a lack of inspiration  
**Age** – Certain clubs are only available to particular ages, and as we get older sport may become too strenuous  
**Ethnicity** – Cultures and religions may not promote sport due to beliefs e.g Christians resting on a Sunday/not being able to show skin  
**Discrimination** – being discriminated against or facing negativity may cause people to stop participating

## Feedback

**Negative** – What was wrong with performance (a coach telling you the technique was wrong/ seeing the golf ball fly in the bushes)  
**Intrinsic** – Feedback that comes from within (*Seeing how far you threw the javelin/when you hit the ball did it feel good?*)  
**Positive** – What was good about the performance (*a coach saying well done/seeing the arrow hit balls eye*)  
**Knowledge of Performance** – Feedback on technique and general performance (*did I keep my head up as I dribbled*)  
**Extrinsic** – Feedback received from outside themselves (*Feedback from a coach/a video replay of golf swing*)  
**Knowledge of Results** – Feedback on an outcome and result (*What was the final score/where did the ball finish*)

**Accessibility** – Due to not being able to afford to participate in sport and exercise, not having a means of transport to get there or even not having anything available locally affects participation levels

## Performance Enhancing Drugs

**Stimulants** – Improves mental and physical alertness and reduces fatigue (*Any performer*)  
**Narcotic Analgesics** – Reduce the feeling of pain to cover injury or allow harder training (*Any performer*)  
**Anabolic Steroids** – Muscle growth, bone strength and speeds recovery. Mimics testosterone (*Sprinter*)  
**Peptide Hormones (EPO)** – Injected to increase production of red blood cells and oxygen carrying capacity allowing endurance athletes to go for longer (*Marathon runner*)  
**Diuretics** – Lose weight through removal of fluid and can also mask other drugs (*Boxer losing weight*)  
**Blood Doping** – Performer removes blood and freezes it, their body then replaces the lost blood and when the frozen blood is re-injected, via blood transfusion, they have more red blood cells and increased oxygen carrying capacity (*Marathon runner*)  
**Beta Blockers** – Reduce heart rate, muscle tension and combat effects of adrenaline (*Archer/Snooker player*)