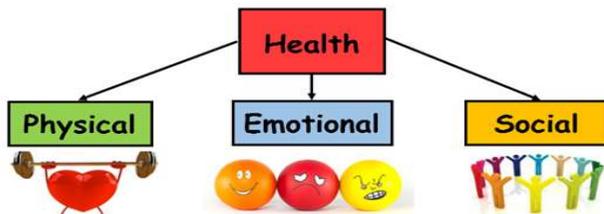


# Component 2 Physical, Emotional and Social Health, Fitness and Well-Being

## Health is defined as:

A state of complete **emotional, physical and social** wellbeing and not merely the absence of disease.



### Physical Health

Benefits of regular exercise	Achieved health benefits
Burns calories	Reduce chance of obesity
Strengthens bones	Reduced chance of osteoporosis
Reduces blood pressure and cholesterol	Reduced chance of stroke & CHD
Negative effects of training on physical health	
Over exertion can cause an increase in blood pressure which can lead to a heart attack or stroke	
Overuse injuries such as tennis elbow may prevent you from taking part in physical activity for several weeks	

### Emotional Health

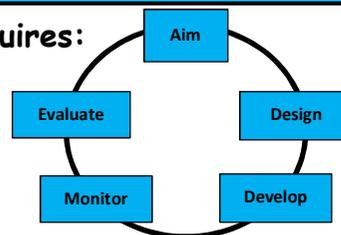
Benefits of regular exercise	Achieved health benefits
Takes your mind off your problems	Relieve stress
Increases serotonin levels	Feel better and prevent depression
Can be enjoyable and fun	Reduce boredom
Can provide a challenge	Provide competition
Can make you feel part of something	Can improve confidence & self esteem
Can involve watching skilful performances	Aesthetic appreciation
Negative effects of training on emotional health	
An injury can lead to depression as they may not be able to train	
Sport can lead to frustration, anxiety and anger if emotions are not controlled	

### Social Health

Regular exercise allows us to meet new people and make new friends	
Regular exercise allows us to meet and socialise with our current friends	
Regular exercise can improve our cooperation skills	
Regular exercise can increase our social activities	
Social benefits may differ between age groups. A child may develop their social skills and an elderly person may prevent loneliness from regular exercise	
Negative effects of training on social health	
Some performers may spend too much time training and less time with their families. This could be due to an elite performer needing to train or someone obsessed with training	

## A training programme requires:

- Planning (aims and design)
- Developing
- Monitoring
- Evaluating



<b>Aim</b>	A clear aim is needed to ensure you know what you want to improve and you create a personal exercise programme (PEP)
<b>Design</b>	Once you have an aim you can plan your PEP using the various principles of training. E.g. Improve speed using interval training
<b>Develop</b>	Once you have started your PEP it can be developed as long as the aim is still the same. E.g. increase training by 10 minutes
<b>Monitor</b>	The PEP should be monitored so necessary adjustments can be made. E.g. if sessions are getting too easy increase the intensity
<b>Evaluate</b>	It is important the PEP is evaluated regularly. E.g. you may have met the initial aim in the first couple of weeks so you may set another aim

## Work/Rest/Sleep Balance Level

Lack of sleep can lead to tiredness.  
The Government recommends teenagers get 8 to 10 hours sleep per night.  
Does your lifestyle prevent you from getting the right balance between work, rest and sleep?

## Activity level

The Government recommends that 5 - 18-year olds get one hour of exercise every day. four days doing cardiovascular, three days improving muscle and bone growth.  
Recap benefits of physical exercise on the: Cardiovascular, respiratory, muscular & skeletal System

## Diet:



### Anorexia

Eating disorder where a person keeps their weight as low as possible.

#### Effect on performance:

Little energy, tired easily, very weak, poor fitness



### Obesity

Describes a person that is very overfat. Can lead to many health problems.

#### Effect on performance

May prevent strenuous activity, tired easily, lack of mobility, joint problems



### Diseases caused by a lack of nutrients

Rickets - Vitamin D  
Scurvy - Vitamin C  
Osteoporosis - calcium

## Government guidelines state daily calorie intake should be:

Men 2500 calories  
Women 2000 calories

## Alcohol

Negative effects on health	Negative effects on performance
<ul style="list-style-type: none"> <li>• Heart failure</li> <li>• Increase in blood pressure</li> <li>• Increased weight</li> <li>• Liver disease &amp; cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Slower reaction times</li> <li>• Less mobile due to excess weight</li> <li>• Loss of coordination</li> <li>• Loss of concentration</li> </ul>

## Smoking

Negative effects on health	Negative effects on performance
<ul style="list-style-type: none"> <li>• Stroke</li> <li>• Bronchitis</li> <li>• Heart disease</li> <li>• Blood clots</li> <li>• Emphysema</li> <li>• Lung cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Causes breathlessness</li> <li>• Reduces oxygen carrying capacity</li> </ul> <p>Smoking reduces the elasticity of the alveoli. Thus means there is less oxygen can get to the working muscles. this will affect performance in aerobic activities</p>