

BTEC DIPLOMA IN SPORT

Summer Task

Welcome to BTEC Sport! We look forward to you joining us in September. This task is to help you with the **Unit 2 module: Fitness training and programming for health, fitness and well-being.**

This task is to be completed before you start with us and needs to be handed in to Mrs Berry in your first lesson.

Completing this will help you understand some of the content you need to know for Unit 2 and will show how you need to set out your BTEC work.

TASK:

Answer the two questions on the following page.

Use the internet to help you, any work you give in must be your own words.

What your document must include:

A header including: your name, Unit 2: Fitness training and programming for health, fitness and well-being.

Page numbers at the bottom of the page.

A bibliography that lists what books/websites you have used.

1. Describe how exercise/physical activity maintains health and well-being:

Describe / Outline
Give main details

is not is characterised by is composed of is like lacks

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- Some key words to include:
- **Physical benefits:** (strengthens bones, improves posture, improves body shape), reduces risk of chronic diseases (CHD, cancer, type 2 diabetes),
 - **Psychological benefits:** relieves stress, reduces depression, improves mood), social (improves social skills, enhances self-esteem),
 - **Economic benefits:** (reduces costs to National Health Service, reduces absenteeism from work).

2. Look at the website: www.nhs.uk/live-well/exercise/

State the physical activity guidelines for adults aged 19-64 years?

Identify / State
Name it / them

is is called are are called

The screenshot shows the NHS website page for 'Physical activity guidelines for adults'. It includes a search bar, navigation links (Home, Live Well, Care and support, Health news, Services near you), and a breadcrumb trail (Home > Live Well). The main heading is 'Exercise' with sub-links for 'How much exercise?', 'Couch to 5K', 'Exercise tips', and 'Fitness guides'. The section title is 'Physical activity guidelines for adults'. The text states: 'How much physical activity do adults aged 19 to 64 years old need to do to stay healthy? To stay healthy or improve health, adults need to do 2 types of physical activity each week: aerobic and strength exercises. How much physical activity you need to do each week depends on your age. Click on the links below for the recommendations for other age groups: early childhood (under 5 years old), young people (5 to 18 years old), older adults (65 and over)'. A link for 'Guidelines for adults aged 19 to 64' is highlighted in blue.