

Name _____

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Part A - Lifestyle Factors

Personalised Learning Checklist Unit 2

Use this checklist before each assessment to focus your revision, and after to check the effectiveness of your revision

Unit 2 - Part A - How this would look in September to help you track progress									
TOPIC	UNIT TEST			PPE			JAN EXAM		
	R	A	G	R	A	G	R	A	G
A1: Positive Lifestyle factors									
A2: Negative Lifestyle Factors									
A3: Lifestyle Modification Techniques									

Assessment Rubric

You would have noticed when being assigned this booklet that it came with a rubric. A rubric helps you achieve the best grade, and for the teacher to mark it.

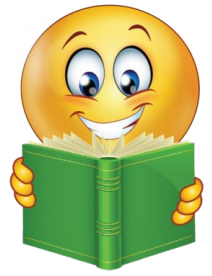
To use it, simply see the description for each marking point, and how much it is worth. You will be graded on this booklet based on an overall score - But each section will be scored. Here is a quick copy of that rubric:

Task 1		
1. Pupil completes one part of reading tasks	2. Pupil completes two parts of reading tasks	3. Pupil completes 3 parts of reading task
Task 2		
1. Identifies 1 factor	2. Identifies 2 factors	3. Identifies 3+ factors
Task 3		
1. Limited summary	2. Good summary	3. Extensive summary
Task 4		
1. One health or one modification only applied.	2. 1 health problem and modification applied	3. 2 or more health problems and modifications applied

Lifestyle factors - Task 1

Read! To introduce you to what lifestyle factors are, and how they can impact a person, please read the follow extract and do the 3 reading commands of:

1. **Create a title for each paragraph on the left**
2. **Highlight any key words/ phrases you think are important to lifestyle factors - use the highlight button above**
3. **Write down a couple of bullet points summerising the paragraph on the right**



“You know, there's just two different sides to Tyson Fury. There is Tyson Fury, the dad at home, the father, the husband, the son, then Tyson Fury, the showman, the entertainer, the boxer. “Totally different people on all my life I almost played a character in sports to be noticed, I suppose, and get to where I'm supposed to be going until I got lost in character, until I couldn't change from being the character I was playing to the real me. “There was a breaking point in my life where I knew if I was ever going to get back to normal after had breakdowns and suicidal thoughts and suffering mental problems.

"I'm a manic depressive. I just hope someone kills me before I kill myself. ... I've been out drinking, Monday to Friday to Sunday, and taking cocaine. I can't deal with it and the only thing that helps me is when I get drunk out of me mind." - Rolling stones 2016

“Mental health doesn't go away. I'm not defeated. Mental health. I believe it will always be there with me. And it's just a part of me now that I can control where before I didn't know what I was experiencing. “I have suffered from depression and anxiety my whole life. But up until 2016, I never really understood it at all. And so I was having my bad mood swings or whatever. And now I understand that. I know I know what I have to do to live a normal life.

“And I feel so much happier after this break down now. I feel so much happier. I've got such a lust and love for life. Whereas before I just wanted to die on a daily basis. Exercise was a key part of his recovery and he has not lost any of the six fights since, most recently dominating Deontay Wilder in their highly-anticipated rematch to win the WBC and Ring magazine titles.

Lifestyle factors - Task 2

What lifestyle factors did you notice during that reading? Out of the following list of all the lifestyle factors covered in Unit 2, which ones did you see? Highlight the boxes with the correct lifestyle factors

Sedentary Lifestyle - <i>Lazy</i>	Body weight and size	Stress	Smoking
Physical Activity	Diet	Alcohol	Drugs

Survey Task: If you had to organise these factors into groups of good, bad or a mix of both. What would you do? [Survey Here](#) You can click on this button, or find the survey has been sent to your Google email to complete.

Is drinking alcohol really that bad? Is doing too much physical activity any good? Medicine like paracetamol is considered a drug, should you not take it?

You will be asked questions based on if the factor is good, bad or a mix of both - For example.

Would drugs be a good, bad or a mix of both lifestyle factors?

- A - Good
- B - Bad
- C - Both

After you have completed the survey and submitted it. Click on 'see previous responses' - You can see what others thought!

Lifestyle factors - Task 3

So at the time of completing your survey, what percentage was good, bad or both for each factor?

Think!



Reflect on your answers of the rest of the class, was there a shared reflection on what these factors could be to our lives? Summarise your findings in the text box below.

Include the following:

Did your answers match up to everyone else's?

Did you have a different answer to the rest of the class?

For Tyson Fury, which is the worst factors he has shown.

Extended Task: Use the table on the right to rank them from worst bad lifestyle factor, to least (Top to Bottom)

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Lifestyle factors - Task 4

Helping someone isn't easy, you will need to have good extensive knowledge on the area and helpful advice to really help that person make change.

Lets help Tyson Fury. If you were his coach (Ben Davidson- 2016), you have identified his worst lifestyle factor on the previous page. Your job is to come up with a or some solutions to help him.

To do this you will need to read the relevant website for your lifestyle factor. On the next page is a list of websites that cover each factor.

Task: Go to the website of your identified factor and research and then **Fill in the boxes below:**

1. What would the factor lead to- Problems with health
2. What help is there to modify the lifestyle factor (For example, people who smoke can use the NHS stop smoke kit for free)
- 3.

Extended task: What impact do you think this would have on Tyson Fury - Hint - He achieved something incredible on **February 22, 2020** - You can watch here - [TYSON FURY](#)

Identified Negative Factor =

Associated Health Problems:

Modification techniques to help Tyson Fury:

Resources and Websites

Textbooks

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Sharkey BJ and Gaskil SE, Fitness and Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

Websites

The following websites provide information on a wide range of topic areas and can be used in conjunction with key textbooks and journals. They provide good sources of information about health, nutrition and fitness training and programming.

www.acsm.org – American College of Sports Medicine – health, fitness and nutrition articles

www.bbc.co.uk – BBC – healthy living

www.bhf.org.uk – British Heart Foundation – health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking

www.brianmac.co.uk – BrianMac – sports drinks, fitness testing, training, programming

www.bupa.co.uk – BUPA – benefits of exercise, children and exercise

www.doh.gov.uk – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)

www.drinkaware.co.uk – Drinkaware – health effects and issues, facts, sevenday calculator

www.food4life.org.uk – Food4life – eatwell plate, food groups

www.livestrong.com – Livestrong – effects of poor nutrition

www.macmillan.org.uk – Macmillan – benefits of exercise, maintaining a healthy lifestyle and getting active

www.nhs.uk – NHS – physical activity guidelines for all ages, health benefits, activity levels, sedentary lifestyles and strategies, balanced diet, eatwell plate, smoking

www.who.int – The World Health Organization – health topics