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.

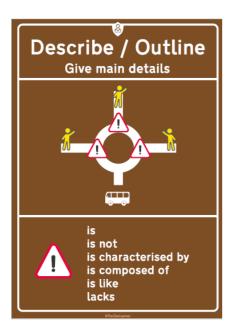
What your document must include:

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:



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?

