

Thomas Adams PE Department

BTEC LEVEL 3 Extended Certificate in Sport

Transition Work 2020-2021

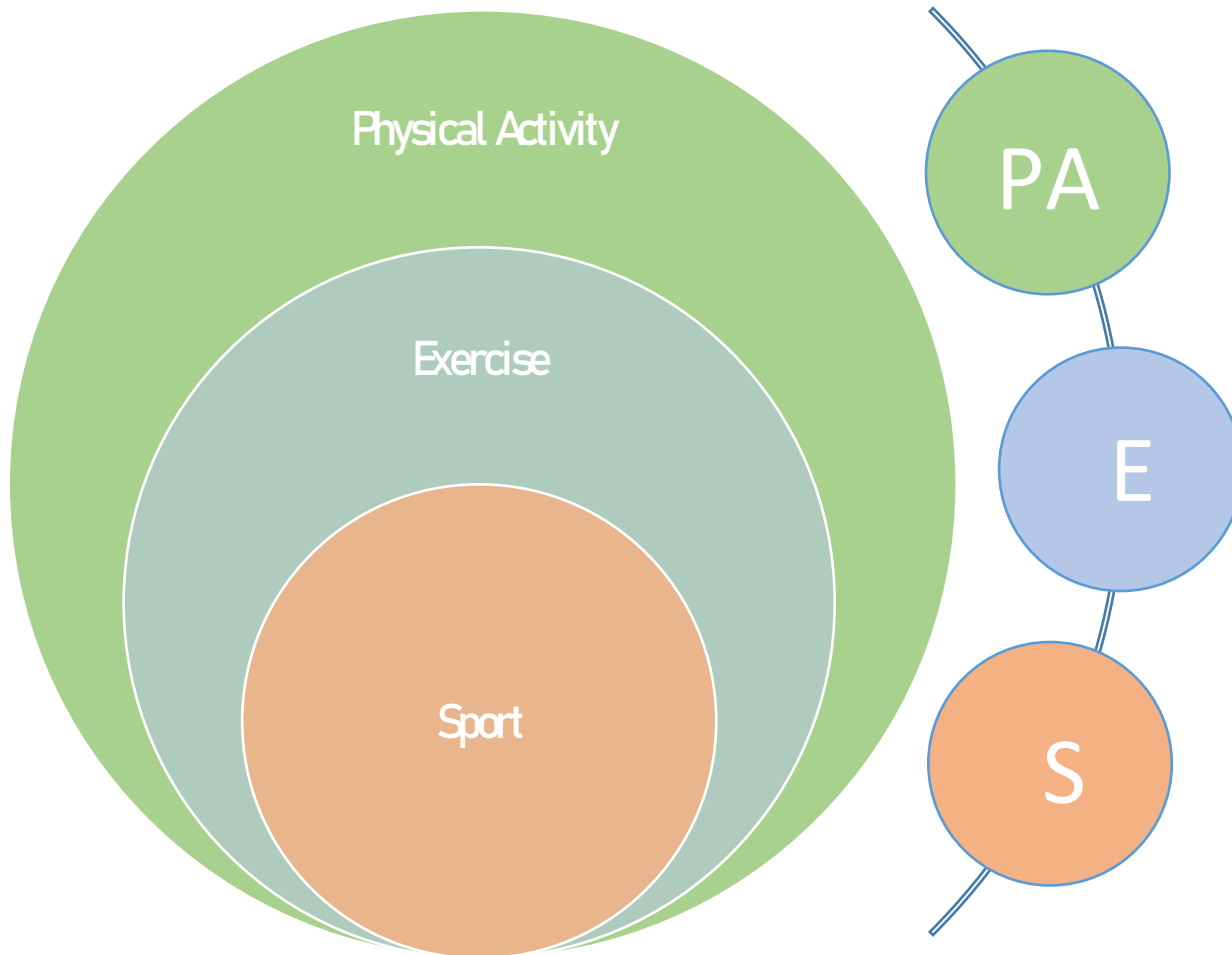
Unit 2

Fitness Training and programming for Health and Wellbeing

Task 1:

A Key element of Unit 2: Fitness Training and Programming for Health, Fitness and Wellbeing is the key terminology used to define the activities we may ask a client to undertake.

Please Research the Key Terms in the image below. What do they mean? Include your answers below



Task 2: Read through the articles below, make notes of the key benefits of Physical Activity

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

https://pubmed.ncbi.nlm.nih.gov/?term=Nicol%20CW%5BAuthor%5D&cauthor=true&cauthor_uid=16534088

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

<https://www.health.harvard.edu/staying-healthy/exercising-to-relax>

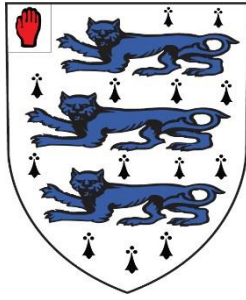
<https://www.exercise.co.uk/learn/the-social-side-of-exercising/>

Task 3:

Then...on one side of A4 write a piece aimed at persuading someone with sedentary lifestyle (<30 mins exercise per week) of the benefits of being physically active.

- **Ensure you can Support your arguments with facts/data from the sources attached**

Complete your answer on the attached sheet



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Title: 'The benefits of being physically active'

Answer

Research the functions of the Cardio Vascular System

SECTION D

The Cardiovascular System for Sports Performance

Answer ALL questions. Write your answers in the spaces provided.

1 State the component of blood that carries most oxygen.

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2 (a) State the function of the pulmonary artery.

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(b) State the function of the tricuspid valve.

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3 A capillary is a blood vessel that enables gaseous exchange to occur. Describe how the capillary aids the process of gaseous exchange.

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