



Year 11 Transition Sport

Level 2 Health and Nutrition Project



This booklet is to be complete by next Monday and you need to send this back to myself or upload it on moodle.

There are 2 parts to the booklet with each part focusing on a different area of fitness and health which supports a healthy lifestyle.

Section 1 - Fitness Training Methods



Section 2 - Diet and Nutrition



Please complete all sections of the workbook for your teacher to check throughout the time you are off college.

The boxes underneath each question will automatically expand as you type so please answer each question in as much detail as you can.

Good luck completing your booklet.



Section 1 - Fitness Training Methods

1. What are the 11 'components of fitness'?

<u>Health-Related Components</u>	<u>Skill-Related Components</u>
C	A
S	S
M	C
B	B
F	R
	P

2. Please complete the table below by researching the definitions of the components of fitness.

Health-Related Components


C	
S	
M	
B	
F	

Skill-Related Components

A	
S	
C	
B	
R	
P	



3. What components of fitness would be most important for the athletes in the images below?

<u>Example</u>	What components of fitness do they need and why?
<p data-bbox="204 481 702 517">Sir Mo Farah (Long Distance Runner)</p>  A photograph of Sir Mo Farah, a long-distance runner, competing on a blue track. He is wearing a white singlet with "GREAT BRITAIN" and "FARAH" on it, and blue shorts. He has his arms outstretched in a celebratory gesture.	
<p data-bbox="204 779 582 815">Mohamed Salah (Footballer)</p>  A photograph of Mohamed Salah, a professional footballer, wearing a red Liverpool FC jersey. He has his hands raised in a gesture of celebration or acknowledgment.	
<p data-bbox="204 1108 518 1144">Babar Azam (Cricketer)</p>  A photograph of Babar Azam, a cricketer, in a green Pakistan cricket uniform. He is in a batting stance on a cricket field, holding a bat.	
<p data-bbox="204 1458 534 1494">Max Whitlock (Gymnast)</p>  A photograph of Max Whitlock, a gymnast, performing on a pommel horse. He is wearing a white singlet with the Union Jack and is holding a blue ribbon. The pommel horse has "LONGINES" written on it.	



Methods of Training

There are 6 main types of training we would like you to learn about in this section.

These are; Continuous, Interval, Strength, Circuit, Sprint, and Flexibility.

1. In the table below, please describe the different types of training listed.

<u>Training Method</u>	<u>What is it?</u>
Continuous	
Interval	
Strength	
Circuit	
Sprint	
Flexibility	

2. Which training method would a long distance mainly use?

3. Which two types of training would benefit a gymnast?

4. Which training method involves lifting weights and using machines?

5. Which training method involves moving around to different stations?

6. Running for 30 minutes without stopping is an example of which type of training?

7. Pilates and Yoga would be an example of what type of training?

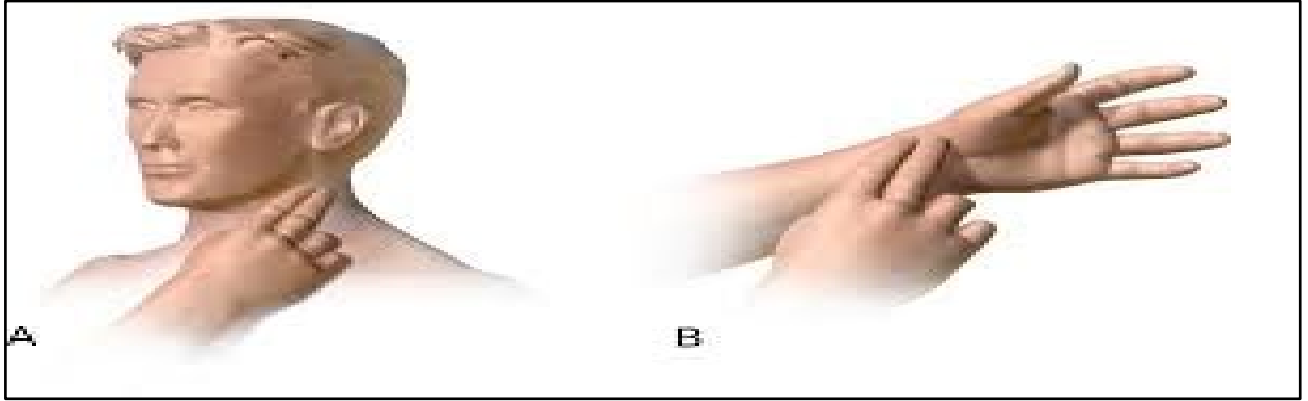


Training Zones

Heart rate (HR) is defined as the number of times your heart beats per minute. This is measured in BPM.

TASK 1

Find your pulse by using one of the two sites pictured below.



Once you have found your pulse, set up a timer and count the number of times you feel your pulse in one minute and record it below.

My Resting Heart Rate = () BPM

TASK 2

Stand up and do star jumps for 30 seconds, immediately once you have finished, sit down and record your pulse again.

Describe what has happened to your pulse rate

Training Zones





Section 2 - Diet and Nutrition

The eatwell plate below shows how we should balance our meals to ensure we get the correct amount of each different food group.



1. Breads, rice, potatoes and pasta would contain high levels of what macronutrient beginning with C?

2. Meat, fish and beans are excellent sources of what macronutrient beginning with P?

3. What could be the impact on the body if we eat too much food from the fatty and sugary foods section?

4. In the table below the main nutrients are listed, please describe why they are important for the body.



Nutrient	How it helps the body
Carbohydrates	
Fat	
Protein	
Vitamins	
Minerals	
Fibre	
Water	

5. Fat, Protein and Carbohydrates are known as macronutrients, please research good source and bad sources of each one and write them in the table below.

Good Sources <input checked="" type="checkbox"/>	Bad Sources <input type="checkbox"/>
Protein	
<i>Eg. Chicken</i>	<i>Doner Meat</i>
Carbohydrates	
Fats	



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Food Plan

Your final task in this booklet is to create a food plan for someone who is looking to improve their diet and more of a balanced range of meals. *(Use the eatwell plate image on page 6 to help you)*

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast					
Lunch					
Dinner					
Snacks					

Please explain your food plan telling us why you chose to put these foods in and how this would help the person to maintain a healthy balanced diet.

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