Optimum weight and weight related conditions.

Starter

- Use your phone to go to the app store and download a free QR code scanner. Alternatively use a school iPad.
- Now use the scanner to read the bar code below
- Watch the video and read the instructions at the bottom of the screen. Tasks will appear that you need to answer in the space provided below.

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Year 11 revision 1.2.1 learning mat

Learning objectives:

1. To understand and explain what optimum weight is and how weight related conditions can effect health.
2. Explain the three different body somatotypes and identify somatotypes in sport.
3. Identify and explain different performance enhancing drugs and how they effect athletes.
4. Explain the importance of risk assessment and how you can prevent injury.

Performing enhancing drugs word search

E	Y	V	F	H	E	P	O	P	B	G	A	X	F	V	V	W	B	H	S
S	H	N	W	N	F	D	S	C	I	T	E	R	U	I	D	M	W	P	K
M	Z	F	Z	O	G	C	M	T	D	S	V	T	R	G	N	J	A	K	M
O	P	J	I	Y	A	X	B	F	Z	G	L	O	P	F	G	H	G	Q	O
O	L	F	E	K	O	C	E	W	W	Q	I	R	X	X	R	H	I	T	Z
Y	S	W	W	E	I	S	T	E	R	O	I	D	S	O	U	H	J	F	P
X	T	U	Z	A	L	Q	A	O	G	I	X	I	D	P	K	M	F	H	Z
I	X	T	V	C	J	R	B	M	S	T	I	M	U	L	A	N	T	S	E
Y	C	Y	Z	I	L	R	L	Y	J	K	L	T	I	P	A	A	H	U	L
X	Y	M	T	L	H	U	O	K	F	R	A	S	X	J	C	R	M	L	A
N	V	T	K	O	C	Q	C	A	C	K	G	T	K	Q	T	C	D	V	N
F	K	U	G	B	H	Q	K	Z	D	M	F	C	M	M	C	O	H	P	A
N	O	L	C	A	X	X	E	E	J	U	W	E	Q	Z	I	T	U	T	L
G	P	Y	C	N	V	F	R	Q	E	N	K	F	G	H	V	I	W	A	G
B	S	O	T	A	L	R	S	M	Y	Y	X	F	N	R	T	C	O	P	E
F	Q	O	H	N	P	C	X	S	M	B	G	E	E	T	H	O	W	G	S
Q	B	P	C	W	K	I	V	U	Y	K	N	E	C	V	I	R	L	R	I
Q	V	E	L	H	I	D	Z	V	C	M	U	D	A	E	X	Y	I	F	C

Words you are looking for:

Anabolic

Steroids

Beta blockers

Diuretics

Narcotic

Stimulants

EPO

Side effects

Which of the following is not a direct danger of being overweight? (1)

A) High blood pressure
B) Being run over by a car
C) Diabetes
D) Stroke

Which of the following sports suit an ectomorphic somatotype? (1)

A) Horse racing, hockey, marathon running, volleyball
B) High jump, horse racing, marathon running, volleyball
C) Marathon running, judo, volleyball, basketball
D) Volleyball, diving, basketball, horse racing

Which of the following would best suit a mesomorphic somatotype? (1)

A) Hockey, boxing, football, rugby
B) Volleyball, judo, diving, high jump
C) High jump, boxing, sumo, skiing
D) High jump, volleyball, judo, 100m

Describe two benefits of a cool down after physical activity.

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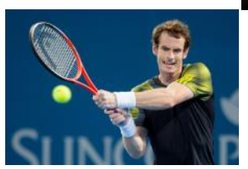
(2)

Body Types

Look at the pictures below and identify the body types of each athlete. In the box below write your reasons down to support your answer.



Performance enhancing and recreational drugs

Match up the drug to the correct effect.

Anabolic steroids	Reduces heart rate so low that heart may stop, low blood pressure and causes tiredness
Beta blockers	Repair body tissues after stress, promote muscle growth, ability to train harder with less fatigue
Diuretics	Reduces pain or an injury
Narcotic analgesics	Reduces tiredness, increased alertness & endurance
Stimulants	Increase oxygen transport
EPO/peptide hormones	Rapid weight loss

Which of the following may be most inclined to use beta-blockers (1)

1) Darts player, diver, footballer, hockey
2) Snooker player, skier, volleyball player, fencer
3) Darts player, snooker player, golfer, archer
4) Archer, bowler, rugby player, netball player

Which of the following best describe the effects of peptide hormones? (1)

1) Develop muscle, relieve pain, reduce tiredness, increase red blood cells, help the endurance athlete
2) Make use of body fat, speed recovery from injury, aid rehabilitation, develop bone growth
3) Reduce tiredness, speed recovery from injury, make use of body fat, reduce the sensation of the central nervous system
4) Develop muscle, make use of body fat, reduce tiredness, speed recovery from injury, increase red blood cells, help the endurance athlete

Q) State 4 safety considerations a person may need to think about before taking part in a hockey match (4)

Q) Extreme body types (somatotypes) are classified as endomorph, mesomorph or ectomorph. Discuss whether an extreme mesomorph would be the idea body type for endurance activities such as long distance running. (6)