

Know what the nutrient does, where to find it, who would use it?

Water / Hydration

Fibre

Minerals

Vitamins

Protein

Fats

Carbohydrates

Definition of a balanced diet.

**DIET:**

3x Emotional Factors

3x Social Factors

8x Physical Factors

What is a Sedentary Lifestyle?

**HEALTH, FITNESS & WELL-BEING:**

6x Types of Feedback.

4x Mental Preparation Techniques.

4x Types of Guidance.

Goal Setting - SMART.

Classification of a skill – Difficulty / Environmental.

5 characteristics of a skill.

What is a motor skill?

**SPORTS PSYCHOLOGY:**

Violence in Sport.

Reasons why sports performers would use drugs.

Drugs in Sport:- Anabolic Steroids / Beta Blockers / Stimulants.

* What does it do.
* Side effects.
* Sporting athlete that would use it.

Ethics in Sport:- Sportsmanship / Gamesmanship / Deviance

**ETHICAL & SOCIO-CULTURAL ISSUES:**

Positive & Negative effects of sponsorship on sport

**COMMERCIALISATION:**

Golden Triangle

Positive & Negative effects of Media on sport

Different types of media

Apply to examples in sport

3 strategies to improve participation

14 Factors can affect participation

Current trends in sport

**ENGAGEMENT PATTERNS IN PHYSICAL ACTIVITY:**

**PAPER 2**