



Teacher Answer Booklet

Physical, Emotional and Social Health, Fitness & Well-Being



Topic	Description from Specification	Pupil comments – How confident do you feel on this topic?
1.1.1	Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achieved	
1.1.2	Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved	
1.1.3	Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved	
1.1.4	Impact of fitness on well-being: positive and negative health effects	
1.1.5	How to promote personal health through an understanding of the importance of designing, developing, monitoring and evaluating a personal exercise programme to meet the specific needs of the individual	

This module relates closely to the work you did on health and fitness during component one. Think back and try to remember the definitions for the following terms. If you are struggling, use some of the words below as prompts.

Health:

A state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity

Exercise:

Physical activity which maintains or improves health and fitness

Fitness:

The ability to meet the demands of the environment

Performance:

How well a task is completed

Key Words:

Physical Environment Social Task Demands Emotional Disease Activity

We are going to look at the reasons why people should be encouraged to take part in sport. Before we begin, give 3 of your own reasons below:

1. E.g. to spend time with friends/family
2. E.g. to challenge myself to improve
3. E.g. to improve my cardiovascular fitness



Physical Health:

Health:

One of the reasons we exercise is to improve our physical, emotional and social health.

Put the statements below into the correct column within the table.

Enables people to maintain a healthy weight. Helps us to 'feel good'.
Improves your cardiovascular fitness. Requires cooperation.
Increases self-esteem and confidence. Develops a good attitude to competing.
Improves muscular strength and endurance.
Results in the removal of cholesterol from the walls of the arteries.
Helps to overcome physical and mental challenges.
Produces an aesthetic appreciation. Helps with friendships and social mixing

How can exercise improve physical health?	How can exercise improve emotional health?	How can exercise improve social health?
Exercise enables people to maintain a healthy weight	Exercise helps us to 'feel good'	Physical activity can require cooperation
Exercise improves your cardiovascular fitness	Exercise can help overcome physical and mental challenges	Physical activity can help with friendships and social mixing
Exercise improves muscular strength and muscular endurance	Observing physical activity can produce an aesthetic appreciation	Physical activity can develop a good attitude to competing
Exercise can result in the removal of cholesterol from the walls of the arteries.	Exercise increases self-esteem and confidence	Physical activity can require teamwork

Sample Exam Question

A cricketer has decided to stop playing the sport due to stress and anxiety.

Explain the impact of sport and physical activity on the **emotional health** and **social health** of an individual. (6 marks)



A01 - Emotional health refers to how an individual manages emotions and stress. Sport can have the emotional health benefit of increasing self-esteem and confidence.

A02 – For example a cricket player who has mastered the skill of batting , will often score runs, which will increase his confidence.

A03 – This results in higher self-esteem, not only in a cricket setting but also universally. This means an individual becomes happier due to the effects of sport.

A01 - Social health relates to how well someone interacts with others and builds relationships.

A02 – Cricket can encourage teamwork, communication, and forming friendships through clubs or group activities. It also provides regular opportunities to meet new people and develop friendships.

A03 – This can lead to a sense of belonging and support, especially for people who may feel isolated. Being part of a club or team also teaches valuable life skills such as leadership, responsibility, and respect for others—skills that transfer into everyday social situations like school or work.

Accept other appropriate answers.

Which one of the following is most likely to reduce the risk of osteoporosis in the legs? (1)

- A) Squats
- B) Cycling
- C) Rowing
- D) Swimming

Mark One – Squats (this is a weight bearing activity)

Complete the following statements:

Participation in physical activity can provide emotional health benefits, for example

Mark One - Decreasing the chances of depression

Improving cardiovascular fitness, however, is an example of a **physical (one mark)** health benefit.

Regular participation in physical activity can reduce the risk of heart attacks. Explain how one other risk to **long-term health** can be reduced through regular participation in **aerobic exercise** (3)

Mark One - Another risk to long term health is the development of type II diabetes.

Mark Two - This can be prevented through aerobic activity because exercise reduces the body's need for insulin.

Mark Three - Therefore an individual can maintain a healthy weight and obesity is also less likely to occur.

Key Terms:

Well-Being - The state of being comfortable, healthy or happy.

Osteoporosis – A condition causing brittle and fragile bones

Serotonin – A natural chemical released during exercise

Endorphins – ‘Feel good’ chemicals released in the brain during exercise

Aesthetic Appreciation – Pleasing to look at

Depressant – A substance such as alcohol which lowers adrenaline