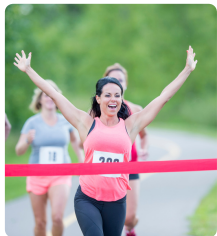


Sport

National Governing Body

- Hockey → England Hockey
- Rugby → Rugby Football Union
- Football → Football Association
- Swimming → British Swimming



Sport Participation Benefits:

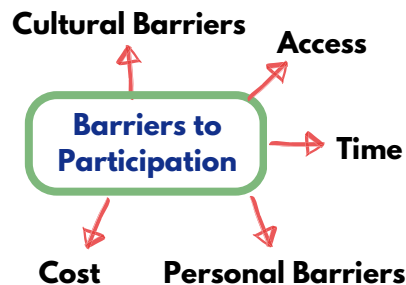
- | | |
|-------------------|--------------------|
| Leadership skills | Meeting new people |
| Self-confidence | Resilience |
| Team work skills | Improved fitness |



COMPONENT 1A

Long-Term Health Problems

- Type 2 Diabetes
- High Blood Pressure
- Asthma
- Coronary Heart Disease



Sport:

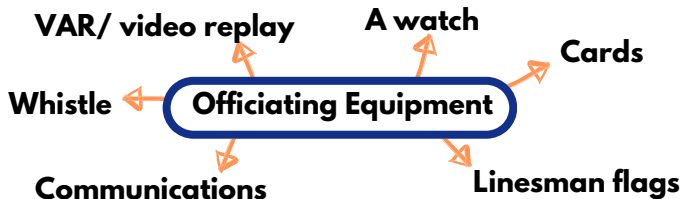
Competitive activities that involve physical exertion, have rules and regulations and a National Governing Body.

Outdoor activities:

Activities carried out outdoors or in recreation areas that are adventurous.

Physical fitness activities:

Activities to increase fitness



COMPONENT 1B

Protective Equipment:

- Mouth protection
- Head protection
- Eye protection
- Body protection
- Floatation devices
- First aid equipment



Sports Hall

An indoor multipurpose sport area with many different court markings. Typically found in leisure centers or schools.

Gym

An indoor area that has lots of equipment and machines that help people get stronger and fitter.

Astroturf/3G

An outdoor area that mimics a grass surface where football or rugby is often played.

Athletics track

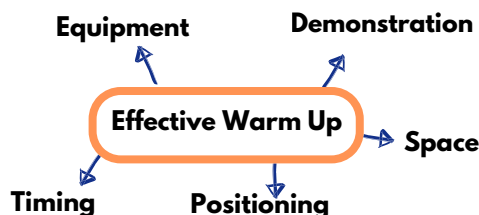
A 400m track and grass area used for many different events and competitions.

4 Categories of Sporting Equipment:

- Scoring equipment
- Travel related equipment
- Participation equipment
- Fitness training equipment



BTEC COMPONENT 1



COMPONENT 1C



Adapting a Warmup:

- Vary the types of stretches
- Vary the impact
- Vary the complexity
- Vary the intensity
- Vary the duration

Mobilisers: activities that take the joints through their range of movement starting with small movements and making these bigger as the warm-up progresses

Pulse raisers: activities that gradually increase in intensity to increase the heart rate.

Preparation stretches: activities to stretch the main muscles that will be used in the physical activity.

