



# **KEEP CALM AND REVISE PE**

By simply asking your child 10 questions from this booklet each night, they will develop their knowledge and confidence for the upcoming exam (May 15<sup>th</sup> and 17<sup>th</sup>). They do not have to write anything down, all that needs to be done after each question is ticking the 'mastered' box when they can give you the correct answer. I anticipate that this task will take under 10 minutes per night, and the rewards to your son / daughter's progress will be extremely positive.

Topic	Applied anatomy and Physiology (Paper 1)	
Question	Answer	Mastered
What are the functions of the skeleton?	Protection of Vital Organs Muscle Attachment Movement Blood Production and Mineral Storage	
What do Red Blood Cells do?	Increase Oxygen carrying capacity so an athlete can work for harder and longer	
What do White Blood Cells do?	Fights infection	
What are the different Classification of Bones?	Long Bone Short Bone Flat Bone Irregular Bone	
Give an example of a long bone?	Femur Humerus	
Give an example of a Short Bone?	Metacarpals Metatarsals Carpals Tarsals	
Give an example of a Flat Bone?	Cranium Ribs Scapula	
Give an example of an Irregular Bone?	Vertebrae	
What are the 5 regions of the Vertebral Column?	Cervical Thoracic Lumber Sacrum Coccyx	
What are the 4 different types of Joints?	Condylloid Pivot Hinge Ball and Socket	
What is the definition of a joint?	A place where 2 or more bones meet	
Where will you find a Condylloid Joint?	Wrist	
Where will you find a Pivot Joint?	Neck (atlas and axis)	
Where will you find a Hinge Joint?	Elbow Knee Ankle	
Where will you find a Ball and Socket Joint?	Shoulder Hip	
What are the different movement possible at joints?	Flexion Extension Adduction Abduction Rotation Circumduction	
What movement are possible at a Pivot Joint?	Flexion Extension Rotation	
What Movements are possible at a Ball and Socket Joint?	Flexion Extension	

	Adduction Abduction Rotation Circumduction	
What movement are possible at a Hinge Joint?	Flexion Extension	
What movement are possible at the Ankle Joint?	Dorsi-Flexion Planter- Flexion	
What is the role of a ligament?	To join Bone to Bone	
What is the role of a tendon?	To join Muscle to Bone	
What are the 3 types of Muscle?	Cardiac Voluntary Involuntary	
Give an example of a Cardiac Muscle	The Heart	
Give an example of a Voluntary Muscle?	Bicep Tricep Hamstring Quadriceps Deltoid Latissimus Dorsi Pectoralis Major Gastrocnemius	
Give an example of an Involuntary Muscle?	Blood vessels Intestine Stomach	
Explain how antagonistic Muscles work	Muscles work in pairs to create movement, one contracts (agonist) and the other relaxes (antagonist)	
Voluntary muscles are made up of different muscle fibres what are these?	Slow Twitch Fast Twitch Type IIx Fast Twitch Type Iia	
What are the characteristics of Slow Twitch muscle Fibres	Fatigues Slowly Good for low intensity work Used for aerobic activities	
What are the characteristics of Fast Twitch Type Iia	Fatigues moderately Used for anaerobic activities Can be trained to become more resistant to fatigue	
What are the characteristics of Fast Twitch Type Iix	Fatigues Quickly Used for anaerobic activities Generates large amounts of force	
What are the Functions of the Cardiovascular System?	Transportation of Oxygen, Carbon Dioxide and Nutrients Blood Clotting of open wounds Regulate Body Temperature	
What is Vascular shunting?	The redistribution of blood controlled by vasoconstriction and vasodilation. When resting blood is redistributed to areas such as the digestive system, compared to when exercising when blood is redistributed to working muscles.	
What is vasoconstriction?	Narrowing of the blood vessels	
What is Vasodilation?	Widening of the blood vessels	
Name the parts that make up the Heart?	Vena Cava Aorta	

	Right Atrium Pulmonary Artery Pulmonary Vein Left Atrium Bicuspid Valve Left Ventricle Right Ventricle Septum Tricuspid Valve Semilunar Valve	
What is the structure of Arteries?	Thick walls Elastic walls High Blood Pressure Carries oxygenated blood away from the heart	
What is the structure of Veins?	Thin walls Elastic walls Low Blood Pressure	
What is the structure of Capillaries?	One cell wall thick Low pressure Gas exchange takes place	
What makes up blood?	Red Blood Cells White Blood Cells Platelets Plasma	
What do Platelets do?	Helps blood clot	
What is Tidal Volume?	The amount of air inhaled or exhaled in a single breath	
What is Vital Capacity?	The amount of air expelled after taking the deepest possible breath	
What effect does exercise have on Tidal Volume?	It increases	
What components make up the Respiratory System?	Lungs Bronchi Bronchioles Alveoli Diaphragm	
What are the two energy systems used?	Aerobic Anaerobic	
What is aerobic Respiration?	The process of releasing energy from glucose using oxygen	
What is anaerobic Respiration?	The process of releasing energy from glucose without oxygen	
What is Oxygen Debt?	The extra oxygen breathed in during recovery after intense exercise compared to rest. Breathing rate and depth increase to repay the debt.	
What are the short term effects of exercise on the Muscular system?	Lactate accumulation Muscle fatigue	
What are the short term effects of exercise on the cardiovascular system?	Heart rate increases Stroke volume increases Cardiac output increases	
What are the short term effects of exercise on the respiratory system?	Depth of breathing increases Tidal volume increases	

Topic		Movement analysis (Paper 1)	
Question	Answer	Mastered	
What are the three classes of Levers	First Class Second Class Third Class		
What makes up a lever?	Load Effort Fulcrum		
What is in the middle of a First class lever?	Fulcrum		
What is in the middle of a Second class lever?	Load		
What is in the middle of a Third class lever?	Effort		
How should the effort be represented on a lever diagram?	Arrow		
How should Load be represented on a lever diagram?	Square		
How should the Fulcrum be represented on a lever diagram?	Triangle		
Describe the Mechanical Advantage of a first class lever?	Allows you to apply a small effort to move a large load with a large range of movement		
Describe the Mechanical Advantage of a Second class lever?	Allows you to apply small effort to move a large load with a small range of movement		
Describe the Mechanical Advantage of a Third class lever?	There is a large range of movement so you can only move a small load		
Explain the term plane?	An imaginary surface that divides the body in two		
Explain the term Axis?	An imaginary line around which the body /part can turn		
Explain the sagittal plane?	Divides the body into left and right sections		
Explain frontal axis?	Passes through the middle of the body from left to right		
Give a sporting example of the sagittal plane and the frontal axis	Front somersault Back somersault Forward roll Backward roll		
Explain the Frontal Plane?	Divides the body into front and back sections		
Explain the sagittal axis?	Passes through the middle of the body from back to front		
Give a sporting example of the frontal plane and the sagittal axis?	Cartwheel		
Explain the transverse Plane?	Divides the body into top and bottom sections		
Explain the vertical axis?	Passes through the middle of the body from top to bottom		
Give a sporting example of the transverse plane and the vertical axis?	Full twist jump in trampolining Half twist jump in trampolining		

Topic	Physical Training (Paper 1)	
Question	Answer	Mastered
Explain the relationship between Health, Fitness and Exercise	Exercise can increase health and fitness as there is less chance of developing coronary heart disease and exercise increases cardiovascular fitness. However too much exercise and not enough rest can cause overuse injuries.	
What is the definition of Fitness?	The ability to meet the demands of the environment	
Define the term Health	Health is a state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity	
Define the term Exercise	Form of physical activity done to maintain or improve health and/or fitness; it is not competitive sport	
Define the term Performance	How well a task is completed	
What are the different components of fitness?	Cardiovascular Fitness Strength Muscular Endurance Flexibility Body Composition Agility Balance Coordination Power Reaction Time Speed	
Why do we fitness test?	Identify current fitness levels Identify strengths Identify weaknesses Identify starting level of fitness	
What test measure Cardiovascular endurance?	Harvard step test Multi stage fitness test 12 minute Cooper run	
What test measures Strength?	Grip Dynamometer	
What test measures Speed?	30m Sprint test	
What test measures Power?	Vertical Jump Test	
What test measures Flexibility?	Sit and Reach Test	
What test measures Agility?	Illinois Agility Test	
What are the principles of training?	Individual needs Specificity Progressive overload FITT Overtraining Reversibility Thresholds of training	
Describe overtraining	Gradually increasing the amount of work so fitness improves safely	
State 4 ways to progressively overload?	Frequency Intensity Time Type	
What does the Karvonen calculate?	Training zones using heart rate	
How do you calculate Maximum heart rate?	220-age	

How do you calculate aerobic training zone?	Lower threshold = max heart rate x 0.6 (60%) Upper threshold = max heart rate x 0.8 (80%)	
What happens as we get older to target zones?	Our maximum heart rate decreases which means our target zones will get lower	
When planning a training programme what must you do first?	PAR-Q	
What does PAR-Q stand for?	Physical Activity Readiness Questionnaire	
Give an example of a question that may be asked on a PAR-Q?	Do you smoke? How old are you? Do you have a history of any heart related disease? Do you have diabetes Do you have asthma? Do you have any recent injuries?	
What 3 factors must be considered when planning a training programme?	Fitness / Sport requirements Facilities Current level of fitness	
Explain Continuous training	Low to moderate intensity exercise which last for a long duration without breaks	
Explain Fartlek training	Changing speed / pace over different distances and terrains	
Explain Circuit training	Working different muscle groups at stations for a set number of repetitions or time, often with a recovery period.	
Explain Interval training	Periods of work, often high intensity, alternated with periods of rest and then repeated	
Explain plyometric training	Involves jumping from one level to another where the muscle gets longer when you land and then quickly gets shorter and provides power to make the next jump	
Explain Weight / Resistance training	Uses skeletal muscle to contract and overcome resistance	
What fitness classes might you do as a method of training?	Aerobics Body Pump Spinning Yoga Pilates Body Pump	
What are the long term effects and (benefits) of aerobic and anaerobic training on the Cardio-respiratory systems?	Increased heart size and strength (increased o2 delivery due to larger heart chambers and more blood pumped per beat) Increased capillarisation and alveoli ( increased o2 delivery due to a larger surface area for gaseous exchange) Increased stroke volume (more blood can be pumped per beat due to increase in heart size and strength) Decreased resting heart rate (heart is more efficient due to an increase in size and strength) Faster recovery rate (heart is more efficient due to size and strength) Increased number of red blood cells (increased o2 delivery due to more haemoglobin carrying extra o2)	

	<p>Drop in resting blood cells (muscular wall of veins and arteries are more elastic, so less likely to suffer from a stroke)</p> <p>Increased lung and vital capacity (lungs are more efficient, so are better at delivering oxygen and removing waste products)</p> <p>Increased strength of diaphragm and external intercostal muscles (the breathing muscles are stronger which means they can contract with more force to inhale and exhale more air)</p>	
What are the long term effects and (benefits) of aerobic and anaerobic training on the Musculo-Skeletal systems?	<p>Increased strength of ligaments and tendons (reduces the risk of injury like a sprain or strain)</p> <p>Increased strength and size of muscle – hypertrophy (the body is stronger. So a javelin thrower is able to throw the javelin further)</p> <p>Increased bone density (this reduces the risk of injury like a fracture)</p>	
What are the 4 ways to prevent injury?	<p>Correct application of the principles of training</p> <p>Rules being applied and followed</p> <p>Protective clothing and equipment</p> <p>Check equipment and facilities</p>	
What is concussion?	The brain shakes the cranium	
What is a fracture?	The bone breaks or cracks	
What is a dislocation?	A bone comes out of a joint	
What is a sprain?	Ligament is torn	
What is a Strain?	Tendon or muscle of torn	
Give an example of a torn cartilage?	Twisting the knee	
What is Tennis elbow?	Damage to the tendon on the outside of the elbow	
What is Golfers elbow?	Damage to the tendon on the inside of the elbow	
What are abrasions?	Damages to the skin as it rubs against a rough surface	
When would you use RICE and what does it stand for?	<p>Treating minor injuries strains and sprains</p> <p>Rest</p> <p>Ice</p> <p>Compression</p> <p>Elevation</p>	
List the different Performance Enhancing Drugs (PED's)	<p>Anabolic Steroids</p> <p>Beta Blockers</p> <p>Diuretics</p> <p>Narcotic Analgesics</p> <p>Peptide Hormones (Erythropoietin)</p> <p>Peptide Hormones (Growth Hormones)</p> <p>Stimulants</p> <p>Blood Doping</p>	
What are the negative effects of Anabolic Steroids on performance?	<p>Increase aggression</p> <p>Liver damage</p>	
What are the Positive effects of Anabolic Steroids on performance	<p>Increase muscle mass</p> <p>Train harder for longer</p>	
What are the negative effects of Beta Blockers on performance?	<p>Depression</p> <p>Low Blood Pressure</p>	
What are the Positive effects of Beta Blockers on performance?	<p>Calms Nerves</p> <p>Slows Heart Rate</p>	

What are the negative effects of Diuretics on performance?	Dehydration Kidney Damage	
What are the Positive effects of Diuretics on performance?	Mask the presence of other drugs Weight loss	
What are the negative effects of Narcotic Analgesics on performance?	Make injury worse Poor concentration levels	
What are the Positive effects of Narcotic Analgesics on performance?	Masks pain so you can continue to train allowing adaptations to take place	
What are the negative effects of Peptide Hormones (EPO) on performance?	Thicker blood Heart disease	
What are the positive effects of Peptide Hormones (EPO) on performance?	Increased red blood cells Increases oxygen carrying capacity	
What are the negative effects of Peptide Hormones (Growth Hormone) on performance?	Diabetes Heart disease	
What are the positive effects of Peptide Hormones (Growth Hormone) on performance?	Increased muscle mass Increased strength	
What are the Negative effects of Stimulants on performance?	Anxiety Aggression	
What are the positive effects of Stimulants on performance?	Increases alertness Increased heart rate	
What are the Negative effects of Blood Doping on performance?	Kidney damage Heart failure as the blood is thicker	
What are the Positive effects of Blood Doping on performance?	Increases red blood cell count so you can carry and deliver more oxygen to working muscles. Improves cardiovascular fitness (aerobic endurance)	
What reasons do people take performance enhancing drugs?	Pressure to win Want to be the best Improve performance or get an advantage	
What are the positive effects of taking drugs on performer's lifestyle?	Increase chance of winning so you will become famous and get other rewards like sponsorship deals	
What are the negative effects of taking drugs on the performer's lifestyle?	It is cheating and you would lose sponsorship. It gives you an unfair advantage as your body is better suited to the event or sport	
What are the 3 phases of a warm up?	Pulse raiser Stretches Skill specific practice	
What are the 2 phases of a cool down?	Gentle exercise getting easier in intensity Stretching muscles	

Topic	Sport Psychology (Paper 2)	
Question	Answer	Mastered
What is an open skill?	A skill performed in a changing environment, where the performer must adjust and react to the situation.	
What is a closed Skill?	A skill is performed in a stable environment, where the performer does not need to react to the situation.	
What is a Basic (Simple) Skill?	Skill has repeated actions which require little thought	

What is a complex skill?	Skill has many stimuli to process and many decision to make	
What is a low organised skill?	A skill that can be broken down into different parts and practiced separately	
What is a high organised skill?	A skill that cannot be broken down and practiced separately	
What is Massed Practice?	No rest between trials. Massed is best for developing simple or closed skills.	
What is Fixed Practice?	Repeatedly practicing a whole skill within a training session. Best for developing closed skills as the player can perfect the movements	
What is distributed practice?	Intervals between skill practices in a training session rest of mental rehearsal. Best for developing open skills	
What is variable practice?	A training session that includes frequent changes of tasks so the skill can be performed in different situations. Best for developing open skills.	
What does SMART stand for?	Specific Measurable Achievable Realistic Time bound	
What are the 4 types of guidance?	Visual Verbal Manual Mechanical	
Explain visual guidance?	The performer watches the skill. It could be a demonstration or a video and could be used with beginners as they can see how the skill should look.	
Explain Verbal Guidance?	The performer is told how to perform the skill and it could be used with beginners or experienced players. Beginners can listen to basic instructions, like where to stand when receiving a serve in badminton, whereas experienced players can listen to advanced tactics, like different defensive formations in basketball.	
Explain Manual Guidance?	The coach physically supports the athlete to learn the skill. Manual could be used for beginners as they know the correct position and feel safe	
Explain Mechanical Guidance?	Involves the use of a device to support the performer, like a harness in trampolining, and could be used with beginners as they know the correct position and feel safe.	
What are the 4 types of feedback?	Intrinsic Extrinsic Concurrent Terminal	
Explain intrinsic Feedback giving an example?	From the performer as they review their own performance. E.g. the shot felt good	
Explain extrinsic Feedback giving an example?	Feedback from outside the performer, teacher, coach, parent. E.g. keep your elbow straight when bowling the cricket ball.	

Explain Concurrent Feedback giving an example?	Given at the time of performance. During the match coach saying great tackle	
Explain Terminal feedback giving an example?	Given after the skill has been completed. E.g. next time hold the ball longer before making the pass.	
Imagery is a mental preparation for performance why is this a good strategy?	Blocks out distractions Increases confidence Help performer to relax Controls stress when feeling anxious	

Topic	Socio- Cultural influences (Paper 2)	
Question	Answer	Mastered
There are 5 personal factors that can impact participation rates in physical activity and sport what are they?	Gender Age Socio-economic group Ethnicity Disability	
How can Commercialisation impact media?	Media will advertise products which increases sales	
How can media impact physical activity and sport?	Increases the profile of a sport by showing it on television which increases awareness. Providing funding or investment which can develop grassroots sport to allow more people to participate.	
How can commercialisation can impact physical activity and sport by?	Breaks are provided in play so sponsors can advertise their products Different competitions have been introduced, for example T20 in cricket to increase interest and sales	
What are the advantages of commercialisation and the media on the sponsor?	Media will advertise their products so sales will increase	
What are the disadvantages of commercialisation and the media on the sponsor?	The performer behaves poorly and its shown on TV so the sponsor's reputation could be damaged.	
What are the advantages of commercialisation and the media on the sport?	Increased money in the sport so you can train more coaches	
What are the disadvantages of commercialisation and the media on the sport?	Some sports gets lots of coverage whilst others gets less so prize money is different.	
What are the advantages of commercialisation and the media on the player or team?	Increased income so they can buy more equipment which may increase the quality of their performance.	
What are the disadvantages of commercialisation and the media on the player or team?	Sponsored by unsuitable company, for example cigarettes, so it may increase the chance of people smoking which could lead to lung cancer.	
What are the advantages of commercialisation and the media on the spectator?	Increased opportunity to watch live sports and lower profile activities are watched by more people	
What are the disadvantages of commercialisation and the media on the spectator?	Many tickets or TV packages might be too much for some to afford so they cannot support their team.	
Explain the term sportsmanship?	Following the spirit of the game, for example shaking hands at the start of a rugby match or stopping if someone is injured in football.	

Explain the term gamesmanship	Bending the rules/laws of a sport without actually breaking them, for example diving in football.	
Explain the term Deviance?	Behaviour that goes against the moral values or laws of the sport.	
Explain negative deviance	Goes against the values of sport and society, for example taking [performance enhancing drugs.	
Explain Positive deviance	Committing to too much to the spirit of the sport, for example, training hard with an injury.	

Topic	Health Fitness and Well-Being(Paper 2)	
Question	Answer	Mastered
What are the benefits of increased fitness on Health?	<p>Improves cardiovascular Fitness (heart is more efficient do not fatigue as quickly so can work for longer)</p> <p>Decreased risk of illness and disease (reduce risk if Coronary heart disease, reduces risk of diabetes and obesity)</p> <p>Relieves stress (by taking mind of problems)</p> <p>Feel good factor (release of serotonin)</p> <p>Increases self-confidence or self-esteem ( through success or improved performance in sport)</p> <p>Make new friends (increased social communication skills)</p> <p>Less lonely</p> <p>Felling part of a group (share common interest and experiences)</p>	
What are the positive impacts of fitness on well-being?	<p>Reduces blood pressure</p> <p>Reduces resting heart rate</p> <p>Less likely to suffer a stroke</p> <p>Less likely to suffer a heart attack</p> <p>Helps weight control</p> <p>Less likely to become obese</p> <p>Develops stronger bones</p> <p>Less likely to suffer from osteoporosis</p> <p>Less likely to be off work or school with illness</p>	
What are the negative impacts of fitness on well-being?	<p>Increased risk of overuse injuries from overtraining</p> <p>Time off to recover could lead to emotional issues</p> <p>Pressure of competing could increase stress</p> <p>Could lead to obsession with body shape</p>	
What positive impact does the lifestyle choice of diet have on Health, Well-being, fitness and performance?	<p>Positive energy</p> <p>Fights colds / viruses</p> <p>Aids muscle growth and recovery</p>	
What negative impact does the lifestyle choice of diet have on Health, Well-being, fitness and performance?	<p>Build up in cholesterol</p> <p>Poor immune system</p> <p>Lack of energy</p> <p>Increased injury risk</p>	
What effect on health does diet have?	Too much saturated fat could increase risk of Coronary Heart Disease as bad cholesterol builds	

	up which increases blood pressure. Also if you eat too much you could become obese.	
What positive impact does the lifestyle choice of activity levels have on Health, Well-being, fitness and performance?	Increase health, well-being and fitness	
What negative impact does the lifestyle choice of activity levels have on Health, Well-being, fitness and performance?	Weight gain Loss of fitness	
What effect on health does activity levels have?	Being unable to train regularly due to loss in fitness could impact physical, emotional and social health.	
What positive impact does the lifestyle choice of work /rest/sleep have on Health, Well-being, fitness and performance?	Rest allows adaptations to occur, for example muscle growth and repair Rest allows energy stores to be replenished Sleep improves concentration levels	
What positive impact does the lifestyle choice of work /rest/sleep have on Health, Well-being, fitness and performance?	Fatigue Lack of recovery Lack of concentration	
What effect on health does work / rest/ sleep have?	Increased risk of injuries	
What negative impact does the lifestyle choice of alcohol have on Health, Well-being, fitness and performance?	Slows decision making Liver damage Weakens immune system Dehydration	
What effect on health does alcohol have?	Could cause dehydration, causing loss of concentration due to headaches	
What negative impact does the lifestyle choice of smoking have on Health, Well-being, fitness and performance?	Reduced lung capacity (shortness of breath) Heart disease Increased blood pressure	
What effect on health does smoking have?	Increased risk of lung cancer and bronchitis, as chemicals in smoke damage cells in the lungs	
Define the term sedentary lifestyle?	Little or no physical activity	
Define the term overweight?	Having weight in excess of normal (not harmful unless accompanied by overfatness)	
Define the term Overfat?	Having body fat in excess of normal	
Define the term Obese?	Abnormal or excessive fat	
What are the long term health risks of a sedentary lifestyle?	Osteoporosis Coronary heart disease (CHD) High Blood Pressure Diabetes Depression Loss of muscle tone Poor posture Negative impact on components of fitness, for example, reduced flexibility	
A typical diet should contain what percentage of Carbohydrates?	55-60%	
A typical diet should contain what percentage of Fat?	25-30%	
A typical diet should contain what percentage of Protein?	15-20%	
Which components of diet are classed as Macronutrients?	Carbohydrates Fats	

	Protein	
What is the role of Carbohydrates and give an example of a carbohydrate?	Provides short term energy pasta, rice, bread	
What is the role of Fats and give an example of a Fat?	Provides long term energy Cheese, nuts	
What is the role of Protein and give an example of a Protein?	Muscle Growth and repair Meat, Eggs	
Which components of diet are classed as Micronutrients?	Minerals Vitamins Fibre Water	
What is the role of Minerals and give an example of a Minerals?	Help body grow and stay healthy Calcium needed for strong teeth and bones	
What is the role of Vitamins and give an example of a Vitamins?	Help your body work the way it should do Vitamin D (sun) helps absorption of calcium	
What is the role of Fibre and give an example of a Fibre?	Aids digestion Wheat's	
What is the role of Water?	Prevents dehydration	
What is Carboloadng?	Used by endurance athletes to increase glycogen stores (energy) in muscle and liver.	
How do you Carboload?	Increase carbohydrate intake one week to three days before an event.	
What benefit does Carboloadng have?	Increased energy stores, so an endurance athlete would be able to run faster for longer	
Why to power athletes use protein intake?	Take protein immediately after exercise to increase muscle growth, repair micro tears in muscles so they heal stronger.	
What are the 4 factors that affect optimum weight?	Sex Height Bone structure Muscle Girth	
What do we mean by the term Energy Balance?	Energy balance is the basis of weight control for body weight to remain the same, energy input, from food, must equal energy output,	
A balanced weight means you are?	Healthy	
A diet where weight loss involved could result in?	Anorexia	
A diet that involves weight gain could result in?	Diabetes Coronary Heart disease Obesity	
Why is it important to be hydrated in sport?	If it is hot or your event is long it is vital that all sweat you lose is replaced by drinking lots of water. If you are dehydrated it can negatively impact your performance.	
Hoe can dehydration negatively impact your performance?	Increasing body temperature so you could overheat during the event and faint Causing your muscles to fatigue more quickly which could cause cramps Increasing heart rate so the heart must work harder to supply oxygen to the muscles Making blood thicker (viscous) which means less oxygen will be sent to working muscles so it will be harder to remove waste products	