

Year 7 – BTEC Sport – Knowledge Questions

Healthy active lifestyles - Key knowledge questions

Exercise and Diet

- 1) What are the 5 rules of a healthy lifestyle?
- 2) How much exercise should we perform a day?
- 3) Outline three effects of exercise on the body and mind?
- 4) Identify the five food groups?
- 5) Outline the purpose of each food group?
- 6) Describe what a balanced diet consists of?

Sleep and Hydration

- 1) How much sleep should you have per day?
- 2) Why is sleep important?
- 3) What could you do to improve your sleep?
- 4) How much water should you have per day?
- 5) Why is keeping hydrated important?
- 6) How do we check if we are hydrated?
- 7) Identify 3 effects that energy drinks can have on our body.
- 8) What ingredients cause these effects to happen?

Short term effects of exercise

- 1) Identify 5 short term effects of exercise?
- 2) Why does a person's breathing rate change during exercise?
- 3) What is breathing rate measured in?
- 4) Why does our body temperature increase during exercise?
- 5) How does our body remain at a constant temperature?
- 6) What does thermoregulation mean?
- 7) When is lactic acid produced?
- 8) What can we do to remove lactic acid after performing?
- 9) What type of performers are most likely to get lactic acid?
- 10) Why does our heart rate increase during exercise?
- 11) What hormone increase our heart rate?
- 12) What is vascular shunting?
- 13) Why does vascular shunting allow a performer to exercise for longer?

Sugar and Fat

- 1) What is the recommended daily intake of sugar?
- 2) What provides most of the sugar intake for young people?
- 3) Outline the problems too much sugar can cause?
- 4) What have the government brought in to reduce the amount of sugar in foods and drinks?
- 5) What are the two different types of fat?
- 6) Outline the differences between each type of fat.

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Calories

- 1) What is the daily calories intake for a male and female
- 2) 2 What are calories
- 3) Why does a person's lifestyle affect how many calories they should have?
- 4) How does calories intake affect our weight?
- 5) Why would athletes need to have more calories in their diet?

Rules and Regulations – Knowledge Questions

- 1) What is a rule?
- 2) What is a regulation?
- 3) What is an official?
- 4) What are the rules of _____?
- 5) What are the regulations of _____?
- 6) What officials are there in _____?

Musculoskeletal system – Knowledge Questions

- 1) What are the 3 bones in your arm?
- 2) What are the 3 bones in your leg?
- 3) What bone protects the brain?
- 4) What bones protect the heart and lungs?
- 5) What is a joint?
- 6) What do tendons connect?
- 7) What do ligaments connect?
- 8) What are the articulating bones at the hip joint?
- 9) What are the 2 muscles in your upper arm?
- 10) What are the 2 muscles in your upper leg?
- 11) What is an antagonistic muscle pair?
- 12) What happens to a muscle when it contracts?
- 13) What happens to a muscle when it relaxes?
- 14) What are the 3 main antagonistic muscle pairs?
- 15) What are the 4 main functions of the musculoskeletal system?
- 16) What are the 3 blood cells called?

Injuries – Knowledge Questions

- 1) What are the 3 common injuries?
- 2) What are the 4 complex injuries?
- 3) What is a joint?
- 4) What do ligaments connect?
- 5) What do tendons connect?
- 6) What are the symptoms of a _____?
- 7) What are the 3 types of fracture?

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- 8) What does PRICE stand for?
- 9) What does SMART stand for when setting goals?

Celebrating Leicester – Knowledge Questions

Sport in Leicester

- 1) What are two successful sports team in Leicester?
- 2) How can sport have a positive impact on the identity of our city?
- 3) How can sport have a positive impact on participation?
- 4) What ways can sport generate more money in our city?
- 5) What are the four categories/groups that receive extra funding?
- 6) Why do these groups receive extra funding?

Racial equality in Sport

1. Identify 2 issues around race and discrimination in sport
2. Why do sports performers take the knee?
3. What does the term 'race' mean?
4. Give one example how sport can influence race and discrimination in a positive way
5. Give one example how sport can influence race and discrimination in a negative way
6. What should you do if you experience, or are a witness to a racist incident?
7. What is the difference between conscious and unconscious bias?