

Year 8 – BTEC Sport – Knowledge Questions

Nutrition - Knowledge Questions

Carbohydrates

1. What percentage of calorie intake should carbohydrates be?
2. What are the two main types of carbohydrates?
3. What are simple carbohydrates?
4. What type of energy do simple carbohydrates provide?
5. What are complex carbohydrates?
6. What type of energy do complex carbohydrates provide?
7. What type of energy do complex carbohydrates provide?
8. What health problems can occur from eating excess carbohydrates?
9. When excess carbohydrates are eaten, what are they stored as?

Fibre

1. What is fibre?
2. What happens to the body when we eat fibre?
3. What is the main function of fibre?
4. When should you eat fibre?

Fats

1. What is the recommended daily calorie intake for men and women?
2. What percentage of a persons diet should be fats?
3. What are the two types of fats?
4. Which fats are bad for you?
5. Identify a main food source of each type of fats?
6. What is the function of unsaturated fat?
7. What is cholesterol?
8. What can be caused as a result of high cholesterol?
9. What happens if unsaturated fats are the only energy source?

Protein

1. What percentage of your diet should protein be?
2. What is protein made up of?
3. What are the two types of amino acids?
4. What foods are high in protein?
5. Why is protein important for the body?
6. When should protein be eaten?
7. What is protein?
8. What percentage of your diet should protein be?
9. What foods are high in protein?
10. What are the two types of protein?
11. What are the functions of protein?

Calories

1. What are calories?
2. Where do calories come from?
3. What is the recommended daily calorie intake for men and women?

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4. How is nutrition information displayed on food packaging?
5. How is an athlete's calorie intake different to a regular person's?
6. How do we burn off calories?
7. What happens if we consume (take in) too many Calories?
8. How is an athlete's calorie intake different to a regular person's?
9. Why do different sports require different meal plans?
10. What considerations do people of different faith have in terms of nutrition?

Components of Fitness, Methods of Training and Fitness testing – Knowledge Questions

1. What is aerobic endurance?
2. How do you test aerobic endurance?
3. What methods of training improve an athlete's aerobic endurance?
4. What is muscular endurance?
5. How do you test muscular endurance?
6. What methods of training improve an athlete's muscular endurance?
7. What is muscular strength?
8. How do you test muscular strength?
9. What methods of training improve an athlete's muscular strength?
10. What is speed?
11. How do you test speed?
12. What methods of training improve an athlete's speed?
13. What is flexibility?
14. How do you test flexibility?
15. What methods of training improve an athlete's flexibility?
16. What is power?
17. How do you test power?
18. What methods of training improve an athlete's power?
19. What does F.I.T.T. stand for?

Benefits of Exercise and Barriers to Participation - Knowledge Questions

1. Identify two physical benefits of exercise.
2. Identify two mental benefits of exercise.
3. Identify two social benefits of exercise.
4. What are the different age groups?
5. What benefits are important to a child?
6. What benefits are important to a teenager?
7. What benefits are important to an adult?
8. What benefits are important to an elderly person?
9. What does the phrase "**barrier to exercise**" mean?
10. Identify 3 barriers to exercise.
11. Why might **cost** be a barrier?
12. Why might **access** be a barrier?

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13. Why might **time** be a barrier?
14. What **cultural barriers** could they be?
15. What could you do to address the barriers to exercise?

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?

Leadership - Knowledge Questions

1. What is a leader?
2. What are the 2 forms of communication?
3. How do you show active listening?
4. What does SMART stand for when setting targets?
5. What do you need knowledge of when you are a leader?
6. What are the 3 components/parts to a PE lesson?
7. What re the 2 personality types?
8. What are the 3 leadership styles?
9. What are the 2 types of motivation?