

GCSE PE – Paper 2

Energy:

Measured in calories
Men – 2500 per day
Female 2000 per day

Factors effecting calorie consumed/required:

Gender
Height
Age
Amount of activity

Water

Dehydration – Excessive loss of body water interrupting the function of the body

Hydration – having enough water (water balance) to enable normal functioning of the body

Rehydration – Consuming water to restore hydration

Effects of dehydration

Blood thickens (known as increased viscosity) – slows blood flow around the body

Heart rate increases

Increase in body temperature

Reaction times slow down

Fatigue occurs quicker

Reasons for balanced diet:

To maintain body weight
To have the nutrients/energy required to take part in physical activity
Nutrients required for growth and hydration

Balanced diet

55-60% carbohydrates (preferred energy source – moderate to high intensity)
20-30% fat (energy used for low intensity exercise)
15-20% protein (growth and repair of muscle)

Carbohydrates – pasta, potatoes, rice
Fats – oils, butter, nuts, milk
Protein – meat, fish, milk

Etiquette :The unwritten rules concerning player behaviour'

Sportsmanship: Appropriate, polite and fair behaviour while participating in a sporting event (good etiquette) e.g. shaking hands after a game

Gamesmanship: The use of dubious methods, that are not strictly illegal, to gain an advantage (poor etiquette) e.g. timewasting

PROBLEM!

COST!

'Home team' advantage

Positives

Familiar surroundings for the players
Home team support/positive atmosphere

Negatives

Added pressure because of the 'expectancy' to win

Reasons for 'hooliganism'

Alcohol
Rivalry
Media hype from previous fixtures between teams
Gang mentality/masculinity
+ being 'part' of a group
Poor refereeing decisions

Combating 'hooliganism'

- CCTV
- Improved level of policing and stewarding
- Segregation of fans
- Alcohol bans
- Early kick offs
- Prevention of known hooligans (banning orders, removal of passports)
- Punishing teams (playing behind 'closed' doors, removing teams from competitions)
- Building all seating stadiums
- Campaigns – 'Kick racism out of football' etc.

Performance enhancing drugs (PED's)

Stimulants – increase alertness and decrease reaction time e.g. 100m

Narcotics Analgesics – numb pain when carrying injuries e.g. any activity

Anabolic agents – Build muscle mass, increase strength e.g. weight training

Peptide Hormones (EPO) – Increase the amount of red blood cells – increase the ability to carry oxygen to the muscles e.g. marathon running

Diuretics – Remove excess water from the body – used for rapid weight loss e.g. jockey in horse racing

Blood doping – Increase the amount of red blood cells by removing blood and 'replacing' once the body has made up for the lost blood e.g. marathon running

Beta blockers – lowers heart rate and muscle tension, blood pressure – helps remain 'calm' e.g. archery, shooting