

Unit 2 Summer Independent Learning:

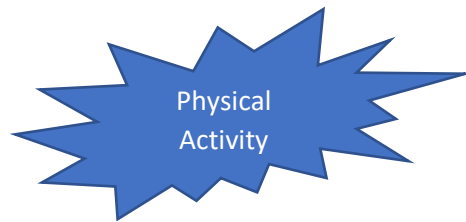
Task 1:

Produce an A4 poster either handwritten or on computer describing the following 6 lifestyle factors (6 posters in total):


- Physical activity
- Sedentary lifestyle
- Stress
- Smoking
- Sleep
- Alcohol


*Include:

1. Recommended Government guidelines to any of the above factors that are relevant (e.g. what is the recommended limit on alcohol per week?).
2. Positive effects of any of the above (there aren't positives for all of them) (e.g. what are the positive effects of getting the right amount of sleep?).
3. Negative impacts of any of the above (there aren't negatives for all of them) (e.g. what are the negative effects of smoking?).
4. Make sure everything is explained in detail. Fill all the space across your 6 posters.
5. Use diagrams (e.g. to show the diseases caused by smoking and the harmful effects they can have).




Sedentary
Lifestyle

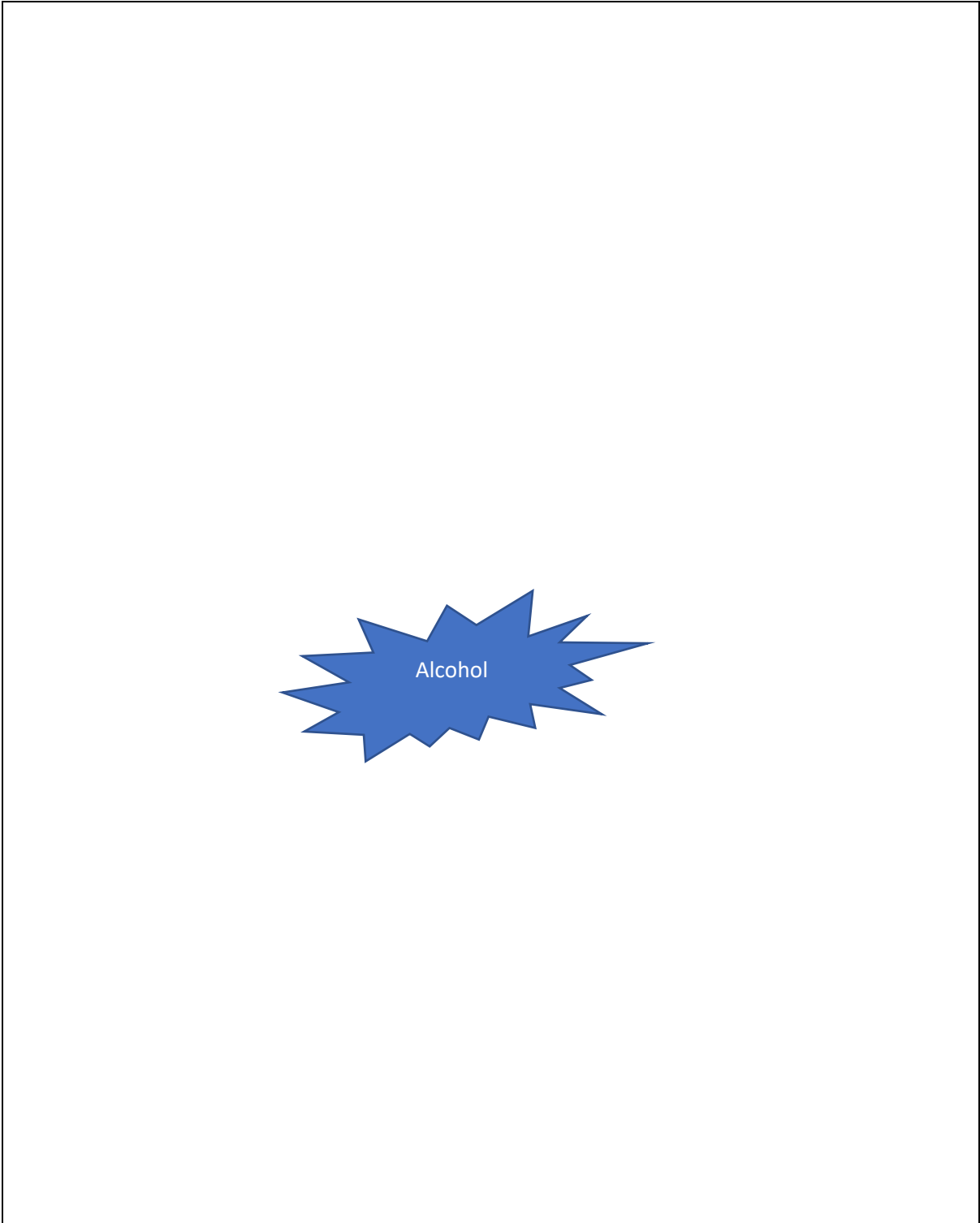
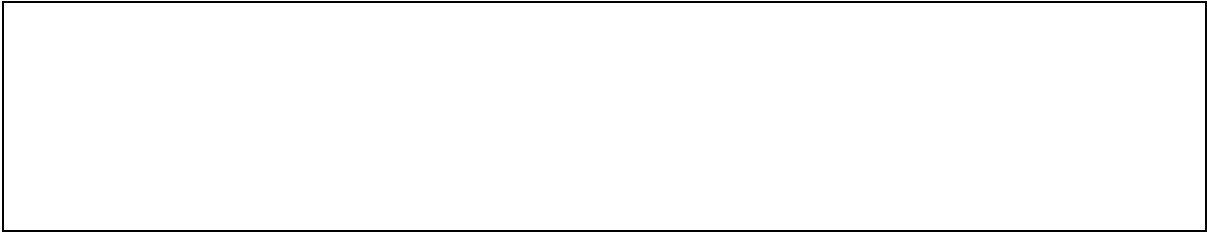




Smoking



Sleep



Task 2:

Design a blank PARQ (Physical Activity Readiness Questionnaire) / a Health Screening Questionnaire. Then get a parent to fill this in!!

***Include a minimum of 5 questions on the following sections:**

- Personal Details (e.g name / age / height / weight / etc...)
- Physical Activity Levels (e.g. past / current / future?)
- Nutritional Status (5 a day / daily calorie intake / water intake etc...)
- Lifestyle Factors (smoking / drugs / alcohol / travel via car, bus, walk?)
- Sporting Goals (short, long and medium term goals for exercise & lifestyle)
- Consent Section (only need name, signature and date)

***Make sure you also...**

- Use full sentences.
- Use question marks where you are asking a question.
- Use a range of answer / response methods:
 - E.g. Written answers
 - E.g. Tick boxes
 - E.g. Rank on a 1-10 scale
 - Etc...
- Spell check and re-read to make sure it is understandable.
- Make it look professional.

Task 3:

Produce a PPT presentation outlining how to perform the following 5 health screening tests:

- Resting Blood Pressure
- Resting Heart Rate
- BMI
- Waist to Hip Ratio
- Lung Function (Peak Flow)

***Include:**

- Diagram of each test
- Description of how to administer each test and list of equipment
- Normative data table for expected results of males and females for each test

If you are struggling for ideas then use: www.brianmac.co.uk to help you

Task 4:

Research the following lifestyle modification techniques. Make notes on this page about how they work, what is good / bad about them etc...

1. NHS Stop Smoking Service:

2. Nicotine Replacement Therapy:

3. Positive-Self Talk:

4. Relaxation:

5. Self-Help Groups:

6. Counselling:

7. Exercise:

8. Timings of Meals:

9. Balanced Diet:

Task 5:

EXAM QUESTION CASE STUDY:

Ross is a 35 year old male. He does no exercise each week, smokes 5 cigarettes a day, drinks 15 units of alcohol per week, has a stressful job and is only getting 5 hours of sleep per night.

Suggest **one different lifestyle modification technique** that Ross could do to improve **each lifestyle factor** mentioned in the case study. You will be awarded 1 mark for **identifying the name of the strategy** and 1 mark for **explaining how Ross will apply it to his lifestyle**

(10 marks)
