

Physical, emotional & social health and fitness & well-being



UNTAMED
EDUCATION

3.2.3 Health, fitness and well-being

Physical

Social

Mental

Well-being

Physical, emotional and social health, fitness and well-being

Health

Emotional

Lifestyle

Fitness



1. Health

“Health is a state of complete physical, mental and social well-being”

—World Health Organisation (WHO)

To understand this definition we need to consider the following:

- ▶ **Physical well-being.**
- ▶ **Mental well-being.**
- ▶ **Social well-being.**
- ▶ **Health and Fitness.**



2. Physical well-being

Physical activity has physical health and well-being effects:

- ▶ All their **body systems** work well.
- ▶ Improved **heart** function.
- ▶ Reduced risk of injuries and illnesses.
- ▶ They are able to carry out **everyday** physical tasks.
- ▶ Avoid obesity.

Being physically well can help performance in the following ways:

- ▶ All **body systems work well.**
- ▶ Efficient gas exchange at the lungs.
- ▶ Heart delivers oxygen and nutrients to the working muscles.
- ▶ Circulatory system regulates the temperature.
- ▶ Free from **illness** so they can continue to train.
- ▶ Free from **injury**.





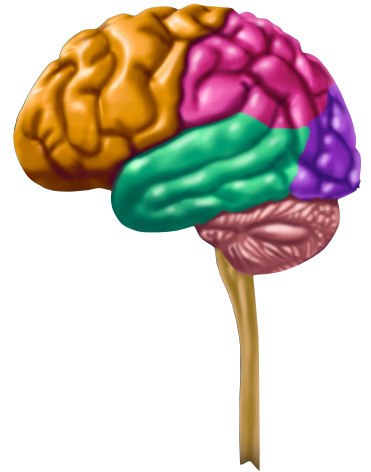
3. Mental well-being

People who are mentally well display the following:

- ▶ They are able to **cope** with stress.
- ▶ They can **control** their emotions.
- ▶ They feel good and **confident** about themselves.

Poor mental well-being may affect performance in the following ways:

- ▶ When situations go against them they can become **emotional**.
- ▶ Being **unhappy** can cause poor performance.
- ▶ Poor **sleep** patterns result in higher fatigue.
- ▶ Low **confidence** means they are less inclined to be creative and take risks.
- ▶ Low **concentration** and alertness makes mistakes more likely.
- ▶ Low **motivation**.



4. Social well-being

People who are socially well display the following:

- ▶ They have **essential human needs** such as clothing, food and shelter.
- ▶ They have **friendship** and support.
- ▶ They can mix with others.
- ▶ They have some **value** in society.

Being socially well can help performance in the following ways:

- ▶ Able to form good **friendships** with team mates.
- ▶ They have friendship and support so the athlete is able to focus on their performance.
- ▶ They feel valued in society so **feel** confident.
- ▶ They develop social skills such as co-operation.
- ▶ Provides social **activities**.





5. Healthy checklist

- ▶ To be healthy and fit a person needs the following:
 - ▶ A healthy **lifestyle**.
 - ▶ A balanced **diet**.
 - ▶ Regular **exercise**.
 - ▶ Avoid drugs, smoking, alcohol and pollution.
 - ▶ **Sleep**.
 - ▶ Enjoyment and **fun**.
 - ▶ Good personal **hygiene**.



6. Fitness

“Fitness is the ability to meet the demands of the environment.”

Physical activity:

- ▶ improves **fitness**.
- ▶ reduces the chance of **injury**.
- ▶ can increase your physical ability to work.

