

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



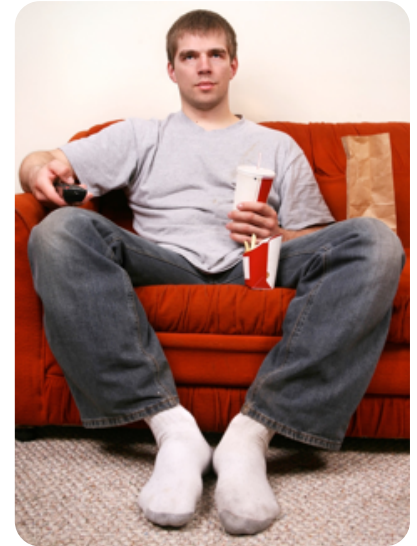
1. Ethical conduct

“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:

- ▶ _____ well-being.
- ▶ _____ well-being.
- ▶ _____ well-being.
- ▶ _____ and _____.



2. Physical well-being

Physical activity has physical health and well-being effects:

- ▶ All their _____ **systems** work well.
- ▶ Improved _____ 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 _____ so they can continue to train.
- ▶ Free from _____.





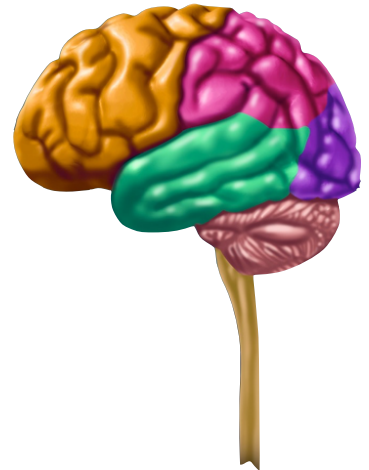
3. Mental well-being

People who are mentally well display the following:

- ▶ They are able to _____ with stress.
- ▶ They can _____ their emotions.
- ▶ They feel good and _____ about themselves.

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

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



4. Social well-being

People who are socially well display the following:

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

Being socially well can help performance in the following ways:

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





5. Healthy checklist

► To be healthy and fit a person needs the following:

- A healthy _____.
- A balanced _____.
- Regular _____.
- Avoid drugs, smoking, alcohol and pollution.
- _____.
- Enjoyment and _____.
- Good personal _____.



6. Fitness

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

Physical activity:

- improves _____.
- reduces the chance of _____.
- can increase your physical ability to work.

