



# Physical Education

RAYNES  
PARK SIXTH FORM

## Discursive Writing Assignment

Health and lifestyle  
modification



# Health and lifestyle modification

The health and fitness industry is concerned with helping to support clients to increase their fitness levels and also ensuring a client is in appropriate health to take on a fitness programme. To work in the health and fitness industry, staff need to know how to assess clients and then be able to plan appropriate training programmes to take into account individual needs.

In this writing project, you are taking on the role of a fitness coach and will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being.



# Task 1 - Positive lifestyle factors and their effects on health and well-being

Before you begin, you must have a clear idea of what is meant by the term 'Health' and understand what positive lifestyle factors are, and the impact they have on our health.

Carry out your own investigation by completing the tasks below. You will need to make a note of the websites, articles, videos and resources you use to do this on the research record (1) on page 6. *(Note: There is an example for the first task for you on the sheet)*

- **What is meant by the term Health?**

Evidence suggests that to lead a healthy lifestyle you must follow a balanced diet and participating in regular physical activity.

- **What are the physical benefits to exercising? What are the psychological benefits?** *(This could be done as mindmaps on the next page)*
- **What is a Balanced diet? (Hint: research eatwell plate). What are the benefits of a healthy diet? Name as many as you can.** *(This could be a mindmap on the next page)*
- **What are the current government (UK) recommendations/guidelines for physical activity and healthy eating?**





# Research Record (1)

	Title of book, website, article video etc	Summary of the information learnt:
1	What is Health? <a href="https://8fit.com/lifestyle/the-world-health-organization-definition-of-health/">https://8fit.com/lifestyle/the-world-health-organization-definition-of-health/</a>	
2		
3		
4		
5		
6		
7		

# Task 2 – Negative lifestyle factors and their effects on health and well-being

As an introduction to the task please watch each of the videos.

What is Cancer? [https://www.youtube.com/watch?v=SGaQ0WwZ\\_0I](https://www.youtube.com/watch?v=SGaQ0WwZ_0I)

What is Coronary Heart Disease? <https://www.youtube.com/watch?v=fu0TEMNrfgs>

What is types 2 diabetes? <https://www.youtube.com/watch?v=nBJN7DH83HA>

The table below shows the negative factors on someone's lifestyle.

Negative factor	Possible health risks:
Smoking	CHD, lung cancer, bronchitis, infertility
Alcohol	stroke, cirrhosis, hypertension, depression
Stress	hypertension, angina, stroke, heart attack, stomach ulcers, depression
Lack of sleep	depression, overeating
Sedentary lifestyle	Obesity, type II diabetes

Carry out your own investigation and complete the tasks below. You will need to make a note of the websites, articles, videos and resources you use to do this on the research record (2) on page 10.

Describe each of the negative lifestyle factors and how it leads to each of the possible health risks.

Describing each of the health risks.

Feel free to use the next free pages to record your information.

## Task 2 - Negative lifestyle factors and their effects on health and well-being

(Notes):

Smoking	
Alcohol	
Stress	
Lack of sleep	
Sedentary lifestyle	



## Task 2 – Negative health effects

CHD	
Bronchitis	
Lung cancer	
Hypertension	
Stomach ulcers	
Obesity	
Depression	
Type II diabetes	

# Research Record (2)

	Title of book, website, article video etc	Summary of the information learnt:
1	What is Cancer? <a href="https://www.youtube.com/watch?v=SGaQ0WwZ_0I">https://www.youtube.com/watch?v=SGaQ0WwZ_0I</a>	
2	What is Coronary Heart Disease? <a href="https://www.youtube.com/watch?v=fu0TEMNrfgs">https://www.youtube.com/watch?v=fu0TEMNrfgs</a>	
3		
4		
5		
6		
7		
8		

# Task 3 - Self-reflection task

Before progressing any further, this is a good point to take a moment to reflect on your work so far, whilst you await feedback on your completed sheets you have just submitted.

1. How are you researching each of the tasks? What resources are you mostly using and why?
1. How easy have you found it to carry out your own research?
1. How disciplined have you been in filling in your research record as you go?
1. What views are you beginning to form in relation to fitness training?

## Task 4 – Lifestyle modification

Despite the strong case for keeping active, many people find it difficult to take up exercise. For some people exercise conjures up unpleasant thoughts, such as boring exercise classes, or rough competitive sports with a risk injury.

Carry out your own investigation, looking at ways in which lifestyle changes can be made by answering the following questions:

- What can you do at home?
- What can you do at work?
- What can you do in your leisure time?
- What about modes of transport?

Use the next page to input the answers to the questions above.

You will need to make a note of the websites, articles, videos and resources you use to do this on the research record (3) on page 19.

## Task 4 – Lifestyle modifications

Strategies to increase physical activity levels – At home.

Strategies to increase physical activity levels – At work.

Strategies to increase physical activity levels – Leisure time.

Strategies to increase physical activity levels – Mode of transport

## **Task 5 – Lifestyle modifications part 2**

Apart from making changes to level of physical activities some people will need to make of lifestyles changes to prevent developing dangerous diseases, which ultimately could end with them losing their life.

Over the next few pages, describe different methods that are used to combat smoking, excessive alcohol consumption and stress.

## Task 5 – Lifestyle modifications part 2

### Strategies to stop smoking

Acupuncture	
Quit kit support packs	
Nicotine replacement therapy	
NHS smoking helpline	
NHS smoking services	

## Task 5 – Lifestyle modifications part 2

### Strategies to reduce alcohol consumption

Self help groups	
Alternative treatments	
Counselling	



## Task 5 – Lifestyle modifications part 2

### Strategies to improve stress management

Assertiveness training	
Relaxation techniques	
Positive self-talk	
Goal setting	
Physical Activity	

# Research Record (3)

	Title of book, website, article video etc	Summary of the information learnt:
1		
2		
3		
4		
5		
6		
7		
8		

# Task 6 – Lifestyle write up!

## **Time to put everything together from what you have learnt!!!**

You have secured a position as an assistant community instructor at a local tennis club as part of your work experience.

You have been asked to design a presentation on general health leaflet on general health and well-being to give out as part of new members induction to the tennis club.

Your leaflet must address the following key points:

- Positive lifestyle factors
- Negative lifestyle factors
- Lifestyle modification techniques

For the information you have already researched on all three points and demonstrate you understand what each of the three points mean and how they may be applicable to tennis players at the club.

You will need to outline:

- the importance of the positive lifestyle factors and how they might benefit performance
- how the negative factors can contribute to an unhealthy lifestyle and a likely decrease in performance
- how lifestyle modification techniques may help reduce unhealthy practices.

# Lifestyle leaflet

# Lifestyle leaflet

# Task 7 - Self-reflection task

Before progressing any further, this is a good point to take a moment to reflect on your work so far, whilst you await feedback on your completed sheets you have just submitted.

1. How are you researching each of the tasks? What resources are you mostly using and why?
1. How easy have you found it to carry out your own research?
1. How disciplined have you been in filling in your research record as you go?
1. What views are you beginning to form in relation to fitness training?

# Task 8 – Health monitoring tests

Before planning a training programme for a client, you should also do some health monitoring tests. These include calculating the blood pressure, heart rate, body mass index (BMI) and waist-to-hip ratio.

It is important to follow the correct protocol when undertaking health monitoring tests. If you do a test one way and then re-do it in a different way, the results will be invalid and you will not be able to compare against normative data.

For this next piece of work you need to complete each of the following pages, for each of the health monitoring tests.

You will need to make a note of the websites, articles, videos and resources you use to do this on the research record (4) on page 30.











# Research Record (4)

	Title of books, website, video etc	Summary of the information learnt:
1		
2		
3		
4		
5		
6		
7		

# Task 9 - Self-reflection task

Before progressing any further, this is a good point to take a moment to reflect on your work so far, whilst you await feedback on your completed sheets you have just submitted.

1. How are you researching each of the tasks? What resources are you mostly using and why?
1. How easy have you found it to carry out your own research?
1. How disciplined have you been in filling in your research record as you go?
1. What views are you beginning to form in relation to fitness training?

# Task 10 - Nutrition

Sports nutrition plays a key role in optimising the beneficial effects of physical activity, whether you're a bodybuilder, professional athlete in training or exercising to improve your mental and physical health.

Making informed decisions with your nutrition and hydration can result in improved performance, injury prevention and quicker recovery but it's difficult to know where to start with so much conflicting information readily available.

Use the internet to research the task below, describe each of the following in as much detail as possible:

1. What is a balanced diet (eatwell plate)
2. What are benefits of a healthy diet?
3. Describe each of the Macronutrients (carbohydrates, fats, protein), and sources of food for each one.
4. Describe each of Micronutrients (vitamins A, B, C and D, minerals calcium, iron), and sources of food for each one.
5. Hydration (requirements of fluid intake).
6. The effects on performance of dehydration and hyperhydration and the signs and symptoms of each.

Useful links:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.gov.uk/government/publications/the-eatwell-guide>

<https://www.nutrition.org.uk/healthyliving/basics/exploring-nutrients.html>







# Research Record (5)

	Title of books, website, video etc	Summary of the information learnt:
1		
2		
3		
4		
5		
6		
7		

# Task 11 - Self-reflection task

Before progressing any further, this is a good point to take a moment to reflect on your work so far, whilst you await feedback on your completed sheets you have just submitted.

1. How are you researching each of the tasks? What resources are you mostly using and why?
1. How easy have you found it to carry out your own research?
1. How disciplined have you been in filling in your research record as you go?
1. What views are you beginning to form in relation to fitness training?

# Task 11 – What have you learnt?

You have covered areas including lifestyle factors (positive and negative), lifestyle modification strategies, health monitoring tests and nutrition.

You will now put everything you have learnt together in order to evaluate your first ever client. You will be given information on their lifestyle and be expected to write a detailed report outline the issues, your concerns for their health and what it can lead to, and how you would address all of these to improve the health of your client.

To begin with, you will be given the data in sections with questions to answer before putting everything together for your final report that should be between 1000 to 1500 words.

Use all of the research and information you have written, logged and saved to help you answer all of the questions in this section.

# The Scenario

Mr Mann is 30 years old and works 9 hours a day in an office. He does not take part in any exercise and often has to do more work when he gets home.

He catches the bus to work each day, a journey of 3 miles. He has recently noticed that he is gaining weight. He works with Miss Tibbs who exercises regularly and seems to be fitter, healthier and happier than him. Miss Tibbs suggests that Mr Mann joins her gym and trains for an aerobic endurance event.

Mr Mann decides to join the gym and takes part in a fitness assessment. As part of the fitness assessment he will be given a training programme to follow. Mr Mann has previously completed a PAR-Q form and has indicated that he has no medical conditions and is fit to take part in physical activity.

**Highlight key words and phrase about Me Mann's lifestyle that will be a factor, either positive or negative. Then answer the questions on the next page.**

From the information given in the scenario, what could some of the key lifestyle factors be? (positive and negative)?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Lifestyle factors

Mr Mann completed a questionnaire on his health review the results from below

<b>Section 4: Your lifestyle</b>
<b>Please answer the following questions to the best of your knowledge.</b>
1. How many units of alcohol do you drink in a typical week? ..... <b>29</b> .....
2. Do you smoke? ..... <b>No</b> ..... if yes, how many a day? .....
3. Do you experience stress on a daily basis? ..... <b>Yes</b> .....
If yes, what causes you stress (if you know)? ..... <b>Tight deadlines at work</b> .....
4. On average, how many hours sleep do you get per night? ..... <b>6</b> .....

What are the lifestyle factors identified in section 4? What are the effects of each one?

## Health monitoring results

Mr Mann completed the health monitoring test review the results from below.

<b>Section 5: Health monitoring tests</b>	
○ Test results	
<b>Test</b>	<b>Result</b>
Blood Pressure	135/88 mmHg
Resting Heart Rate	85 bpm
Body Mass Index	32
Waist-to-Hip Ratio	1.3

What do the results tell us about Mr Mann's health? Mention the positives and negatives.

## Nutrition

Mr Mann has provided a diary of what he ate over a two day period.

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day		12.30pm	7pm (ish)	Different times in day - normally - morning - afternoon - evening
Food intake		Ham and Cheese Baguette Packet of crisps Cake	Takeaway - fish and chips	A banana Chocolate bar Crisps
Fluid intake	Coffee x3 cups, Can of fizzy drink x2, Small bottle of water, 3 pints of beer			

  

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day		12.30pm	7pm (ish)	Different times in day - normally - morning - afternoon - evening
Food intake		Chicken Caesar Baguette Packet of crisps Chocolate bar	Takeaway - 12" Pepperoni Pizza and Garlic bread	An apple Chocolate bar Popcorn
Fluid intake	Coffee x3 cups, Can of fizzy drink x1, Small bottle of water x2, 3 pints of lager			

From the nutritional information, what is the issues with Mr Mann's diet?



## **Modifications**

What changes would you like to make to Mr Mann's lifestyle?  
How will you go about this? What strategies would you use?



## Task 12 – Feeding back to Mr Mann

### Essay plan

Now you have collated information on Mr Mann's lifestyle habits and how you in

Planning your answers is a crucial part in essay writing, yet it is the step that is often missed out by students! Get into the habit now, because a well planned essay will always be better than an unplanned one!

Paragraph	Content
Introduction	What is this report about?
1	What were your initial findings from the scenario?
2	Lifestyle factors
3	Health monitoring results? Why are some of the results and issues? What negative effects can they have on the body?
4	
5	
6	
7	

**Example**

# Task 11 - Essay plan

Paragraph	Content
Introduction	
1	
2	
3	
4	
5	
6	
7	
Conclusion	

# Task 12 - Self-reflection task

Before progressing any further, this is a good point to take a moment to reflect on your work so far, whilst you await feedback on the plan you have just submitted.

How did you decide which points to include/exclude?

What has been the main findings from your research which has led you to reach your overall conclusion?

What skills has this assignment taught you which will help you with further education (both at BTEC National and beyond)

# Task 13 - The write up!

You are now ready to write up. You the title below:

## **Evaluating Mr Mann's health and lifestyle**

Please submit your assignment to Mr Sanderson:

[jsanderson@raynespark.merton.sch.uk](mailto:jsanderson@raynespark.merton.sch.uk)