



PE.HW1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing

AQA 8582 · Calculators not allowed · about 50 minutes

Total Marks

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Name: _____ Date: ____ / ____ / ____

Answer ALL questions. Show all your working.

1 Which of the following best defines 'health'?

- ☐ A) The ability to meet the demands of the environment
- ☐ B) A state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity
- ☐ C) The amount of physical activity a person does each week
- ☐ D) A person's measured level of cardiovascular fitness

(Total for Question 1 is 1 mark)

2 State what is meant by each of the following terms.

(a) Physical wellbeing. (1)

(b) Emotional wellbeing. (1)

(c) Social wellbeing. (1)

(Total for Question 2 is 3 marks)

3 Health and fitness are related but different concepts.

(a) State the difference between health and fitness. (2)

(b) Using an example, explain how a performer could be described as 'fit' without being fully 'healthy'. (2)

(Total for Question 3 is 4 marks)

4 State two physical health benefits of taking part in regular physical activity.

(Total for Question 4 is 2 marks)

5 Which of the following is the best example of an emotional wellbeing benefit of physical activity?

- ☐ A) Improved cardiovascular fitness
- ☐ B) Reduced stress and improved mood
- ☐ C) Meeting new friends through a club
- ☐ D) Stronger bones and muscles

(Total for Question 5 is 1 mark)

6 Explain how joining a local sports club could benefit a performer's social wellbeing.

(Total for Question 6 is 2 marks)

- 7** Kwame has just joined an after-school five-a-side football club having previously not taken part in any club activity.

Identify one physical, one emotional and one social benefit Kwame might experience from regularly attending the club.

(Total for Question 7 is 3 marks)

- 8** Explain, using a sporting example, why a coach might consider a performer's emotional and social wellbeing, not just their physical fitness, when planning their training.

(Total for Question 8 is 3 marks)

- 9** State two examples of how taking part in team sport specifically, rather than an individual non-contact sport, could support a performer's social wellbeing.

(Total for Question 9 is 2 marks)

- 10** State two emotional benefits of taking part in regular physical activity.

(Total for Question 10 is 2 marks)

- 11** Which of the following is most likely to be an example of a social benefit of physical activity?

- ☐ A) Falling asleep more easily after an active day
- ☐ B) A lower resting heart rate after months of training
- ☐ C) Feeling part of a team after joining a weekly netball session
- ☐ D) Increased flexibility from regular stretching

(Total for Question 11 is 1 mark)

- 12** Discuss the physical, emotional and social wellbeing benefits that regular participation in physical activity could provide, using Oliwia, a Year 10 student who has just joined her school's badminton club having not previously been part of a club, as your example, and evaluate which type of benefit is likely to matter most to a performer in her situation.

(Total for Question 12 is 9 marks)

- 13** Which term describes a person's ability to cope with the normal stresses of life and maintain a positive, stable mood?

- ☐ A) Physical health
- ☐ B) Emotional health
- ☐ C) Social health
- ☐ D) Physical fitness

(Total for Question 13 is 1 mark)

- 14** Explain one reason why improved emotional wellbeing from exercise could indirectly improve a performer's sporting performance.

(Total for Question 14 is 2 marks)

- 15** A five-a-side football team has noticed that morale has improved and fewer players are missing training since they started having a team meal together once a month.

Explain how this simple change could be improving the team's social wellbeing, and suggest why this, in turn, might benefit the team's on-pitch performance.

(Total for Question 15 is 3 marks)

- 16** State two factors, other than physical activity itself, that can affect a person's overall wellbeing.

(Total for Question 16 is 2 marks)

- 17** State one example of a physical wellbeing benefit of regular physical activity.

(Total for Question 17 is 1 mark)

- 18** Explain why a person's level of physical fitness is not, on its own, a complete measure of their overall health.

(Total for Question 18 is 3 marks)

- 19** Explain how regularly training with a coach and squad, rather than training alone, could benefit a performer's emotional wellbeing.

(Total for Question 19 is 2 marks)

20 Yusuf has started attending a weekly community table tennis session for over-60s.

(a) Suggest one social wellbeing benefit Yusuf might gain from attending. **(1)**

(b) Suggest one emotional wellbeing benefit Yusuf might gain from attending. **(1)**

(Total for Question 20 is 2 marks)

21 Which of the following best describes 'social wellbeing'?

- ☐ A) A person's ability to form and maintain positive relationships with other people
- ☐ B) A person's ability to cope with the normal stresses of life
- ☐ C) The physical condition of a person's body
- ☐ D) A person's measured level of muscular strength

(Total for Question 21 is 1 mark)

Mark scheme · PE.HW1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing

Question 1

- **B1 B**
- **Answer: B**

Question 2

- (a) **B1** the physical condition of the body, including how well the body's systems are functioning and freedom from illness or injury, oe
- (a) **Answer: The physical condition of the body, including how well the body's systems are functioning and freedom from illness or injury.**
- (b) **B1** a person's ability to cope with the normal stresses of life and to feel positive and stable in their mood, oe
- (b) **Answer: A person's ability to cope with the normal stresses of life and to feel positive and stable in their mood.**
- (c) **B1** a person's ability to form and maintain positive relationships with other people, such as friends, family or teammates, oe
- (c) **Answer: A person's ability to form and maintain positive relationships with other people, such as friends, family or teammates.**

Question 3

- (a) **B1** health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity, oe
- (a) **B1** fitness is the ability to meet the demands of the environment, i.e. the physical demands of everyday life and, for a performer, of their sport, oe
- (a) **Answer: Health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity; fitness is the ability to meet the demands of the environment, including the physical demands of everyday life and, for a performer, of their sport.**
- (b) **B1** a valid example, e.g. a footballer who trains six times a week but currently has a heavy cold or chest infection, oe
- (b) **B1** linked explanation: their fitness (ability to train and perform physically) can remain high even while an illness means they are not, at that time, fully healthy, oe
- (b) **Answer: For example, a footballer who trains six times a week but currently has a heavy cold is still very fit, since their body can cope well with the physical demands of training, but they are not fully healthy at that moment because of the illness.**

Question 4

- **B1** reduces the risk of cardiovascular disease (e.g. heart disease or stroke), oe
- **B1** strengthens the musculoskeletal system (bones and muscles), oe
- **Answer: Regular physical activity reduces the risk of cardiovascular disease, and it strengthens the musculoskeletal system (bones and muscles).**

Question 5

- **B1 B**
- **Answer: B**

Question 6

- **B1** gives an opportunity to make friends and build relationships with teammates, oe
- **B1** develops communication and teamwork skills through regular group participation, oe
- **Answer: Joining a sports club gives a performer the opportunity to make friends and build relationships with teammates, and it develops communication and teamwork skills through regular group participation.**

Question 7

- **B1** physical: improved cardiovascular endurance/fitness from regular activity, oe
- **B1** emotional: reduced stress or improved mood from regular exercise, oe
- **B1** social: making new friends or feeling part of a team, oe
- **Answer: Physical: improved cardiovascular fitness from regularly playing football. Emotional: reduced stress and improved mood. Social: making new friends and feeling part of a team.**

Question 8

- **B1** a performer's motivation and enjoyment (emotional wellbeing) affects how consistently they attend and engage with training, oe
- **B1** a supportive team environment (social wellbeing) can improve commitment and effort in training, oe
- **B1** linked conclusion: training that ignores these factors risks a performer disengaging or dropping out even if they are physically capable, oe
- **Answer: A performer's motivation and enjoyment affect how consistently they attend and engage with training, and a supportive team environment can improve their commitment and effort. Training that ignores emotional and social wellbeing risks a performer disengaging or dropping out even if they are physically capable of the training.**

Question 9

- **B1** developing teamwork and communication skills through working with others towards a shared goal, oe
- **B1** building a sense of belonging to a group or community, oe
- **Answer: Team sport can develop teamwork and communication skills through working with others towards a shared goal, and it can build a sense of belonging to a group or community.**

Question 10

- **B1** stress relief or reduced anxiety, oe
- **B1** improved mood, oe
- **Answer: Regular physical activity can provide stress relief (reduced anxiety) and an improved mood.**

Question 11

- **B1** C
- **Answer: C**

Question 12

- **Level 3 (7-9):** A detailed and coherent response that accurately explains physical, emotional and social wellbeing benefits, applies them specifically to Oliwia's situation as a newcomer to a club, and reaches a well-justified evaluative judgement about which type of benefit matters most for her. Sustained, accurate use of health and wellbeing terminology throughout.
- **Level 2 (4-6):** Some accurate coverage of physical, emotional and/or social benefits, with some application to Oliwia's situation, though coverage of all three dimensions or the evaluative judgement may be underdeveloped or one-sided. Generally correct use of terminology.
- **Level 1 (1-3):** Basic or generic statements about the benefits of physical activity with little or no specific application to Oliwia's situation and little evaluation of which benefit matters most.
- **Level 0 (0):** No relevant content.
- **Indicative content:**
 - Physical benefit: playing badminton regularly can improve Oliwia's cardiovascular endurance and muscular fitness through repeated rallies and movement around the court.
 - Physical benefit: regular participation also supports the healthy functioning of body systems more generally, e.g. the cardio-respiratory system.
 - Emotional benefit: taking up a new activity and developing a new skill can build Oliwia's confidence and sense of achievement.
 - Emotional benefit: regular activity is linked to stress relief and an improved, more stable mood.
 - Social benefit: joining a club gives Oliwia the chance to make new friends and build relationships with other members she did not previously know.
 - Social benefit: badminton doubles specifically requires communication and cooperation with a partner, which can strengthen social skills.
 - Evaluative point: because Oliwia has not previously been part of a club, the social benefits (making friends, building a support network within the club) may matter most in the short term, since a positive social experience is likely to determine whether she keeps attending, before larger physical fitness gains have had time to build up.
 - Evaluative point: over a longer period, all three dimensions are likely to become important together, since sustained emotional motivation and social support are what allow the physical benefits to accumulate through continued attendance.
 - Balanced conclusion: no single benefit type should be seen as more 'real' than the others; the judgement is about which is most likely to matter first for someone new to a club, not about which benefit is most valuable overall.

Question 13

- **B1 B**
- **Answer: B**

Question 14

- **B1** reduced stress or anxiety can improve focus and decision-making during competition, oe
- **B1** improved mood or confidence can increase a performer's motivation to train consistently, oe
- **Answer: Reduced stress and anxiety can improve a performer's focus and decision-making during competition, and improved mood or confidence can increase their motivation to train consistently.**

Question 15

- **B1** the shared meal builds relationships/friendships between teammates outside of training, oe
- **B1** this strengthens their sense of belonging to the team (social wellbeing), oe
- **B1** stronger relationships/team cohesion can improve communication and effort on the pitch, oe
- **Answer: The shared meal builds relationships between teammates outside of training, which strengthens their sense of belonging to the team. Stronger relationships and team cohesion can then improve communication and effort during matches.**

Question 16

- **B1** quality or amount of sleep, oe
- **B1** relationships with family and friends, oe
- **Answer: The quality or amount of a person's sleep, and their relationships with family and friends, can both affect overall wellbeing.**

Question 17

- **B1** improved cardiovascular fitness, or stronger muscles and bones, oe
- **Answer: Improved cardiovascular fitness.**

Question 18

- **B1** fitness only measures the ability to meet physical demands, e.g. of a sport or of everyday life, oe
- **B1** health also includes emotional wellbeing (e.g. mood, stress levels) and social wellbeing (e.g. quality of relationships), which fitness tests do not measure, oe
- **B1** so a person can score highly on fitness tests while still experiencing poor emotional or social wellbeing, oe
- **Answer: Fitness only measures the ability to meet physical demands, but health also includes emotional wellbeing (such as mood and stress levels) and social wellbeing (such as the quality of relationships), which fitness tests do not measure. So a person can score highly on fitness tests while still experiencing poor emotional or social wellbeing.**

Question 19

- **B1** regular contact with a coach and squad can provide encouragement and support, helping to maintain motivation, oe
- **B1** sharing challenges and progress with others can reduce feelings of stress or isolation, oe
- **Answer: Regular contact with a coach and squad can provide encouragement and support, helping to maintain motivation, and sharing challenges and progress with others can reduce feelings of stress or isolation.**

Question 20

- (a) **B1** meeting other people/making friends at the session, or reducing feelings of loneliness, oe
- (a) **Answer: Meeting other people and making friends at the session.**
- (b) **B1** improved mood/reduced stress from regular, enjoyable activity, oe
- (b) **Answer: Improved mood from taking part in a regular, enjoyable activity.**

Question 21

- **B1 A**
- **Answer: A**