Your notes

GCSE PE: revision notes

Health, fitness and exercise

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Key definitions

- **Health**: a state of complete physical, mental and social **well-being**, and not merely the absence of disease or infirmity (the World **Health** Organization's definition).
- **Fitness**: the ability to meet the demands of the environment.
- **Exercise**: a form of physical activity done to maintain or improve **health** and/or **fitness**. It is not competitive sport.
- **Performance**: how well a task is completed.

How they are linked

- **Exercise** improves **fitness**, and **fitness** helps performance, because a fitter performer can meet the demands of their sport.
- **Exercise** also improves **health**, for example by lowering the risk of heart disease.
- You can be fit but unhealthy: a marathon runner with a cold can still run, but is not healthy.
- Being ill or injured can reduce **fitness**, because you can't train, so poor **health** can lower **performance**.

Examples

- A county netball player who trains three times a week may be very fit for netball but have high stress (poor mental **health**) before exams.
- An office worker who walks 10,000 steps a day may not be sports-fit but can still be healthy.

Key terms

Health	A state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.

Fitness	The ability to meet the demands of the environment.
Exercise	Physical activity done to maintain or improve health and/or fitness.
Performance	How well a task is completed.
Well-being	Feeling well physically, mentally and socially.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What is the definition of fitness?
2. What is the definition of performance?
3. What is exercise?
4. According to the WHO, health includes which three kinds of well-being?
5. Can someone be fit but not healthy?
6. How can poor health lower performance?
7. How does exercise help performance?
8. Which is an example of mental well-being?

Answers

1. The ability to meet the demands of the environment
2. How well a task is completed
3. Physical activity done to maintain or improve health and/or fitness
4. Physical, mental and social
5. Yes, for example a fit athlete with a cold
6. Illness can stop training, so fitness falls
7. It improves fitness, so the performer can meet the demands of their sport
8. Feeling able to cope with stress

What to do next

Practise 10 questions on this topic

Try 5 exam questions, with mark schemes

Read the lesson, one step at a time

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