Your notes

GCSE PE: revision notes

Sedentary lifestyles, obesity and somatotypes

Contents

1. Sedentary lifestyles
2. Obesity and performance
3. Somatotypes
4. Key terms
5. Quick questions
6. What to do next

Sedentary lifestyles

- A **sedentary lifestyle** involves little or no physical activity, such as sitting at a screen for long periods.
- Consequences: weight gain or **obesity**, heart disease, high blood pressure (**hypertension**), type 2 diabetes, poor sleep, poor self-esteem, and **lethargy** (tiredness).

Obesity and performance

- **Obesity** is having a lot of excess body fat. It is often measured with the body mass index (BMI), where a BMI over 30 is classed as obese.
- **Obesity** limits stamina and cardiovascular endurance, flexibility, agility and speed.
- It can cause ill health (such as cancer, heart disease and diabetes), depression and low confidence.
- In a few sports, extra body weight can help, such as sumo wrestling or some positions in rugby.

Somatotypes

- **Endomorph**: a pear shape, with wide hips, narrow shoulders and more fat. Suits sports needing a heavy body, such as sumo wrestling or a rugby prop.
- **Mesomorph**: a muscular wedge shape, with wide shoulders and narrow hips. Suits sports needing power and strength, such as sprinting or gymnastics.
- **Ectomorph**: tall and thin, with narrow shoulders and hips and little fat or muscle. Suits long-distance running or the high jump.
- Most people are a mixture of the three.

Key terms

Sedentary lifestyle	A lifestyle with little or no physical activity.
Obesity	Having a large amount of excess body fat.
Somatotype	A classification of body shape.
Endomorph	A pear-shaped body type with more fat.
Mesomorph	A muscular body type with wide shoulders and narrow hips.
Ectomorph	A tall, thin body type.
Lethargy	A lack of energy.
Hypertension	High blood pressure.

Quick questions

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

1. What is a sedentary lifestyle?
2. Which is a consequence of a sedentary lifestyle?
3. Which somatotype suits a sumo wrestler?
4. Which somatotype suits a 100 m sprinter?
5. Which somatotype suits a marathon runner?
6. How does obesity affect performance?
7. What BMI is classed as obese?
8. What is hypertension?

Answers

1. A lifestyle with little or no physical activity
2. Weight gain
3. Endomorph
4. Mesomorph
5. Ectomorph
6. It limits stamina, flexibility, agility and speed
7. Over 30
8. High blood pressure

What to do next

Practise 11 questions on this topic

Try 5 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.

Your notes