

3.2.3.1 Physical, emotional and social health, fitness and wellbeing

Content	Additional information
Linking participation in physical activity, exercise and sport to health, wellbeing and fitness, and how exercise can suit the varying needs of different people	<p>Reasons for participation in physical activity, exercise and sport, and how performance in physical activity/sport can increase health, wellbeing and fitness.</p> <p>Physical health and wellbeing:</p> <ul style="list-style-type: none">• improves heart function• improves efficiency of the body systems• reduces the risk of some illness• able to do everyday tasks• to avoid obesity. <p>Mental health and wellbeing:</p> <ul style="list-style-type: none">• reduces stress/tension• release of feel good hormones (serotonin)• able to control emotions. <p>Social health and wellbeing:</p> <ul style="list-style-type: none">• opportunities to socialise/make friends• cooperation• teamwork• have essential human needs (food, shelter, clothing). <p>Fitness:</p> <ul style="list-style-type: none">• improves fitness• reduces the chances of injury• can aid in the physical ability to work, eg on your feet all day/manual labour.