

Unit 2 Sections A, B, C

1. Identify the major components of fitness. For each component identify a game where it is important and why. (8 marks)
2. Identify the major skill related components of fitness. Identify a Game or part of a game where each are important. Explain your answer fully. (8 marks)
3. Identify activities that can improve each component of fitness and skill related fitness. (5 marks)
4. Identify the major components that constitute a healthy diet. (5 marks)
5. Name a simple carbohydrate, a complex carbohydrate and give an example of each. Name a source of fat. (2 marks)
6. Identify 3 factors (genetic) that may effect performance and explain why. (6 marks)
7. Identify 2 lifestyle choices that will negatively effect performance and 2 that will positively effect performance, explain your answer fully. (8 marks)
8. Identify 1 test that can be used to assess each component of fitness, explain how you would set up each test. State what you would expect a good score to be in each of the tests. (8 marks)

Total 50