

Unit 1 Task Sheet 1(a)

AC1.1: Physiological factors affecting performance in sport.

Scenario: You have been asked by your PE teacher to produce a table for Key Stage 3 pupils explaining how different physiological factors can affect sporting performance.

Component of Health	Affect on Chosen Sporting Performance	Component of Fitness	Affect on Chosen Sporting Performance
CV Endurance		Agility	
Muscular Endurance		Balance	
Flexibility		Co-ordination	
Muscular Strength		Reaction Time	
Body Composition		Power	
		Speed	

Component of Lifestyle Choice	Affect on Chosen Sporting Performance
Diet and Nutrition	
Hydration	
Preparation and Recovery	
Sleep Patterns	
Alcohol	
Smoking	
Illness	