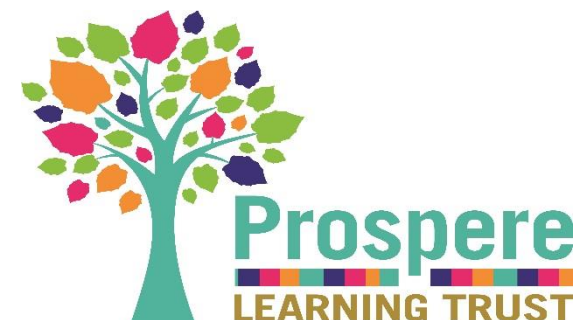# Health and Fitness (VCert)

The areas of development are:	Solutions
Health and Fitness	
• Describing how each of the main food groups contribute to a healthy lifestyle	• BBC Bitesize: Diet and Nutrition
• Describing what is meant by a balanced diet	• BBC Bitesize: Diet and Nutrition
• Describing how non-nutrients contribute to a healthy diet	• BBC Bitesize: Diet and Nutrition
• Describing lifestyle diseases related to lack of physical activity and poor diet	• BBC Bitesize: Sedentary lifestyles
• Explaining the effects of a long-term sedentary lifestyle on health and well-being	• BBC Bitesize: Sedentary Lifestyles
• Explaining reasons why people do not take part in physical activity	• BBC Bitesize: Social groupings, Ethical factors and Commercialisation
• Explaining reasons why people are motivated to take part in physical activity	• BBC Bitesize: Social groupings, Ethical factors and Commercialisation
• Describing, demonstrating and reviewing ways to improve individual motivation	• BBC Bitesize: Mental preparation, Target setting
• Describing the purpose of a PARQ (Physical Activity Readiness Questionnaire)	• BBC Bitesize: Health and safety in sport
• Assessing the suitability for an individual to participate in fitness activities	• BBC Bitesize: Health, fitness and exercise (Page 3)
• Assessing an individual's base level of fitness	• BBC Bitesize: Health fitness and exercise (Page 3)
• Producing an individual exercise programme for a specific purpose	• BBC Bitesize: Writing a Personal Exercise Programme (PEP)
• Producing a nutrition plan for a personal exercise programme	• BBC Bitesize: Diet and Nutrition

• Assessing the effectiveness of an exercise programme	• BBC Bitesize: Writing a Personal Exercise Programme (PEP)
• Describing how to improve an exercise programme	• BBC Bitesize: Writing a Personal Exercise Programme (PEP)
• Describing how to improve a nutrition plan	• BBC Bitesize: Diet and Nutrition