



**FINISH
STRONG**

Revision Check List

- Exam timetable – highlight your exams
- Revision timetable
- Revision guides
- Do you have enough pens, pencils, paper, card etc?
- Do you have a list of the topics for each course?
- Do you know your knowledge / skills gaps for each topic?
- Do you know who you best revise with?
- Do you have a quiet space to revise?
- Do you turn off all screens / phones and distractions when you revise?

The big question.....

Do you know HOW to revise?

WEIGHT CATEGORIES

A

Anorexia Nervosa

- Anorexia Nervosa is a very serious eating disorder.
- The sufferer refuses to eat due to an obsessive wish to loose weight
- The body will lack all the nutrients supplied by a healthy balanced diet
- This can result in;
 - Fatigue
 - Fainting/dizziness
 - Dehydration
 - Muscular Atrophy
 - Death

U

Underweight

- The term underweight means not weighing as much as expected for your height and gender.
- It's not healthy to be underweight

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Impact on Physical Activity

- Being anorexic or being underweight will lead to serious health issues.
- There will also be an impact on achieving sustained involvement in physical activity
- If you become too tired or weak to take part in physical activity your fitness and performance levels will deteriorate

Prioritise

- Write out the three most important sentences.
- Rank 1-3. briefly explain number 1.
- Cross out the least important sentence.

WEIGHT CATEGORIES

A

Overweight

- The term overweight means that you weigh more than the expected weight for your height and gender
- You can be overweight while not being overfat
- Being overweight is not in itself harmful – unless it is accompanied by also being overfat
- Some performers will be over weight due to other factors, eg. Muscle girth, bone density, but they do not have excess fat

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Overfat

- The term overfat means you have more body fat than you should have
- If the level of fat in the body is excessive, it can lead to health problems;
 - High blood pressure
 - High cholesterol levels

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It is possible to be overfat but not actually be overweight

Reduce

Explain the information.
You have 12 words
MAXIMUM.

WEIGHT CATEGORIES

Transform

Change this information into four pictures or images. No words allowed.

Obese

- Obese is the term used to describe people who are very overfat
- This is where the body fat has increased to a level that is seriously unhealthy
- High levels of excess fat can lead to;
 - Mobility issues / lack of flexibility
 - Heart disease
 - Type 2 diabetes
 - Depression due to low self esteem

The Impact on Sustained Involvement

- In addition to the serious health issues of being obese, overfat or very overweight, there will also be an impact on achieving sustained involvement in physical activity.
- Some of the resulting health problems eg. Heart disease will prevent any strenuous physical activity
- If you become too tired, immobile, or have difficulty in walking or running, this will affect your ability to take part in physical activity.

A

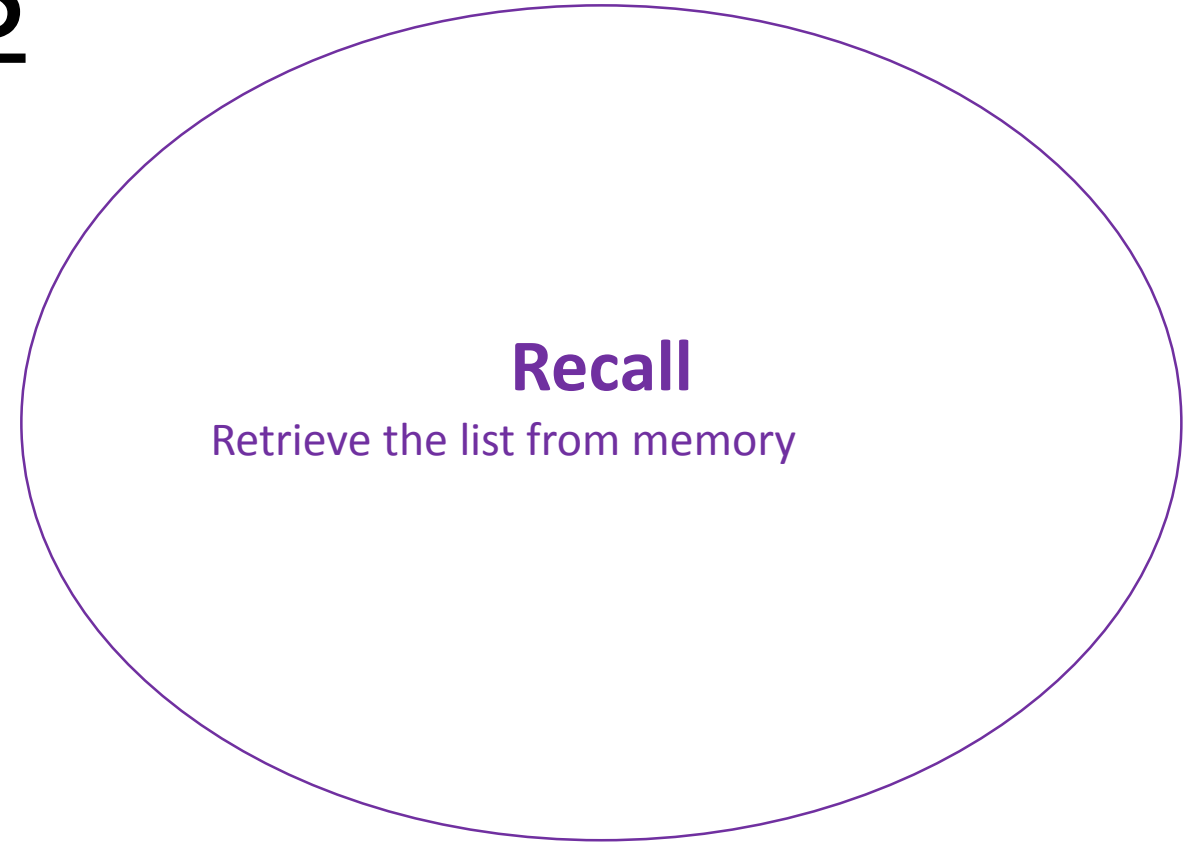
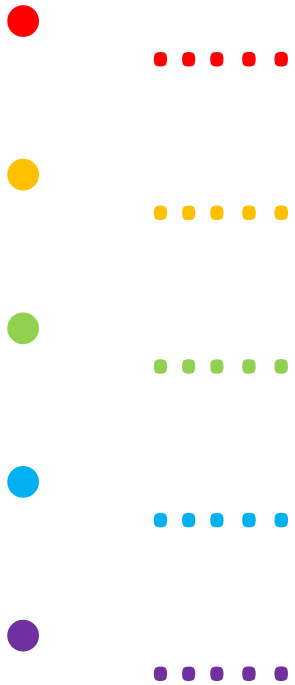
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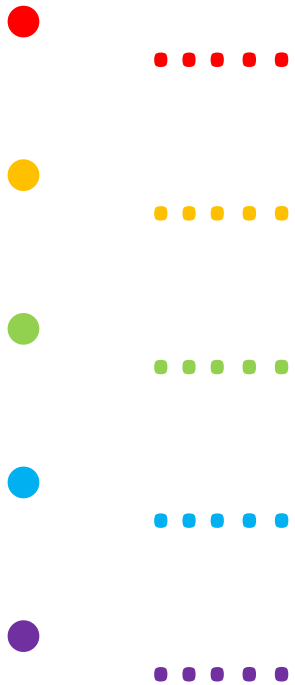
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WEIGHT CATEGORIES



WEIGHT CATEGORIES

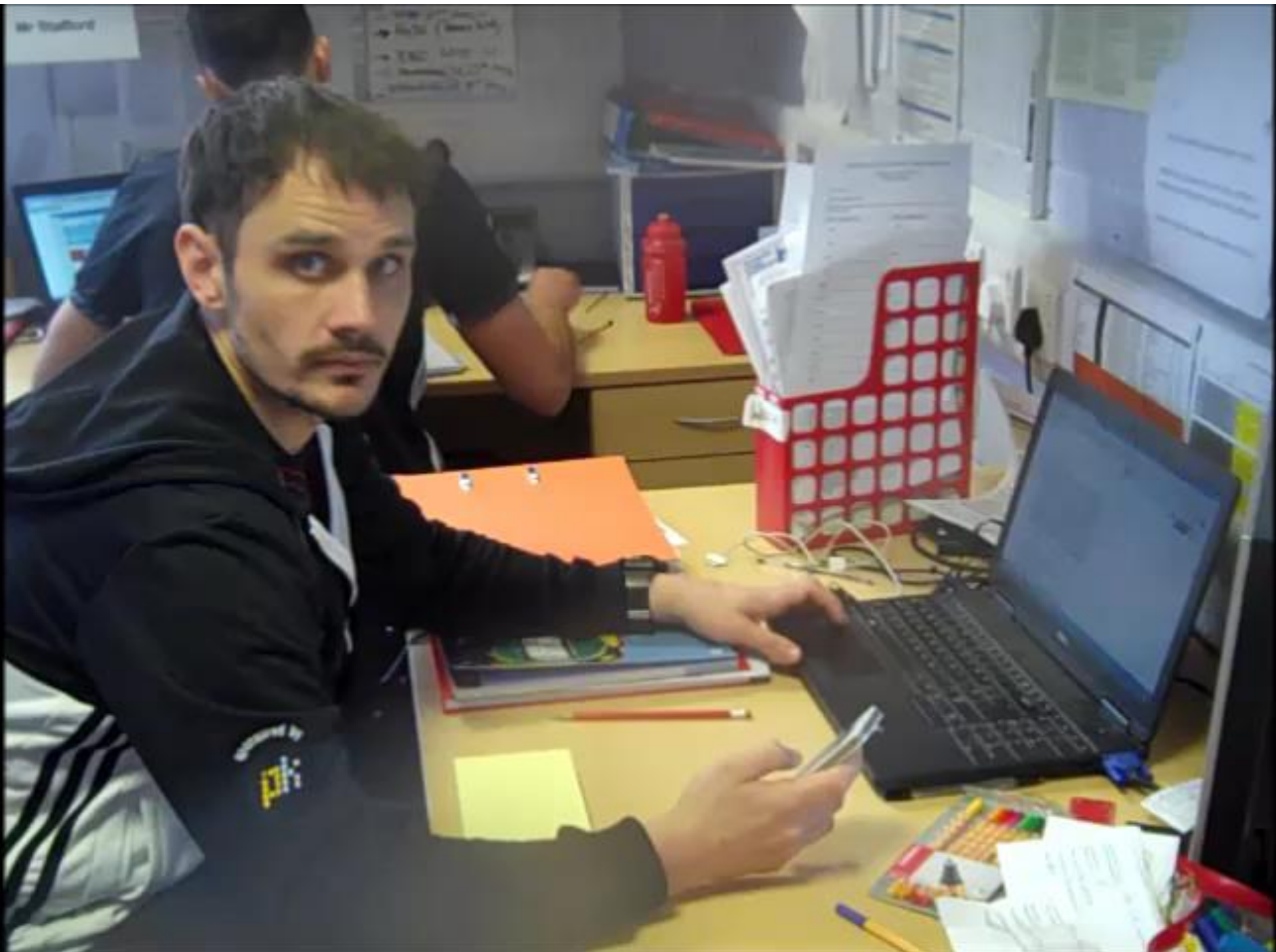


Extend

Write down questions you'd like to ask a Professor of sports science.

Test a friend with questions.

Ask parents and friends to test you.







It doesn't matter how you revise.

It does matter that you DO revise.

It is vital that you TEST yourself frequently. Is the revision working?

[Leitner flash cards](#)



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