

Welcome to the Health and Fitness Therapies. Please follow the links in the Therapy section below to access the resources.

The areas for development are:	Therapy:
<ul style="list-style-type: none"> describing how each of the main food groups contribute to a healthy lifestyle 	<ul style="list-style-type: none"> BBC Bitesize Website: Diet and nutrition
<ul style="list-style-type: none"> describing what is meant by a balanced diet 	<ul style="list-style-type: none"> BBC Bitesize Website: Diet and nutrition
<ul style="list-style-type: none"> describing how non-nutrients contribute to a healthy diet 	<ul style="list-style-type: none"> BBC Bitesize Website: Diet and nutrition
<ul style="list-style-type: none"> describing lifestyle diseases related to lack of physical activity and poor diet 	<ul style="list-style-type: none"> BBC Bitesize Website: Sedentary lifestyles
<ul style="list-style-type: none"> explaining the effects of a long-term sedentary lifestyle on health and well-being 	<ul style="list-style-type: none"> BBC Bitesize Website: Sedentary lifestyles
<ul style="list-style-type: none"> explaining reasons why people do not take part in physical activity 	<ul style="list-style-type: none"> BBC Bitesize Website: Social groupings, Ethical factors and Commercialisation
<ul style="list-style-type: none"> explaining reasons why people are motivated to take part in physical activity 	<ul style="list-style-type: none"> BBC Bitesize Website: Social groupings, Ethical factors and Commercialisation
<ul style="list-style-type: none"> describing, demonstrating and reviewing ways to improve individual motivation 	<ul style="list-style-type: none"> BBC Bitesize Website: Mental preparation, Target setting
<ul style="list-style-type: none"> describing the purpose of a PARQ (Physical Activity Readiness Questionnaire) 	<ul style="list-style-type: none"> BBC Bitesize Website: Health and safety in sport
<ul style="list-style-type: none"> assessing the suitability for an individual to participate in fitness activities 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, fitness and exercise (Page 3)
<ul style="list-style-type: none"> assessing an individual's base level of fitness 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, fitness and exercise (Page 3)
<ul style="list-style-type: none"> producing an individual exercise programme for a specific purpose 	<ul style="list-style-type: none"> BBC Bitesize Website: Writing a Personal Exercise Programme (PEP)
<ul style="list-style-type: none"> producing a nutrition plan for a personal exercise programme 	<ul style="list-style-type: none"> BBC Bitesize Website: Diet and nutrition
<ul style="list-style-type: none"> assessing the effectiveness of an exercise programme 	<ul style="list-style-type: none"> BBC Bitesize Website: Writing a Personal Exercise Programme (PEP)
<ul style="list-style-type: none"> describing how to improve an exercise programme 	<ul style="list-style-type: none"> BBC Bitesize Website: Writing a Personal Exercise Programme (PEP)
<ul style="list-style-type: none"> describing how to improve a nutrition plan 	<ul style="list-style-type: none"> BBC Bitesize Website: Diet and nutrition

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