

fitness and well-being								
The consequences of a sedentary lifestyle								
A sedentary lifestyle and its consequences								
Interpretation and analysis of graphical representation of data associated								
Energy use, diet, nutrition and hydration								
The nutritional requirements and ratio of nutrients for a balanced diet								
The role and importance of macronutrients								
The role and importance of micronutrients								
The factors affecting optimum weight								
The variation in optimum weight according to roles in specific physical activities and sports								
The correct energy balance to maintain a healthy weight								
Energy: the use of glucose and oxygen to release energy aerobically								
Energy sources								
Hydration for physical activity and sport								

Review of previous examinations: