**Unit 2 Exam Revision.**

Your Unit 2 exam will include material from the following chapters 11 – 15.

Chapter 1: The coaching toolbox- coaching characteristics, skills and responsibilities.

Content: Styles of coaching

* You will need to know the different styles of coaching. Pro’s and con’s of each teaching style and know of a professional coach that fits in each coaching style category.
* Roles and responsibilities of the coach (pages 226-234) What are the roles and responsibilities of the coach
* Skills and behaviours of an exemplary coach- what types of skills do they need?

Chapter 12: Physical Activity concepts and health outcomes.

Content:

* What is incidental physical activity? What is structured/planned physical activity?
* What are the dimensions of physical activity?
* Frequency, intensity, type and duration.
* Benefits of regular participation in physical activity- physical, social and mental
* Health risks associated with inactivity

Chapter 13: Physical Activity guidelines and prevalence of sedentary behaviour

Content:

* NPAG for each age group
* You will need to be able to analyse data through looking at graphs, tables and answer questions in relation to this data.

Chapter 14: Factors affecting physical activity

Content:

* Determinants of Physical Activity
* Physical Activity barriers in regards to different age groups.

Chapter 15: Promote active living

Content:

* How do you measure physical activity?
* Promoting physical activity in different settings