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**Unit 2 Physical Education**

***Lab 2: Area of Study 2: Lifestyle related diseases***

**Aim:**

To have an understanding of the risks associated with inactivity. To explore the lifestyle diseases related to an unhealthy and inactive lifestyle.

Present your findings as a fact sheet with detailed information and pictures.

**Discussion:**

1. What is the estimated cost associated with inactivity, and some key statistics in Australia?
2. Describe the **social and physical** benefits of exercise.
3. List and explain some examples of planned activities and incidental activities.
4. Research two diseases in detail that are related to **hypo kinetic** conditions.

**Results:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Excellent**  **5** | **Very Good**  **4** | **Good**  **3** | **Satisfactory**  **2** | **Poor**  **1** |
| **Q 1** |  |  |  |  |  |
| **Q 2** |  |  |  |  |  |
| **Q 3** |  |  |  |  |  |
| **Q4** |  |  |  |  |  |
| **Presentation** |  |  |  |  |  |

**Total:\_\_\_\_\_\_\_\_\_\_\_\_**