2.1.a. Engagement patterns of different social groups in physical activities and sports

Reasons for participation in sport:

Factor	Explanation	
Family	Friends and family members will often influence which teams to support and participate in. Family members may also be relied upon for membership fees, travel and equipment	
Education	Schools can influence participation in sport. Pe lessons can often lead to pupils joining clubs and trying new sports. It is important that schools have good PE teachers, facilities and provide a wide range of sports in lessons	
Time work commitments	Playing sport and taking part in physical activity often requires time to train and participate. Sports such as golf require a large amount of time. Work and family commitments may limit the amount of time available to participate in sport	
Cost/disposable income	Many sports require expensive equipment to play such as golf, hockey, skiing and polo. This may limit the who can afford to take part. Other sports may require high membership fees to join	
Opportunity Access	People may not have access to facilities such as velodrome (cycling) river (rowing) mountains (skiing). Many disabled people may not have the opportunity, equipment, or access to play sport	
Discrimination	Some people may discriminate against social groups. Some sports may discriminate against sex as they may seem to me male or female specific. Disability groups may be discriminated against as it may be assumed, they cannot take part due to their disability	
Environment Climate	If you live in the mountains you are more likely to take part in winter sports such as skiing and snowboarding. If you live near the sea you are more likely to take part in surfing	
Media coverage	Media coverage effects participation in sport. During big sporting events such as The Olympics, The Ryder Cup, Wimbledon participation in these sports will increase. Coverage of the Paralympics has increased disability sport	Rio2016
Role models	Role model include parents, PE teachers, sports stars, and sports coaches. They often influence the sports you take part in. Negative role models can have the opposite effect	

Different social groups:

Age

- Younger people generally have more choice to take part in physical activity
- Older people may be excluded from some sports due to health/mobility reasons
- Young people generally have more spare time than older people
- Some sports are adapted for older people such as master's rugby and walking football
- Some sports have a age limit to participate such as the London marathon

Gender

- Although improving men's sports have a higher profile than women's sport
- There is less media coverage than men's sports leading to fewer role models
- Sport can still be sexist men's sports such as rugby. Women's sports such as netball
- Women generally do more child care leading to less social time
- Body image and confidence may also affect participation

Ethnicity/Religion/Culture

- Religious festivals and beliefs may have an impact on participation
- Some religions require women to have their bodies covered this may affect participation in sports such as swimming
- Some sports are more popular than others due to traditions and cultures, access to these may affect participation

Disability

- Although disability sports are on the increase, there are still less opportunities for disabled people, this is often due to lack of access to facilities and equipment, confidence and discrimination

Strategies to improve participation:

Promotion	Provision	Access
Promotion is needed to encourage people to become more active. This is usually done through campaigns, the media and advertisements, examples include: • Posters in local clubs • 'Active aging' Campaign • 'This girl can' campaign to get more people active	Provision is providing facilities, coaching and equipment to encourage people to become more active: • Facilities should provide a wide range of activities and cater for all social groups • Facilities should have trained staff • PE teachers should provide opportunities to participate in sport and exercise	Access is providing opportunities to become more active by easy access to facilities and coaching: • Facilities should be local, have good transport links and should have access to all social groups including the disabled • Concessions should be given for the elderly and students

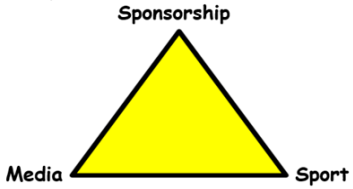
2.1b. Commercialisation of physical activity and sport

Sponsorship, the Media and Sport

The relationship between Commercialisation, media and sport

'The golden triangle'

The relationship is often called the golden triangle as all three need to work together to maximise opportunity and profit.



Sport

The player/performer and the sport need funding for:

- Facilities
- Equipment
- Competitions

Both the media and commercialisation can help promote sports. The media can also provide opportunities for the spectator

Media

The media are a broad range of technologies that act as the main means of communication. They include:

- Printed media (newspapers and magazines)
- Broadcast media (TV and radio)
- Internet and social media

Sponsorship and the media

- Sponsors want to promote their products via the media as they can reach millions of potential customers
- Media companies need high viewing figures to make them more attractive to sponsors
- Media companies therefore pay sports clubs to allow them to televise matches as this attracts lots of viewers, making it more likely that they will get funding from sponsors

Positive and negative effects of the media on commercialisation:

Positive effects of the media	Negative effects of the media
• The media can stimulate participation • Promotes positive role models • Promotes campaigns • Provides coverage of many sports • Creates money through sponsorship • Provide information about fitness, and healthy lifestyles • Provides a better viewing experience	• Minority sports not always shown • Less money for minority sports • Some advertising unethical • Expensive subscriptions/pay per view • Less people attend live due to TV • Can encourage couch potatoes • Can make people have a poor body image • Can produce poor role models

Due to the vast sums of money the media can influence sport:

- Change Kick off/event times to get viewers (football and Olympic events)
- Change rules of sports to make it more appealing to viewers (Table tennis moved from 21 points to win to 11, 20/20 cricket is faster to make it more appealing)
- Introduces technology to sports (hawk eye to tennis, VAR to football and rugby)
- increased viewers attract more money from sponsors to provide wages, facilities,

Sponsorship

A sponsor is an individual or group that provides support in the form of sponsorship in return it is seen by millions, via advertising, sponsorship and endorsement

It can be for:

- An individual (Ronaldo sponsored by Nike)
- A team (Man City sponsored by Etihad)
- An event (Olympics sponsored by MacDonald's)

Different types of sponsorship include:

- Money
- Clothing and equipment
- Facilities

Positive and negative effects of sponsorship on commercialisation:

Positive effects of sponsorship	Negative effects of sponsorship
• Allows athletes to train full time • Provides financial rewards • Can lead to roles after their playing career (commentator/pundit) • Helps promote the athlete's brand • Raises the profiles of sport • Attracts the best players in the world • Good for advertising brand names • Sponsorship provides money for an improved viewing experience (stadiums, mobile apps/coverage, Replays, red button etc…)	• Can lead to deviant behaviour such as cheating or taking drugs • Women and disabled athletes may not get as much as male athletes • interviews take time away from training • Less popular sports suffer • More adverts on live TV • If a performer or team does badly may affect future investment • May effect privacy of the athlete • Some sponsors may be unhealthy such as fast food, alcohol may be promoted

2.1.c. Ethical and socio-cultural issues in physical activity and sport

Ethics in sport

Sportsmanship

Sportsmanship is the sporting behaviour you would like to see in sport. It means playing fairly, sticking to the rules and being respectful to your opponents. Performers do not try to win by unfair means.



Sportsmanship examples:

- Shows respect to their opponents and officials
- Shakes hands with opponents
- Kicking the ball out of play if an opponent is injured
- Being honest if the ball is out or if they break a rule

Gamesmanship

Gamesmanship is the type of behaviour that you should not see from performers in sport. It is bending the rules (not breaking them) to gain an unfair advantage. It is often done to distract, intimidate or breaking the flow of the game.



Gamesmanship examples:

- Playing for time if winning
- Entering a weaker team if the following match is more important
- Sledging in cricket
- Grunting in tennis

Deviance

Deviance is the type of behaviour that goes against the moral values or laws of the game. There are consequences such as red cards/being sent off, fines, loss of sponsors and reputation. Reasons for deviance are; pressure from coaches, money/prizes, promotion, sponsorship and fame.



Deviance examples:

- Taking performance enhancing drugs
- Violence
- Match fixing
- Racism

Drugs in sport

Disadvantages to the performer from taking performance enhancing drugs

Bans
If caught you will not be able to compete, when the ban is over you may be past your peak fitness

Cheating/immoral
If caught everyone will know you cheated

Damage to reputation
If caught you will not be able to compete, when the ban is over you may be past your peak fitness

Associated health risks
Many performance enhancing drugs have health risks. Taking diuretics can cause kidney damage

Fines
If caught you may have to pay an expensive fine

Taking performance enhancing drugs can have a negative effect on the sport:

- A bad reputation (if a performer takes drugs the sport may not get the respect it deserves)
- Poor credibility (if a performer takes drugs the sport may be seen as untrustworthy or unreliable)

Drug	Effect on Performance	Health Risks	Which Sports
Anabolic Steroids	• Allows performers to train longer and harder • increases protein synthesis helping develop lean muscle mass • Stimulates bone growth • Speeds up recovery time	• Liver damage/CHD • Testicular atrophy • Infertility • Skin problems • Aggression • Baldness • Deep voice in females	Activities that require power: • Sprinters • Rugby players • Weightlifting • Boxers • Baseball
Beta Blockers	• Beta blockers improve fine motor control • Slows heart rate • Reduces anxiety • Allows the performer to remain calm and controlled • Reduces the effects of adrenaline	• Nausea/Dizziness • Weakness/fatigue • Sleep disturbance • Tiredness • Lower blood pressure • Slow heart rate	Activities that require precision: • Archery • Shooting • Snooker • Golf
Stimulants	• Increase alertness • Quickens reaction time • Reduces tiredness • increase heart rate (Therefore oxygen delivery)	• Insomnia • Anxiety • Aggression • Irregular heart rate • Addictive • Heart failure	Alert/aggressive sports/activities: • Rugby • Boxing • Ice hockey

Violence in sport

Violence in sport can happen for various reasons:

- Frustrated with a result
- Referees decision
- Over emotional/competitive
- Pressure from the crowd
- Gain an advantage over an opponent

Gelson Martins was given a six month ban for pushing the referee after receiving a red card

In the Grand Final Ben Flower was over competitive and punched an opposition player

2.2. Sports psychology (Classification of skills)

Characteristics of skilful movement:

'A skilled movement is one in which a predetermined objective is accomplished with maximum efficiency with a minimum outlay of energy.'

Movement	Explanation
Efficiency	A skilful performer will be able to complete a skill with the minimum amount of energy and time
Pre-determined	A skilful performer will already know what they want to do before they perform a skill
Co-ordinated	A skilful performer will use two or more body parts at the same time to perform the skill
Fluent	A skilful performer will be able to perform the skill smoothly, confidently and effortlessly
Aesthetic	A skilful performer will make the skill look pleasing to watch; some sports are judged by how they look

Sporting examples

Elite swimmers seem to glide through the water **efficiently**

Gymnastic routines are not only skilful but **Aesthetically** pleasing to watch

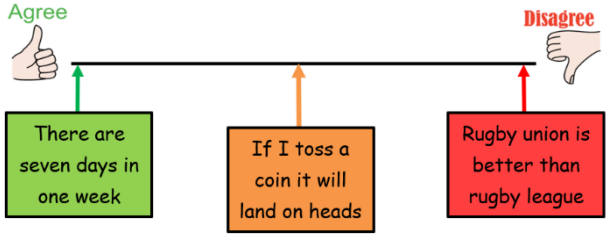
An elite tennis serve is **coordinated** and uses many body parts at the same

A skilful footballer will **pre-determine** where they want the ball to go before the kick it

A elite high jumper will perform the skill **fluently**. The jump will appear effortless

Classifying skills on a continuum

- You need to classify skills on a continuum!
- A continuum is a line that goes between two extremes!
- We can put information on the continuum!

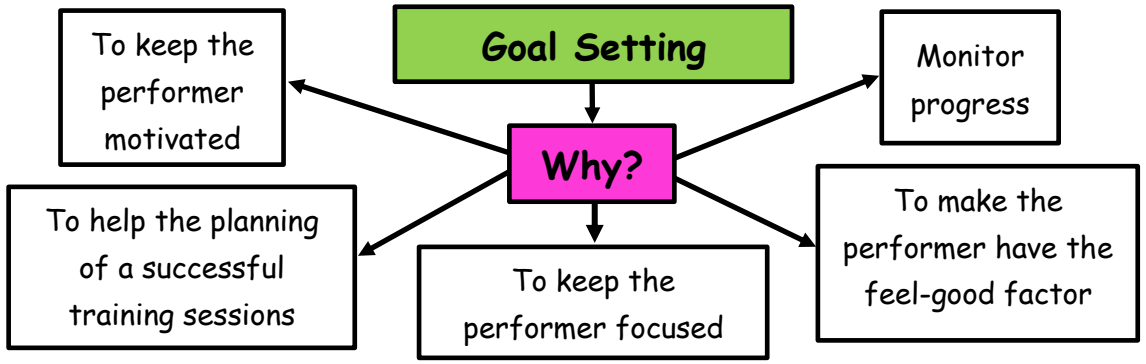


	Open Skills	Closed Skills
Description	Open skills **ARE** affected by their surrounding environment. Extreme open skills need to be constantly adapted by the performer as situations change around them. Conditions are unstable and **UNLIKELY** to be the same each time a skill is performed	Closed skills are **NOT** affected by their surrounding environment. Extreme closed skills don't need to be constantly adapted by the performer as situations around them are stable. Conditions are **LIKELY** to be the same each time a skill is performed
Example of the skills	 Football Pass  Hockey Dribble	 Gymnastic Vault  Penalty Kick
	Simple Skills	**Complex Skills**
Description	Are simple to perform Can be taught as a whole skill Don't need much information to be processed Requires little decision making or judgement	Are difficult to perform May have to be taught in stages Require a lot of information to be processed Requires a lot of decision making and judgement
Example of the skills	 Running  Swimming	 Rock Climbing  Overhead Kick

2.2 Sports psychology (Mental preparation and goal setting)

Mental preparation:

Technique	Explanation	Application
Mental rehearsal  	A technique used by many elite performers. It involves mentally practicing a skill or movement before physically doing it • During the warm-up you may prepare mentally and physically for the activity • During an event the performer goes through a sequence or skill they are about to perform in their mind. It helps clarify the skill & improve confidence	A bobsleigh driver will visualise the route down the track prior to the race. This will mentally prepare for each twist and turn on the way down A rugby player will go through the skill and sequence before taking a penalty kick. This can improve confidence
Imagery 	This can be used in various ways: • You can visualise yourself playing with a successful outcome • You can visualise yourself in a stress-free environment to reduce anxiety so optimal performance can be achieved	A footballer may visualise where the ball is going to travel into the goal before a penalty kick An archer may visualise themselves in a stress-free environment to reduce anxiety before shooting
Selective attention 	This is the process of focusing on a particular task for a certain period of time. It is a limited resource, but allows the performer to block out and ignore unimportant information	A rugby/football player will use selective attention by blocking out the noise from the crown when performing a conversion/penalty kick
Positive thinking 	It is easy to think of negative thought during a match this can have a negative effect on performance. One way of preventing this is by saying encouraging things to yourself	A tennis player who is getting beat may prevent negative thoughts by saying encouraging things such as: • "come on you can do this" • "I can beat them" • "Be patient, don't rush"



SMART TARGETS		Explanation	Application
S	Specific	The goal must be clear, it cannot be vague e.g. 'I want to get better.' It has to be clear and focus on what you want to improve	To improve the percentage of successful passes in football To improve my cardiovascular fitness so I can last a full game without getting tired
M	Measurable	In order for your goal to be successful it must have something that can be measured This can be time, distance or numbers	I want to get an average of a 90% successful pass rate in football I want to improve my 12-minute cooper run score by 150m
A	Achievable	The goal you have set must be achievable by you. Avoid setting targets that are too difficult as this will be demotivating	I currently achieve an 85% successful pass rate I need to improve by 5% this is achievable I currently run 2650m in the cooper run. I hope to achieve 2800m
R	Realistic	The goal set must be realistic and one that is possible given all the factors involved such as your fitness level, the time required and the facilities available	An extra 5% success rate is realistic as I am practicing extra passing drills I will be training an extra session on my cardiovascular fitness to run an extra 150m
T	Time Bound	Goals must have a time frame to complete. You need a cut-off point to when you want to achieve it so you can see the effect of the training	I am going to achieve a 90% successful pass rate by the end of the season I will improve my 12-minute cooper run by 150m in six weeks

2.2. Sports psychology (Types of guidance)

Visual Guidance

Visual guidance is when the performer is shown the skill e.g. videos, pictures and Demonstrations

- Pictures must be clear
- Demonstrations must be seen more than once and be of good quality so poor movement is not copied
- Demonstrations must be clearly visible

When you should use it	Is good for beginners so they can see what the skill looks like and create a mental image of what the movement should be It is also good when it is not possible to hear verbal guidance e.g., during play
Advantages	• Can copy the movement • Can be done with large groups • Provides a mental image of the skill
Disadvantages	• If demonstration is poor incorrect movement learnt • Time consuming and expensive • Complex movements are difficult to recognise

Verbal Guidance

Verbal guidance is when the performer is told information about how to complete the correct technique

- Information must be clear so it is understood
- Information must be concise (not confusing)
- Performer must be able to hear the information

When you should use it	Is good for more experienced performers who know what the movement should look like and can make sense of the information It is also used when demonstrations are not possible e.g. a break in play
Advantages	• Instructions can be given quickly • Can be used during a performance • No equipment is required
Disadvantages	• Some movements are difficult to explain • Relies on the coach's communication skills being good enough for the performer to understand

Manual Guidance

Manual guidance is where a coach physically supports or moves the performer to help them get into the correct position

- Tennis coach moving the racket arm in the correct range of motion for a forehand drive
- A trampoline coach supporting a front somersault
- A gymnastics coach supporting a balance

When you should use it	This can be used with performers of all abilities and skill levels it is particularly useful for beginners
Advantages	• Can get a feel for the movement • Build's confidence safely • Can help break down the movement into phases
Disadvantages	• The feeling is not actually the same as actually doing the skill unaided • Performer can become dependent on the support • Incorrect feel can lead to incorrect movement learnt • Can only be used 1 on 1

Mechanical Guidance

mechanical guidance is where the coach uses equipment to support the performer to help them with technique.

- Using a harness when learning backward somersaults on a trampoline
- Using floats to develop leg strength when swimming

When you should use it	This can be used with performers of all abilities and skill levels it is particularly useful for beginners It may be important to use mechanical guidance when the activity is dangerous such as using a harness when a performer is learning a new trampoline routine
Advantages	• Can get a feel for the movement • Build's confidence and reduces danger • Reduces danger
Disadvantages	• The feeling is not actually the same as actually doing the skill • Performer can become dependent on the support • Incorrect feel can lead to incorrect movement being learned • Cannot be used in large groups

2.2. Sports psychology (Types of feedback)

Type of Feedback	Explanation	Application
Intrinsic	Intrinsic feedback is **within** the performer They understand how the movement feels from feedback from the muscles, it is important so performers can spot their own errors Intrinsic feedback should be developed so the performer is not reliant on others	Used by **experienced** performers as the skill is well learnt and they can make amendments to their own performance based on their internal feedback E.g. When a gymnast is performing a somersault, they will be able to use internal feedback from their muscles to readjust their body to successfully perform the skill
Extrinsic	Extrinsic feedback is feedback from **outside** the performer Extrinsic is important as someone watching the skill can observe and explain what needs to be done to correct it	Used by **less experienced** performers as they are unlikely to detect their own errors E.g. When a gymnast is performing a somersault the may land falling backwards. A coach may tell them to stay tucked for longer, which will enable them to land on their feet
Positive	Being told what was good about your performance or technique This is can be motivating especially for **beginners**	A gymnast may be told that they had their knees straight and their toes pointed when performing a pike.
Negative	Being told what was wrong about your performance or technique. This is used by **experienced** performers so they can correct errors and improve technique	A football player may be told why they were out of position which led to a goal. They can correct this in the future
Knowledge of results	Focuses on whether your performance got the result you wanted They can focus on what needs to be done which can be applied through knowledge of performance	It is useful for **beginners** to see how far they are from achieving the result they want e.g.: Did you make 9 tackles during the game Did you run 100m in 13 seconds
Knowledge of performance	Focuses on the way you carried out the skill or technique It is useful for more **advanced** performers to see what needs to be done to improve technique	Did you have a high knee lift when sprinting the 100m Did you use the correct grip when performing a backhand drive

Sporting Examples

Intrinsic Feedback

An **experienced** performer uses intrinsic feedback from their muscles to adjust their body position to perform the skill successfully

Extrinsic Feedback

A **less experienced** performer gets extrinsic feedback from their coach to explain how their performance can be improved

Positive Feedback

A **beginner** gets positive feedback on how well they performed this can motivate them in future performances

Negative Feedback

An **experienced** performer may need telling what they did wrong so they can use this information to correct errors in performance or technique

Knowledge of Results

A **beginner** may use knowledge of results so they understand what needs to be done to improve performance this can be applied through knowledge of

Knowledge of Performance

An **experienced** performer may use knowledge of performance so they can improve future results

2.3. Health, fitness and wellbeing

Health, fitness and wellbeing

Health:

"a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"

Fitness:

"The ability to meet the demands of the environment"

Wellbeing:

"The state of feeling content, happy and healthy"

Physical benefits of regular exercise

Regular Exercise	Explanation of Health Benefit
Coronary heart disease (CHD)	Regular exercise increases the size of the heart which allows it pumps more efficiently so there is less strain on the heart reducing the chance of heart disease
Blood pressure	Exercise reduces blood pressure so there is less chance of having a heart attack or stroke. Exercise also improves the immune system so you are less likely to get ill
Obesity	Exercise burns calories so you are less likely to be overweight or obese. Obesity is linked to several health problems such as stroke, **type 2 diabetes** and heart disease
Injury	Regular exercise improves **fitness** so you are less likely to get injury through fatigue. Exercise also strengthens and increases **bone density**, ligaments and tendons reducing the risk of injury.
Posture	Regular exercise improves muscle tone and improves the mobility of joints. This helps prevent slouching and improves overall posture

Emotional benefits of regular exercise

Regular exercise	Achieved Health benefits
Stress management	Taking part in exercise can take your mind of your problems from work, home or school. This helps prevent stress related illness such as depression
Increase in self-confidence & self-esteem	Exercise can make you feel part of something. Being part of a team can give you confidence. The more you exercise you do the better you perform this can also improve confidence
Image	Regular exercise helps lose weight and improve muscle tone this can help you feel better about yourself and improve your self-image
An increase in serotonin levels	When you exercise you release a chemical called serotonin also known as the 'feel good hormone'. When serotonin is released it makes you feel good
Ability to control emotions	When playing sport, you need to be disciplined as you need to follow the rules and stick to tactics or roles. This can help you control your emotions, improve confidence and self-esteem

Social benefits of regular exercise:

Social Health benefits from exercise
Regular exercise allows us to meet new people and make new friends
Regular exercise can help us feel like we belong to a group
Regular exercise allows us to meet and socialise with our current friends
Regular exercise can improve our cooperation skills
Regular exercise can increase our social activities and prevent loneliness

Different age groups:

An elderly person may benefit socially by meeting people so they are not lonely

A child may benefit from exercise by improving their social skills

2.3. Health, fitness and wellbeing (consequences of a sedentary lifestyle)

The consequences of a sedentary lifestyle

A sedentary lifestyle Is a lifestyle where there is little or no exercise

More People leading a Sedentary

Why?

- More people use cars and public transport than cycle or walk
- Large amount of time at home is spent sitting playing computer games and watching TV
- More jobs are computer based and are therefore sedentary
- Large amount of time at school or work is spent sitting

Health risks due to a sedentary lifestyle	Explanation
Obesity/excessive weight gain	Due to inactivity and a reduction in metabolic rate
Poor self-esteem	Being overweight or obese can lead to depression, a lack of brain function and release of serotonin
Hypertension (high blood pressure)	Lack of exercise and a poor diet can lead to an inefficient heart and potentially damaged blood vessels
Poor sleep	Lack of oxygen delivery to cells and excessive weight have been linked to snoring and restless legs. This disturbs sleep, as does not doing enough exercise to feel tired at night
Type 2 diabetes	Being overweight can increase the risk of developing type 2 diabetes
Heart disease and stroke	High blood pressure and cholesterol increase the risk of a heart attack and a stroke
Lethargy (lacking energy)	Low oxygen levels can lead to a feeling of fatigue and tiredness

Obesity

Obesity is a term used to describe people with a large fat content, caused by an imbalance of calories consumed compared to energy expenditure

A person is considered obese if they have a body mass index (BMI) of over or over 20 % above standard weight to height ratio

If body fat gets to this level it can have serious health implications

Obesity can lead to ill health

Physical	Mental	Emotional
It is linked to: • Types of cancer • Heart disease • Heart attacks • Type 2 diabetes • High cholesterol levels	It is linked to: • Depression • Low self esteem • Loss of confidence	It is linked to: • An inability to socialise (loss of confidence) • Inability to leave home (due to mobility)
		

How obesity can affect performance

Limits cardiovascular endurance: Unable to exercise without stopping repeatedly, due to the excess weight and the drop-in efficiency of the cardio-respiratory system

Limits flexibility: Excess fat around the joints restricts movement

Limits agility: Excess weight makes it harder to change direction quickly

Limits speeds/power: Excess weight makes it harder to move fast

2.3. Health, fitness and wellbeing (Nutrition, water & hydration)

Diet and nutrition

Balanced diet:

- Eating the right foods in the right amounts. This will allow us to exercise and work properly
- Insufficient nutrients can cause ill health such as anaemia, rickets and scurvy
- No single food contains all of the nutrients the body needs, so you need to eat a variety of foods in the correct proportions

Nutrition	Explanation	Foods
Carbohydrates 	Carbohydrates are the main preferred energy source for all types of exercise of all intensities (aerobic and anaerobic) A balanced diet should contain 55% - 60% carbohydrate	• Bread • Pasta • Rice • Potatoes
Fats 	Fats are an energy source; they provide more energy than carbohydrates but only at low intensity. It is easily stored in the body and can lead to weight gain A balanced diet should contain 25% - 30% fat	• Butter • Oil • Fatty meats • Fried food
Protein 	Protein are for growth and repair of muscle tissue. It is used by performers such as sprinters to aid muscle growth (hypertrophy) A balanced diet should contain 15% - 20 % protein	• Cheese • Milk • Eggs • Fish • Meat
Vitamins and minerals 	Vitamin and minerals are for maintaining the efficient working of the body systems and general health this includes keeping our bones strong and our immune system working	**Vitamins:** • Fresh fruit • Vegetables **Minerals:** • Meat • Vegetables
Fibre 	Fibre is needed to keep the digestive system healthy, improving bowl movement. Fibre can prevent some diseases	• Fruit • Vegetables • Cereals • Whole grain bread/pasta

Water and hydration

Dehydration: excessive loss of body water, such that it interrupts the function of the body
Hydration: having enough water to enable normal functioning of the body
Rehydration: Consuming water to restore hydration

To avoid dehydration, you must drink plenty of water:

- Two hours before exercise
- Just before exercise
- During exercise when possible

Effects of dehydration:

Blood thickening (increased viscosity)	Slows blood flow which preventing the delivery of oxygen
Increase in heart rate causing irregular rhythm	The heart has to work harder to deliver oxygen to the working muscles
Increase in body temperature	Causes overheating, leading to heat exhaustion
Slowing of reactions	Increases reaction time, which can slow the time to make important decisions
Muscle fatigue	Causes cramp in muscles

Practical examples:

Anaerobic sports such as rugby and football need a balanced diet. Carbohydrates provide energy to last the duration of the match and protein is needed to build and repair muscle

Strength events such as weight lifting will require a diet high in protein diet to grow and repair muscle needed to lift weight

Endurance events such as marathon runners need a high carbohydrate diet to provide energy to last the duration of the race