

Ronaldo is one of the world’s best footballers, you need to analyse his Somatotype and evaluate whether it aids or disadvantages his ability. You need to produce a paragraph to explain your answer.

Outline how and why expected Optimum weight varies according to height, gender, and bone structure and muscles girth. Explain how this may affect participation and performance in physical activity.

‘Smoking and Alcohol have a derogatory effect on general health’ as stated by health and sports professions. Use the internet to research the argument and write a report on whether you agree or disagree with this statement.