

Spelling list: GCSE PE: Health Fitness and Well Being 1

Key words for GCSE PE.

sedentary	If you are sedentary , it means you do not move much.
diabetes	Diabetes is an illness that affects the body's ability to control blood sugar levels.
self-esteem	Your self-esteem is how you value yourself.
obesity	Obesity the condition of having excessive body fat.
carbohydrate	A carbohydrate is broken down to release energy.
protein	Protein is necessary for muscle growth and repair.
fat	A fat is a nutrient that gives you energy.
fibre	Fibre is a nutrient that helps food move through the body.
vitamins	Vitamins , in small quantities, are essential for growth and nutrition.
minerals	Minerals , in small quantities, are essential for growth and nutrition.
dehydration	Dehydration is when the body is lacking water.
dislocation	Dislocation is when the bones in a joint have been jarred out of place.