

from of liberal individualism
communitarianisms

[KHE110] Personal ----- factors such as self-esteem and personality
protective

[KHE110] Sports communities are characterised by close-knit --- and sport helps to
build social networks
bonds

[KHE110] The ----- relationship implies type, intensity, duration and frequency
(dosage) of activity impacts on the level of achieved health benefits
Dose-response

[KHE110] Social protective factors include external support from school and -----
community

[KHE110] The ----- is an activities involving physical exertion and skill in which an
individual or team compete against another or others for entertainment
sports

[KHE110] sport and physical activity reduces crime by providing accessible,
appropriate ----- in a supportive social
activities

[KHE110] The ----- provides the strongest evidence of social impact from engagement
with sport and exercise
Health

[KHE110] Organised sport and exercise tackle feelings of social ----- , a factor in
poor mental health
isolation

[KHE110] Health benefits of sports via ----- mechanisms reduces stress hormones,
improve psychological wellbeing
physiological

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