



## Manyleb

### Pum Uned Theori

1. Iechyd, ymarfer ac ymarfer corff.
2. Ffisioleg ymarfer.
3. Dadansoddi symud.
4. Seicoleg chwaraeon a gweithgaredd corfforol.
5. Materion diwylliannol mewn chwaraeon a gweithgareddau corfforol.

Cyfes o gwestiynau gorfodol i brofi gwybodaeth a dealltwriaeth o'r adrannau canlynol:

- Ateb cwestiynau ar fideo.
- Ffactorau corfforol sy'n dylanwadu ar iechyd, ffordd o fyw a pherfformiad.
- Ffactorau seicolegol sy'n dylanwadu ar iechyd, ffordd o fyw a pherfformiad.
- Ffactorau technegol sy'n dylanwadu ar iechyd, ffordd o fyw a pherfformiad.

Rhaid i ddysgwyr gynnig **tri** gweithgaredd ymarferol ar gyfer eu hasesu.

Asesir dysgwyr mewn **tri** gweithgaredd gwahanol fel perfformiwr mewn o leiaf **un** gamp ar gyfer unigolyn, **un** gamp ar gyfer tîm ac **un** arall.

Bydd un gweithgaredd yn brif weithgaredd fydd â rhaglen ffitrwydd bersonol yn gysylltiedig â'r gweithgaredd.

### Dull Asesu

Ymarferol - **50%**

Papur Arholiad - **50%**

## Syllabus

### Five Theory Units

1. **Health, training and exercise.**
2. **Exercise physiology.**
3. **Movement analysis.**
4. **Psychology of sport and physical activity.**
5. **Socio-cultural issues in a sport and physical activity.**

A series of questions based on knowledge and understanding of following sections:

- Answer questions on a video
- Physical factors that influence health, lifestyle and performance
- Psychological factors that influence health, lifestyle and performance
- Technical factors that influence health, lifestyle and performance.

Learners must offer **three** practical activities for assessment.

Learners will be assessed in **three** different activities in the role of performer in at least **one** individual sport, **one** team sport and **one** other.

One activity will be a major activity which will have a personal fitness programme linked to the activity.

### Assessment Method

Practical - **50%**

Examination Paper - **50%**