GUESS WHO?
THE PHYSIOLOGICAL AND LIFESTYLE INDICATORS GAME

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ACTIVITY OVERVIEW

This activity is a health and social care take on the popular children's game Guess Who? It provides students with a hands-on activity which can be used to both learn and test their knowledge of physiological and lifestyle indicators for the BTEC Tech Award Health and Social Care Component 3. Students will need to learn or recall knowledge of the different physiological indicators and lifestyle data and practise interpreting these.

KNOWLEDGE THAT WILL BE LEARNED AND/OR TESTED

- Normal ranges for physiological indicators as listed in the specification:
    - Resting heart rate
    - Heart rate recovery after exercise
    - Blood pressure (BP)
    - Body mass index (BMI)
- Guidance for lifestyle behaviours as listed in the specification:
    - Nutrition – the Eatwell Guide
    - Physical activity – UK Chief Medical Officers' Physical Activity Guidelines
    - Smoking – UK Chief Medical Officers' Smoking Guidelines
    - Alcohol – UK Chief Medical Officers' Alcohol Guidelines
    - Substance misuse

A **reference guide** for the physiological indicators and lifestyle data is provided at the end of this resource, which can be used by students during the game, particularly when using the game to teach this area of the specification. It can also be used as extra support or scaffolding for learners as required when practising/testing these skills.

RESOURCES REQUIRED (PER STUDENT)

1 One instruction sheet

2 One question sheet (can be printed double-sided with the instruction sheet)

3 A3 sheet of characters (print single sided)*

4 One physiological and lifestyle data reference guide

*The Guess Who? Characters may be cut out if you wish, but it is perfectly possible to play the game without doing this.

TEACHER INSTRUCTIONS

To play as a pair:

- Split your students into pairs and provide them with required resources.
- You can read the student instruction sheet to see how it is recommended they play.
- It is recommended to play multiple rounds.

To play as a whole class:

To play as a whole class you can play two ways:

1 Short/demonstration whole-class version

For a shorter game, or to help demonstrate the game before students play in pairs/groups, students can try to guess the character chosen by the teacher.

- Each student/student group has a character sheet.
- The teacher will give clues to who their character is and students eliminate the ones who do not fit the description.

For example:

- The teacher may say 'my character is overweight.'
- All students/student groups will need to interpret the BMI information for each character on their character sheet and eliminate the ones who are not overweight.
- The teacher can choose how or when they will accept guesses from the class.

2 Longer whole-class version

- Students take it in turns to ask the teacher questions about their character using the question sheet and eliminate the ones who do not fit the answer to their questions.
- The teacher can choose how or when they will accept guesses from the class.

To play in groups:

To play in groups of 4, students will need one character sheet per team. Follow the same instructions as to play as a pair.

To make the game easier:

To make the task easier, folder over part of the character sheet and play with less characters. This might work well when you first play the game.

WILLIAM

STUDENT INSTRUCTIONS

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- You have each been given an A3 sheet with a collection of Guess Who? characters.
- Without revealing to your partner, each choose one of the characters from your own A3 sheet. This is the character your partner will need to guess correctly by asking you a series of questions.
- You will take it in turns, using the question sheet, to ask each other questions to work out who your partner has chosen as their character.
- You can only ask questions from the question sheet, and you must use your knowledge of physiological and lifestyle indictors to work out which characters to eliminate.
- If the question does not relate to one of the individuals on your A3 sheet you can eliminate them with a cross. You do this until the last person is remaining on your sheet and then you can Guess Who?

Examples:

- You may ask your partner: 'does your character have high blood pressure?'
- Your partner will need to interpret the blood pressure reading for their chosen character to determine whether to say yes or no.
- If they say yes, you will need to interpret the readings of the characters on your sheet and eliminate the ones who do not have high blood pressure.
- You may ask your partner: 'does your character follow the Eatwell Guide?'
- Your partner will need to interpret the lifestyle information next to the word nutrition for their chosen character to determine whether to say yes or no.
- If they say yes, you will need to interpret the lifestyle data of the characters on your sheet and eliminate the ones who do not have a healthy diet.

FRANCES

QUESTION SHEET

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You must:

- Take it in turns to ask one question.
- On your next turn, you must move onto a different category.
- You can ask questions in any order.

01 | BMI

Is your character underweight?

Is your character an ideal weight?

Is your character overweight?

Is your character obese?

Is your character severely obese?

02 | Blood pressure

Does your character have low blood pressure?

Does your character have ideal blood pressure?

Does your character have pre-high blood pressure?

Does your character have high blood pressure?

03 | Resting heart rate

Does your character have a low resting heart rate?

Does your character have a normal resting heart rate?

Does your character have a high resting heart rate?

04 | Heart rate recovery after exercise

Does your character's heart rate recover slowly after exercise?

Does your character's heart rate recover quickly after exercise?

05 | Nutrition

Does your character follow at least one recommendation from the Eatwell Guide?

06 | Physical activity

Does your character follow at least one recommendation from the government's physical activity guidelines?

07 | Smoking status

Does your character smoke?

08 | Alcohol consumption

Does your character follow at least one recommendation from the government's alcohol guidelines?
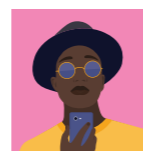
09 | Substance misuse

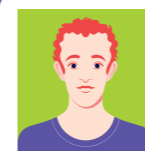Does your character misuse substances?

GUESS WHO? CHARACTERS

Anne
AGE: 78

BMI: 22.4 kg/m²
Blood pressure: 92/62mmHg
Resting heart rate: 85bpm
Heart rate recovery after exercise: Still elevated after 15 minutes
Nutrition: Meals are based on the Eatwell Plate
Physical activity: Exercises for about 60 minutes of moderate intensity activity per week
Smoking status: Non-smoker
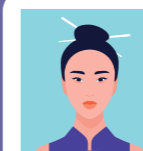**Alcohol consumption:** None
Substance misuse: None

Tyler
AGE: 29

BMI: 35 kg/m²
Blood pressure: 142/92mmHg
Resting heart rate: 104bpm
Heart rate recovery after exercise: Still elevated after 15 minutes
Nutrition: Eats takeaways high in fat, sugar and salt
Physical activity: Sits at a desk working all day
Smoking status: Smokes cigarettes
Alcohol consumption: Has no alcohol-free days
Substance misuse: None

Shaun
AGE: 42

BMI: 18.6 kg/m²
Blood pressure: 97/65mmHg
Resting heart rate: 67bpm
Heart rate recovery after exercise: Recovers well in 5 minutes
Nutrition: Consumes 5 portions of fruit and vegetables a day
Physical activity: Regularly completes strength-based training at the gym
Smoking status: Smokes cigarettes
Alcohol consumption: Drinks more than 14 units of alcohol over two days at the weekend
Substance misuse: Smokes cannabis

Lee
AGE: 30

BMI: 24.8 kg/m²
Blood pressure: 102/74mmHg
Resting heart rate: 75bpm
Heart rate recovery after exercise: Back to normal in 2 minutes
Nutrition: Does not exceed 2000 calories a day
Physical activity: Exercises for over 300 minutes of moderate intensity per week
Smoking status: Non-smoker
Alcohol consumption: Drinks less than 14 units of alcohol a week
Substance misuse: None

Emily
AGE: 18

BMI: 32.7 kg/m²
Blood pressure: 145/95mmHg
Resting heart rate: 108bpm
Heart rate recovery after exercise: Still elevated after 15 minutes
Nutrition: Eats snacks high in sugar
Physical activity: Does not complete any moderate intensity activity
Smoking status: Non-smoker
**Alcohol consumption:** None
Substance misuse: None

Nadia
AGE: 25

BMI: 28.6 kg/m²
Blood pressure: 125/85mmHg
Resting heart rate: 102bpm
Heart rate recovery after exercise: Remains raised for over half an hour
Nutrition: Often consumes over 2000 calories a day
Physical activity: Has chronic asthma making it difficult to exercise at all
Smoking status: Non-smoker
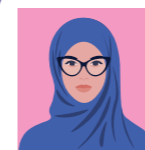**Alcohol consumption:** None
Substance misuse: None

James
AGE: 30

BMI: 17 kg/m²
Blood pressure: 118/78mmHg
Resting heart rate: 90bpm
Heart rate recovery after exercise: Recovers well in 5 minutes
Nutrition: Often does not consume enough calories per day
Physical activity: Attends the gym for three 1hour sessions of vigorous activity per week
Smoking status: Smokes cigarettes
Alcohol consumption: Drinks more than 14 units of alcohol over two days at the weekend
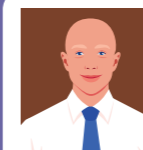**Substance misuse:** Smokes cannabis
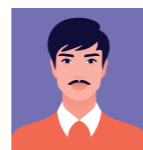
Joseph
AGE: 52

BMI: 26.4 kg/m²
Blood pressure: 131/88mmHg
Resting heart rate: 101bpm
Heart rate recovery after exercise: Still elevated after 15 minutes
Nutrition: Drinks a lot of fizzy drinks high in sugar
Physical activity: Works as pilot sat down most of the day
Smoking status: Smokes cigars
Alcohol consumption: Consumes 30 units of alcohol per week
Substance misuse: Misuses prescription drugs

Sabrina
AGE: 40

BMI: 20.3 kg/m²
Blood pressure: 107/75mmHg
Resting heart rate: 80bpm
Heart rate recovery after exercise: Recovers well in 5 minutes
Nutrition: Eats a variety of foods from each of the food groups on the Eatwell Plate
Physical activity: Exercises for 100 minutes of moderate intensity activity per week
Smoking status: Non-smoker
Alcohol consumption: None
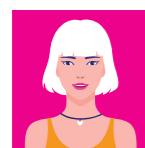**Substance misuse:** None

Graham
AGE: 55

BMI: 20.3 kg/m²
Blood pressure: 155/100mmHg
Resting heart rate: 115bpm
Heart rate recovery after exercise: Remains raised for over half an hour
Nutrition: Does not follow the Eatwell Plate when preparing meals
Physical activity: Sits at a desk working all day
Smoking status: Smokes cigars
Alcohol consumption: Consumes 30 units of alcohol per week
Substance misuse: Misuses prescription drugs

Davinder
AGE: 38

BMI: 18.5 kg/m²
Blood pressure: 100/70mmHg
Resting heart rate: 77bpm
Heart rate recovery after exercise: Recovers well in 5 minutes
Nutrition: Enjoys preparing meals for his family based on the Eatwell Plate
Physical activity: Regularly attends a strength-based exercise class
Smoking status: Non-smoker
Alcohol consumption: None
Substance misuse: None

Rachel
AGE: 20

BMI: 16.5 kg/m²
Blood pressure: 89/59mmHg
Resting heart rate: 52bpm
Heart rate recovery after exercise: Back to normal in 2 minutes
Nutrition: Drinks 1-2 glasses of water a day
Physical activity: Completes over 75 minutes of vigorous activity per week
Smoking status: Smokes cigarettes
Alcohol consumption: Does not exceed more than 14 units of alcohol per week
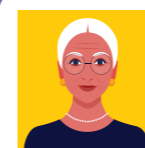**Substance misuse:** Addicted to sleeping tablets

Richard
AGE: 75

BMI: 27 kg/m²
Blood pressure: 135/85mmHg
Resting heart rate: 99bpm
Heart rate recovery after exercise: Still elevated after 15 minutes
Nutrition: Eats food from cafes and restaurants high in fat and salt
Physical activity: Exercises for at least 150 minutes of moderate intensity activity per week
Smoking status: Smokes a pipe
Alcohol consumption: Consumes 20 units of alcohol per week
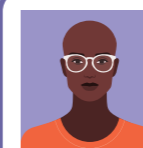**Substance misuse:** None

Robert
AGE: 47

BMI: 45 kg/m²
Blood pressure: 180/125mmHg
Resting heart rate: 112bpm
Heart rate recovery after exercise: Remains raised for over half an hour
Nutrition: Eats over 2500 calories a day
Physical activity: Delivery driver sat in his van all day
Smoking status: Non-smoker
Alcohol consumption: Consumes 25 units of alcohol per week
Substance misuse: None

Fatima
AGE: 68

BMI: 15.2 kg/m²
Blood pressure: 85/57mmHg
Resting heart rate: 54bpm
Heart rate recovery after exercise: Still elevated after 15 minutes
Nutrition: Often does not consume enough calories per day
Physical activity: Does not do any strength-based activity
Smoking status: Non-smoker
Alcohol consumption: None
Substance misuse: None

Sarah
AGE: 50

BMI: 28.8 kg/m²
Blood pressure: 130/85mmHg
Resting heart rate: 101bpm
Heart rate recovery after exercise: Still elevated after 15 minutes
Nutrition: Does not eat any fruit or vegetables
Physical activity: Spends most of the day sitting down
Smoking status: Smokes cigarettes
Alcohol consumption: None
Substance misuse: None

GUESS WHO? CHARACTERS

PHYSIOLOGICAL DATA
PHYSIOLOGICAL AND LIFESTYLE DATA REFERENCE GUIDE

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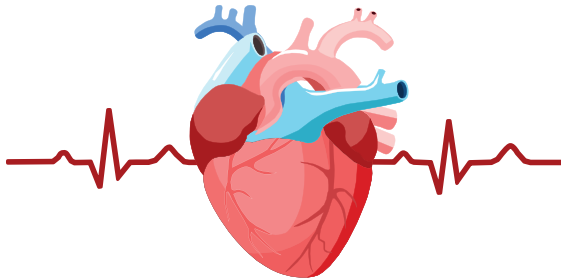
Resting heart rate

Low	Less than 60 bpm
Normal	60-100 bpm
High	More than 100 bpm

Heart rate recovery after exercise

Although this varies based upon multiple factors, as a general rule for this game:

Slow to recover	A heart rate that has not returned to normal > 10 minutes after exercise is completed
Quick to recover	A heart that has returned to normal < 10 minutes after exercise is completed
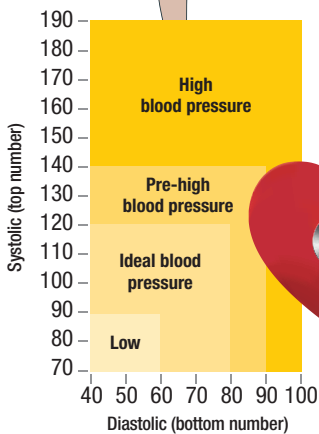
Blood pressure (BP)

Low blood pressure	Less than 90/60 mmHg
Ideal blood pressure	Between 90/60 mmHg and 120/80 mmHg
Pre-high	Between 120/80 mmHg and 140/90 mmHg
High	140/90 mmHg and above

Watch illustration:
10:05
187 ACTIVE CAL
204 TOTAL CAL
40 LAPS
88 BPM

Blood pressure monitor: 120 / 80 / 70

Blood pressure chart (Systolic top number vs Diastolic bottom number):
- High blood pressure
- Pre-high blood pressure
- Ideal blood pressure
- Low

Systolic (top number): 70 to 190
Diastolic (bottom number): 40 to 100

Body Mass Index (BMI)

(BMI)	
(Weight Categories)	BMI (kg/m²)
Underweight	Less than 18.5
Healthy weight	18.5-24.9
Overweight	25-29.9
Obese	30-39.9
Severely obese	More than 40

Underweight	Less than 18.5 kg/m²
Healthy weight	Between 18.5 kg/m² and 24.9 kg/m²
Overweight	Between 25 kg/m² and 29.9 kg/m²
Obese	Between 30 kg/m² and 39.9 kg/m²
Severely obese	40 kg/m² and above

LIFESTYLE DATA
PHYSIOLOGICAL AND LIFESTYLE DATA REFERENCE GUIDE

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NUTRITION

The Eatwell Guide recommends:

- Meals based on Eatwell Plate
- Consume 5 portions of fruit and vegetables a day
- Choose wholegrain or high fibre versions of starchy carbohydrates
- Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily.
- Eat less red and processed meat
- Limit fat, sugar and salt
- Drink 6-8 glasses of water a day
- Consume around 2000 calories daily for women and 2500 for men

Physical activity

The UK Chief Medical Officers' Physical Activity Guidelines include the following recommendations:

- At least 150 minutes moderate intensity activity, or 75 minutes vigorous activity, or a mixture of both, per week
- Strengthening activities on two days
- Reduce extended periods of sitting

Smoking

The UK Chief Medical Officers' Smoking Guidelines recommend:

- Do not smoke tobacco in any form (cigarettes, cigars, pipes)
- Avoid spending time in smoky places (passive smoking)

Alcohol

The UK Chief Medical Officers' Alcohol Guidelines recommend:

- It is safest not to drink more than 14 units of alcohol a week on a regular basis
- If you regularly drink as much as 14 units of alcohol per week, it is best to spread your drinking evenly over 3 or more days
- Aim to have several alcohol-free days

Substance misuse

- Avoid the use of illegal substances (drugs)
- Take prescription medication as instructed and only when prescribed for you