

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use

General Certificate of Education
January 2007
Advanced Level Examination



LEISURE STUDIES
Unit 12 Lifestyle Management

LS12

Wednesday 24 January 2007 9.00 am to 11.00 am

<p>You will need no other materials. You may use a calculator.</p>

Time allowed: 2 hours

Instructions

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- Do all rough work in this book. Cross through any work you do not want to be marked.
- If you need extra paper use additional answer sheets.

Information

- The maximum mark for this paper is 90.
- The marks for questions are shown in brackets.
- You will be marked on your ability to use an appropriate form and style of writing, to organise relevant information clearly and coherently, and to use specialist vocabulary where appropriate. The legibility of your handwriting and the accuracy of your spelling, punctuation and grammar will also be considered.

For Examiner's Use			
Question	Mark	Question	Mark
1		5	
2		6	
3			
4			
Total (Column 1)		→	
Total (Column 2)		→	
TOTAL			
Examiner's Initials			

Answer **all** questions in the spaces provided.

1 (a) (i) Outline why personal hygiene is important in lifestyle management.

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(4 marks)

(ii) Give **two** examples of facilities that leisure centres provide for customers to manage their personal hygiene.

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(2 marks)

- (b) A well-known ‘pop star’ was recently reported as saying that “I’d still be taking drugs if they didn’t make me fat”.

Explain why such a statement might be considered irresponsible.

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(6 marks)

Question 1 continues on the next page

Turn over ►

- (c) (i) Explain why the nutritional value of food offered to customers should be an important consideration for leisure centres.

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(6 marks)

- (ii) Give **two** ways in which food hygiene is maintained in a leisure centre catering facility.

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(2 marks)

(iii) Explain why it is important to ensure correct food preparation and handling in leisure centres.

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(6 marks)

26

Turn over for the next question

Turn over ▶

2 During adolescence, some young people have a problem with their ‘self-image’.

Discuss why this may be an important psychological factor in the management of a healthy lifestyle.

You should refer to social and cultural issues.

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(10 marks)

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Turn over for the next question

Turn over ►

3 Private health clubs need to collect some sensitive information from their clients about lifestyle and to analyse it prior to providing a training programme.

(a) Describe ways in which health clubs can gather information about clients' lifestyles, and discuss the advantages and disadvantages of these methods.

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(6 marks)

- (b) Study **Figure 1**, which is a general lifestyle profile of a young man who has joined a health club.

Figure 1

Age:	27
Height:	5 ft 8 ins (1.7 m)
Weight:	15 stone 7 lb (98.6 kg)
Cholesterol level:	high
Blood pressure:	high
Body composition/ percentage body fat:	high

Describe some recommendations that could be given to the young man to help him to improve his lifestyle.

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(4 marks)

10

Turn over for the next question

Turn over ►

(b) Suggest examples of how an employer might introduce exercise initiatives for employees and discuss the potential benefits for the employer.

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(6 marks)

16

Turn over for the next question

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(10 marks)

- (b) Research evidence shows that there are considerable differences in the health status of different European countries.

Compare the health status of the UK with that of **at least one** other European country.

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(6 marks)

16

Turn over for the next question

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(12 marks)

12

END OF QUESTIONS

There are no questions printed on this page

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Question 5 Figure 2: Courtesy of FOREST at www.forestonline.org

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