



General Certificate of Education

Health and Social Care 8626/8629

**HC13 The Role of Exercise in
Maintaining Health and Well-
Being**

Report on the Examination

2008 examination – June series

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Set and published by the Assessment and Qualifications Alliance.

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Dr Michael Cresswell Director General.

HC13 THE ROLE OF EXERCISE IN MAINTAINING HEALTH AND WELL-BEING PRINCIPAL EXAMINER'S REPORT

General comments

Generally candidates' performance on this paper demonstrated similar strengths and weaknesses to papers in previous series.

It is pleasing to report some very good scripts from candidates who were able to apply their knowledge well with good use of technical terminology.

The scripts of lower-ability candidates as on previous papers tended to have much poorer use of technical language and much less detail in their responses. There was little evidence of candidates having too little time to complete the paper.

Question 1

(a) Candidates generally understood VO_2 max, but were less secure on the units in which it is measured, e.g. some suggested litres per minute rather than millilitres per minute. In the second part of this question most gained marks relating to improved lung capacity, oxygen transfer and increased endurance.

(b) The majority of candidates gave dynamic strength, stamina and/or flexibility to gain the marks available.

Weaker candidates tended to offer muscular strength for 1 mark.

(c) As for previous papers, candidates generally demonstrated a good understanding of how regular exercise may help control stress.

Question 2

(a) Most candidates were able to gain four or five of the nine marks available by demonstrating their understanding of the physiological processes which regular exercise may affect in terms of combating ageing.

Weaker candidates tended to suggest that the ageing process could be reversed through regular exercise.

There was a significant number of scripts gaining eight or nine marks.

(b) Safety precautions that are necessary were generally known well.

Some candidates, however, did not gain the three marks available for why each is important because they repeated a reason already given.

(c) Most candidates understood that regular exercise suppresses appetite with a significant number gaining marks for describing the role of the appetat in the hypothalamus.

Question 3

(a) This data question, as on previous papers, proved challenging for many candidates. This is especially so when perceived exertion scales are involved.

Many candidates were restricted to just one or two of the six marks available in part (i) as they generally failed to recognise the similarity of pattern between Persons A and C.

Generally Person B was identified as the fittest by the majority as he found the exercise least demanding.

In the second part of the question the limitation of a perceived exertion scale, i.e. its subjectivity, was understood far better than strength, such as progress monitoring of an individual.

(b) There was much confusion in the first part of this question as candidates attempted to explain how tidal volume is calculated.

Many candidates confused tidal volume with vital capacity.

Body Mass Index was much better understood, although weaker candidates often reversed the formulae and/or failed to include appropriate units.

(c) The vast majority of candidates recognised that Person A was overweight and Person B underweight.

Somewhat surprisingly, few candidates gained full marks for outlining successfully how exercise pulse rates could be used to compare the fitness levels of two individuals.

A significant number did recognise that recovery time to resting rate can be used.

Question 4

(a) The common barriers which prevent people from taking part in regular exercise were understood well.

As in Question 2(b), some candidates failed to give different responses for the second mark in each case, i.e. they repeated a way to overcome the barrier rather than give a different way for each barrier.

(b) Candidates often confused diseases that could be prevented by regular exercise with those that regular exercise may regulate.

There were many detailed accounts in part (iii) which gained more than half the marks available for explaining the physiological processes involved.

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