Centre Number			Candidate Number		
Surname					
Other Names					
Candidate Signature					

Α	Q	Α	
		<i> </i>	

General Certificate of Education Advanced Level Examination June 2014

Health and Social Care

HSC07

HS

Unit 7 Food and Fitness

Monday 16 June 2014 9.00 am to 11.00 am

You will need no other materials.

Time allowed

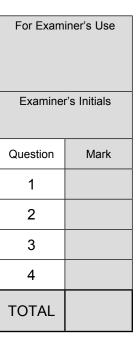
• 2 hours

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work that you do not want to be marked.
- If you need extra paper, use the Supplementary Answer Sheets.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in Question 4 (e).



А

	Answer all questions in the spaces provided.	
1	George is a 30-year-old male who exercises regularly and therefore has a hi max. He has a healthy balanced diet which is high in protein.	gh VO ₂
1 (a)	Name two functions of protein.	[2 marks]
	1	
	2	
1 (b)	Briefly outline how a high protein diet would be effective when exercising reg	ularly. [2 marks]
1 (c)	State two sources of protein.	[2 marks]
	1	
	2	
	2	



1 (d)	Explain what ${\rm VO_2}$ max measures giving the units of measurement. In your answer, use George's ${\rm VO_2}$ max as an example.
	[5 marks]
	Extra space





	tness.
•	
•	
•	
•	
٠	
•	



Extra space for question 1 (e)

20

Turn over for the next question





The following data was collected from four healthy 20-year-old females before and after participating in an identical standard exercise programme.

Table 1

	Female A	Female B	Female C	Female D
Body Mass Index (BMI)	23	18	31	20
Peak Flow (dm3/min)	410	460	320	520
Resting Pulse Rate (BPM)	65	70	85	90
Recovery time to resting pulse after identical exercise (minutes)	5	2	7	4

2 (a)	Compare the data for the four females in Table 1 with reference to the normal ranges for BMI.
	[4 marks]



f	or resting pulse rates.
	[4
•	
•	
	Compare the data for the four females in Table 1 with reference to the normal rate or peak flow.
	or peak flow.
	or peak flow.
	or peak flow.
	or peak flow. [4
	or peak flow. [4
	r peak flow. [4





Table 1 on page 6 from their pulse recovery time?	[4 marks
Give two common barriers to individuals taking part in regular e	exercise For each
Give two common barriers to individuals taking part in regular e barrier suggest one different way it might be overcome.	
	exercise. For each
Give two common barriers to individuals taking part in regular e barrier suggest one different way it might be overcome. Barrier 1	[4 marks
barrier suggest one different way it might be overcome. Barrier 1	[4 marks
barrier suggest one different way it might be overcome. Barrier 1	[4 marks
barrier suggest one different way it might be overcome. Barrier 1	[4 marks
barrier suggest one different way it might be overcome. Barrier 1	[4 marks
barrier suggest one different way it might be overcome. Barrier 1	[4 marks
Barrier 1 Overcome by	[4 marks
barrier suggest one different way it might be overcome. Barrier 1	[4 marks
Barrier 1 Overcome by	[4 marks
Barrier 1 Overcome by	[4 marks



3	Jane is a 60-year-old female who has little aerobic fitness. She was recently diagnosed with hypertension and has been told she is overweight. Jane has been advised by her General Practitioner to exercise regularly.
3 (a)	Discuss how exercising regularly may help Jane control her weight. Refer to physiological processes in your answer.
	[7 marks]
	Extra space





3 (b)	Explain how exercising regularly may help Jane combat the effects of ageing. Refer to physiological processes in your answer.
	[8 marks]
	Extra space



3 (c)	Describe an exercise programme that would be suitable for Jane.
	[5 marks]
	Extra space

20

Turn over for the next question



4	Simon is calcium deficient. He is obese and unfit. He has decided to take up exercise and has joined the local gym.	regular
4 (a)	Give two functions of calcium in the body.	[2 marks]
	1	
	2	
4 (b)	Describe the possible effect of calcium deficiency in the body.	
		[3 marks]



4 (c)	State two sources of calcium that Simon should consider adding to his diet.	[2 marks]		
	Source 1			
	Source 2			
4 (d)	regularly.			
		[4 marks]		





experience as a result of joining the gym.
Quality of Written Communication will be assessed in this question. [9 r



Extra space for question 4 (e)

20

END OF QUESTIONS



