

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use
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General Certificate of Education  
June 2007  
Advanced Level Examination



**LEISURE STUDIES**  
**Unit 12 Lifestyle Management**

**LS12**

Tuesday 12 June 2007 9.00 am to 11.00 am

<p><b>You will need no other materials.</b> You may use a calculator.</p>
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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 Young children are being encouraged to take more exercise. Unfortunately, some forms of exercise involve risks.
- (a) In recent years, using trampolines has become a popular way to exercise at home. However, there are risks involved and figures from the Royal Society for the Prevention of Accidents show that in 2002, 11 500 people were treated in UK hospitals as a result of home trampoline accidents.



- (i) Outline **four** effective precautions that an individual might take to reduce the risk of injury to anyone using a 'garden trampoline'.

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(4 marks)

(ii) Discuss the extent to which trampolining is a suitable leisure/exercise activity for the home.

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*(6 marks)*

**Question 1 continues on the next page**

(b) According to the Child Accident Prevention Trust, 33 000 children were killed or injured on the UK's roads in 2003. Many were out cycling – a major leisure activity for health-conscious children today.

Suggest and evaluate safety measures that could be used to reduce the number of accidents involving children out cycling.

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(8 marks)

**Turn over for the next question**

**Turn over ►**

2 Gardening is a popular form of health-related exercise.

(a) Outline **two** benefits of participation in regular exercise.

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(2 marks)



(b) Choose **two** different groups of people. For each group, suggest and justify **two** realistic 'health-related' exercise activities other than gardening.

Group 1 .....

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Group 2 .....

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*(10 marks)*

<b>12</b>

**Turn over for the next question**

**Turn over** ►

- 3 Recent research has shown that even low levels of activity are better than no activity at all in aiding the prevention and management of heart disease. As a fitness adviser, you have been given responsibility by health professionals for advising the person whose lifestyle profile is given in **Figure 1** below.

**Figure 1**

<b>LIFESTYLE PROFILE</b>	
<b>Background</b>	
GENDER:	Male
AGE:	55
HEIGHT:	5' 7" (1.52 metres)
WEIGHT:	14 stone 7 lbs (92 kgs)
SOCIAL CLASS:	IV – Partly skilled (Registrar General classification 1990)
OCCUPATION:	HGV driver
<b>Health and Leisure</b>	
EXERCISE LEVELS:	Low aerobic fitness
MEDICAL CONDITIONS:	Long-term angina / arthritis in knees / type II diabetes
PRESCRIBED DRUGS:	Angina control / anti-inflammatory for arthritis / insulin for diabetes
MAIN LEISURE ACTIVITIES:	Watching TV/ going to the pub/ looking after grandchildren
OTHER RELEVANT FACTORS:	High alcohol consumption / recently gave up smoking

- (a) Discuss possible consequences for people who have a similar health and leisure profile to the one shown in **Figure 1**.

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*(6 marks)*

- (b) With reference to **Figure 1**, suggest and explain appropriate strategies that this individual could use to improve his fitness levels.

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*(8 marks)*

4 Lifestyle advisers may need to find out sensitive information about individual clients. Interviews or questionnaires could be used to find out this information before an individual lifestyle programme is devised.

(a) Compare the effectiveness of using interviews or questionnaires in assessing clients.

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(b) Suggest the information that a lifestyle adviser needs to know in order to devise a lifestyle programme. Justify your answer.

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*(8 marks)*

<b>18</b>

**Turn over for the next question**

**Turn over** ►

- 5 (a) Identify **two** demographic changes that have impacted on the health status of the UK in the last twenty years. Outline how each has affected the health of the UK population.

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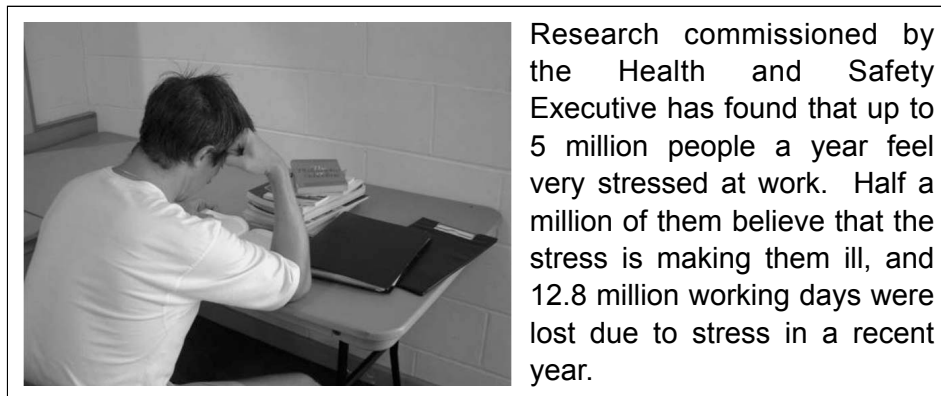
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(4 marks)

- (b) Study **Figure 2** below.

**Figure 2**



Using information from **Figure 2** and your own knowledge, evaluate the extent to which well-chosen leisure activities can help to relieve some of the stress and tension experienced by people at work.

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6 Study **Figure 3** below.

**Figure 3**



Large rises in death rates from chronic liver disease and cirrhosis have occurred in most age groups in the UK. This has been directly attributed to excessive alcohol consumption.

Analyse the effects of many individuals consuming alcohol above the recommended government guidelines, and discuss the implications for society.

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*(12 marks)*

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**END OF QUESTIONS**

**There are no questions printed on this page**

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Question 1                      Photograph: [www.optimafitness.co.uk](http://www.optimafitness.co.uk)  
Questions 2, 5 and 6          Photographs: K. ANSTICE

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