

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use

General Certificate of Education
January 2009
Advanced Level Examination



LEISURE STUDIES
Unit 12 Lifestyle Management

LS12

Friday 23 January 2009 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 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. Answers written in margins or on blank pages will not be marked.
- If you need extra paper, use additional answer sheets.
- Do all rough work in this book. Cross through any work you do not want to be marked.

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			



J A N O 9 L S 1 2 0 1

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

1 (a) Study the photograph and the statement below.



'Controlling alcohol consumption is a major factor in the lifestyle management of many people in the UK.'

Describe **two short-term** physical effects of becoming intoxicated through alcohol consumption.

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(4 marks)



1 (b) Study **Figure 1** below.

Figure 1

Levels of alcohol consumption are falling in many European countries, but rising in some. For example, alcohol consumption in Italy, Spain and France fell by 34%, 32% and 31% respectively, but rose by 7% in the UK over a 10 year period.

Suggest why alcohol consumption is rising in the UK and falling in some other European countries.

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(6 marks)

Question 1 continues on the next page

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1 (c)

Drinking alcohol and then driving a motor vehicle is more of a social and cultural problem than a personal problem.

Discuss the statement above.

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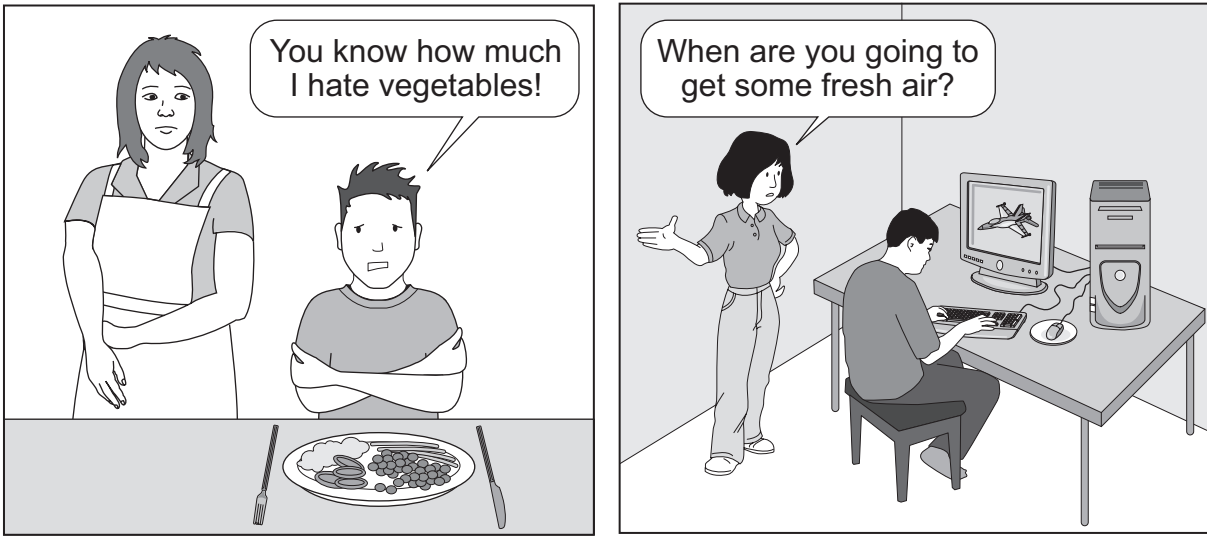
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2 Study Figure 2 below.

Figure 2



2 (a) Assess the difficulties that adults might have when attempting to influence younger family members to make more healthy lifestyle choices.

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2 (b) Research has shown that physical illness can be caused by stress.

Explain how the leisure pursuits of young people can have positive or negative effects on their emotional well-being and stress levels.

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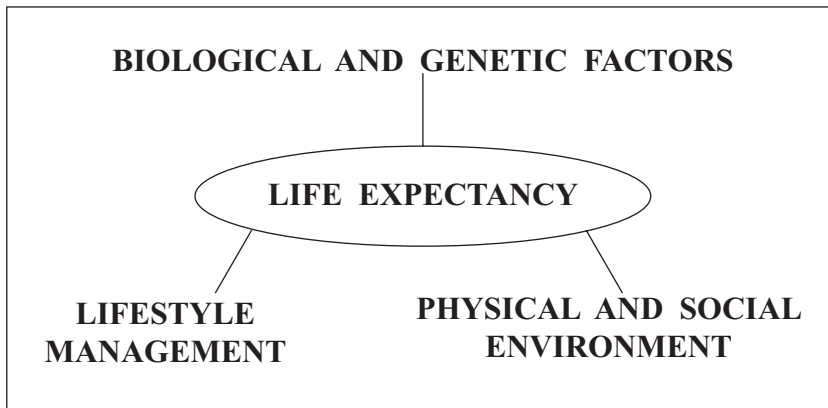
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3 Study Figure 3.

Figure 3



Evaluate the extent to which lifestyle management can impact on an individual's life expectancy.

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4 Study **Figure 4** below.

Figure 4

John is a single person who is 30 years old. He lives in a tower block. He works in an office 2 miles away from his home. John is considered to be obese. He would like a healthier lifestyle and contacts a lifestyle coach to arrange an interview.

4 (a) Write **four** appropriate questions for the lifestyle coach to ask John.

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(2 marks)



4 (b) Justify your chosen questions.

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5 (a) Study **Figure 5** below.

Figure 5

In an article in the online *Runner's World* magazine in July 2007, the opinion was expressed that 'the benefits of exercise can extend all the way to the marathon distance'. The article also stressed the importance of 'appropriate preparation' (ie training) for those interested in endurance activities such as the marathon.

Some people believe that optimum health can be achieved only with maximum levels of physical fitness.

Discuss what you understand by the term 'health-related fitness' in relation to the achievement of optimum health.

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5 (b) Study **Figure 6** below.

Figure 6

Jenny is a 20 year old who has always disliked any kind of strenuous exercise. She has recently realised that exercise is important for self-image and health.

Ahmed is 55 years of age and has always been involved in sport or exercise. He is now looking for a new challenge in his life.

Jenny and Ahmed are both considering running in a marathon and they go to see a lifestyle coach.

Explain the advice that you would give to each of the people described in **Figure 6**.

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6

The concept of 'lifestyle' is restricted to those middle-class or upper-class groups who are relatively well off, are highly educated and who have the economic and cultural resources to indulge themselves.

Discuss the statement above.

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END OF QUESTIONS



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Question 1 Photograph: K Anstice

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