Centre Number			Candidate Number		
Surname					
Other Names					
Candidate Signature					



General Certificate of Education Advanced Level Examination June 2010

# **Leisure Studies**

**LS12** 

**Unit 12 Lifestyle Management** 

Friday 11 June 2010 1.30 pm to 3.30 pm

You will need no other materials.

You may use a calculator.

#### Time allowed

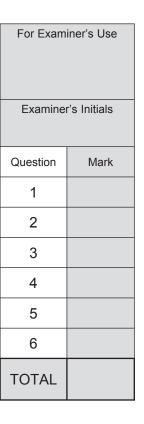
• 2 hours

#### 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 you do not want to be marked.

#### Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 90.
- In Question 6 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 grammer will also be considered in this question.





6/6/

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

1 Study **Figure 1** below.

### Figure 1

Managing a healthy lifestyle can sometimes be a matter of simply being aware of everyday dangers.

Every year in the UK almost 4000 people die in accidents in the home and 2.7 million turn up at accident and emergency departments seeking treatment. But, because the accidents happen behind closed doors in isolated incidents, they rarely attract public and media attention.



1 (a)	Describe how <b>two</b> potentially dangerous situations arising from leisure activities at home can cause accidents.
	(4 marks)



1 (b)	Discuss the extent to which the UK government should intervene to reduce leisure-based accidents at home.
	(8 marks)
	Extra space

12



2 Study Figure 2 below.

### Figure 2

The media in the UK seem to promote idealised images of people. Evidence shows that negative self-image can sometimes lead to quite serious mental health problems among particular age groups.



2 (a)	Outline <b>one</b> mental health problem that might arise from a negative self-image.
	(2 marks)
2 (b)	Discuss how different groups of people who experience mental health problems will be affected when attempting to achieve a healthy lifestyle.



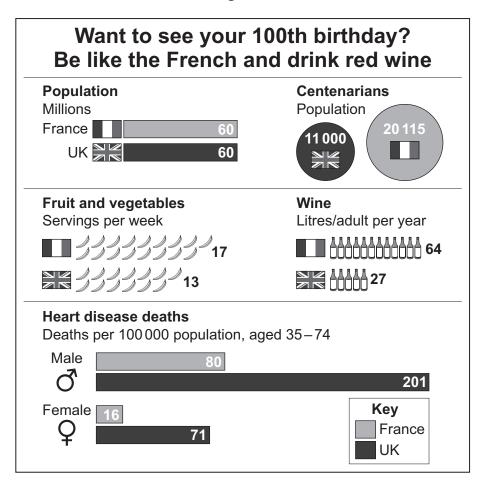
(10 marks)
Extra space

12



3 Study Figure 3 below.

Figure 3



Outline two main differences in heart disease death rates between France and the OK.	
(4 marks	
( i mano	/



3 (b)	Almost twice as many people live past one hundred years of age in France than in the UK. Analyse the lifestyle factors which may explain why life expectancy varies among European countries including the UK and France.
	(12 marks)



Extra space	9	 	



4 Study **Figure 4**.

# Figure 4

One fifth of 15 year olds smoke.

One quarter of 16–19 year olds smoke.

About 450 children start smoking every day.

More than 80% of smokers take up the habit as teenagers.



4 (a)	Outline <b>two</b> influences that encourage young people to start smoking.					
	(2 marks	 ~ \				
	(2 marks	/د				

Question 4 continues on the next page



4 (b)	Discuss the prevalence of smoking among different sections of the population.
	(6 marks)
	Extra space



### 4 (c) Study Figure 5 below.

# Figure 5

"The national ban on smoking in enclosed public spaces introduced in the UK in 2007 has caused more problems than it has solved."

Discuss the extent to which the ban has affected people's lifestyles.
(10 marks)



	Extra space
	ZAUG SPGGG
5 (a) (i)	Study Figure 6 below.
	Figure 6
	Liam is a 14 year-old gymnast. He has achieved regional standards and is considered to have a lot of potential. Liam has ambitions to represent Britain in the 2016 Olympic Games. Liam has a high percentage body fat measurement for a gymnast, and likes to eat fast food meals. Training for his sport is becoming more intensive as he reaches a critical time in his gymnastic career. Liam is highly motivated by belonging to the gymnastics team and club. However, he enjoys many different sports and hanging around with friends other than in his gymnastic club.  Angie is a 16 year-old hockey player who plays for a local club and her school. She has played at a regional level and is considered very skilful, with a lot of potential. She would like to achieve national standards but she has low percentage body fat measurements because she diets to look slim. Angie enjoys being a member of the hockey club but often goes shopping with her friends and buying new clothes and make-up. Improving her hockey standards will require increased training with regional squads and putting on weight.
	Describe problems that Liam and Angie may face in attempting to change their diet.



	(6 marks)
	Extra space
5 (a) (ii)	Other than dietary changes, compare the lifestyle challenges that Liam and Angie will face if they are to achieve their sporting ambitions.
	(6 marks)



		Extra space
5	(b)	You have investigated in detail at least two different lifestyles. Referring <b>only</b> to these lifestyles, explain some of the difficulties that these people face when responding to recommendations for improvement.
		(8 marks)



Turn over for the next question



6 Study Figure 7.

### Figure 7

A local community centre has a new manager. The area is well known for having many social problems, including high unemployment. There is a high incidence of heart disease and cancer in the area. The community centre, however, is used by many local people who strive to improve their lifestyle in difficult circumstances. European Union funding has become available to this centre, although the money is not to be given to any particular individual.

Evaluate a range of initiatives that would help adults of different ages to make improvements to their lifestyles.
Answer this question in continuous prose. The quality of written communication will be assessed in your answer.



(12 marks)
Extra space

12

# **END OF QUESTIONS**



