

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										



General Certificate of Education
Advanced Level Examination
June 2012

Leisure Studies

LS12

Unit 12 Lifestyle Management

Tuesday 19 June 2012 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 3(b) you will be marked on your ability to:
 - use an appropriate form and style of writing
 - organise relevant information clearly and coherently
 - use specialist vocabulary where appropriate.

The legibility of your handwriting and the accuracy of your spelling, punctuation and grammar will also be considered in this question.

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	



J U N 1 2 L S 1 2 0 1

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

1 Study **Figure 1**.

Figure 1

To achieve a healthy lifestyle, people are being encouraged to take more exercise. Unfortunately many forms of exercise involve considerable risks to the individual.

The Royal Society for the Prevention of Accidents (RoSPA) reports that every year in this country over 16 000 cyclists are killed or injured in recorded road accidents.

- 1 (a) (i)** Outline precautions that parents could take to help make their children safer when they are cycling on the roads.

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(4 marks)

- 1 (a) (ii)** Discuss the advantages of cycling as a health-related exercise activity.

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Question 1 continues on the next page

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20



2 Study Figure 2.**Figure 2**

A local authority has funded a health initiative to help people to improve their lifestyles. Local family doctors have focused the funding on people they consider to be in immediate danger of developing serious illnesses.

As a lifestyle adviser working for this local authority one of your clients is Yestin.

Yestin is 50 years old. He has many health problems which he maintains are due to external factors linked to growing up in an industrial working class area of the UK. His health problems include breathlessness (although he is not asthmatic), weak painful joints and obesity.

Yestin weighs 114 kg (18 stone) and is 1.8m (5'11").

Evaluate the extent to which people are justified in blaming external rather than personal factors for their health problems.

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3 (a) What is meant by 'maintaining a work/life balance'?

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3 (b) Study **Figure 3**.

Figure 3

Living in modern society places many people in a position where they have limited control over their environment. This leads to unhealthy lifestyle decisions and an increased chance of not achieving a good work/life balance.



Discuss how the pressures of living in modern society can have an impact on work/life balance and on health.

Answer this question in continuous prose. The quality of written communication in your answer will be assessed.

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(12 marks)

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5 The health status of people who live in different countries varies.

5 (a) What factors should be considered when attempting to understand the health status of different European countries?

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(4 marks)

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

Figure 5

Alan is a citizen of the UK. He is 25 years old. Alan has an expensive mobile phone and a laptop. He uses the internet as a main way of contacting a wide range of his friends. He lives with his parents but they rarely share a meal and he would like to buy a place of his own. Alan plays football for a local club but smokes, binge drinks at weekends and eats mainly fast food.

Jose is a citizen of Spain. He is 25 years of age. Jose has an expensive mobile phone and a laptop. He uses the internet as a main way of contacting people who are important to him, such as his family. He shares a meal with his family as often as possible. He lives with his girlfriend and they pay rent. Jose plays tennis and golf and drinks wine with his meals, smokes, but eats a healthy diet.

Suggest how the attitude of Alan and Jose towards a healthy lifestyle may be influenced by their culture.

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- 5 (c)** Regardless of the amount of money spent on health care by various governments in Europe, income is the major factor which determines health status.

Analyse some of the common factors that affect people on low incomes throughout Europe with regard to living a healthy lifestyle.

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END OF QUESTIONS

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Figure 1 Royal Society for the Prevention of Accidents (RoSPA)
Figure 3 Photo – Freefoto.com

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