

General Certificate of Education  
June 2007  
Advanced Subsidiary Examination



**GENERAL STUDIES (SPECIFICATION B)**  
**Unit 2 Power**

**GSB2**

Monday 21 May 2007 1.30 pm to 2.45 pm

**For this paper you must have:**

- an 8-page answer book.

Time allowed: 1 hour 15 minutes

**Instructions**

- Use blue or black ink or ball-point pen.
- Write the information required on the front of your answer book. The *Examining Body* for this paper is AQA. The *Paper Reference* is GSB2.
- Answer **two** questions.
- Answer **Question 1** from **Section A** and **one** question from **Section B**.
- Do all rough work in your answer book. Cross through any work you do not want marked.

**Information**

- The maximum mark for this paper is 70.
- The marks for questions are shown in brackets.
- You will be marked on your ability to use good English, to organise information clearly and to use specialist vocabulary where appropriate. All answers should be written in continuous prose.

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**SECTION A**

Answer this question.

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- 1** Read the passage opposite. It contrasts views that favour a life of laziness with those that argue for regular exercise.

Imagine that you have the opportunity to interview **either** Dr Michaela Axt-Gadermann **or** Dr Graham Achard. Choose the doctor whose views you disagree with, and argue against those views.

Set out your questions, and the replies of your interviewee, something like this:

**SELF** Surely long-distance running is a good thing? The heart is a pump, and it needs to be made to work hard ...

**A-G** I realised that it was doing me more harm than good...etc.

*(40 marks)*

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**Want to live longer? Then drop the fitness regime and put your feet up.**

It is the news that all sloths have been waiting for. Scientists in Germany have found that too much exercise is bad for you and that doing less could lengthen your life.

In a new book called *The Joy of Laziness: How to slow down and live longer*, Dr Peter Axt, retired professor of health and science at Fulda University near Frankfurt, and his daughter, Dr Michaela Axt-Gadermann, a GP, say that everybody has a limited amount of ‘life energy’ and that the speed with which it is consumed determines their life span.

They argue that high-energy activities such as pounding the treadmill at the gym, accelerates the ageing process and makes the body more open to illness. Dr Axt-Gadermann said “If you do a lot of sport or are permanently stressed, then your body will produce more free radicals and that is one reason why your life could be shortened.” Dr Axt-Gadermann, 37, and her 65-year-old father, who are both reformed long-distance runners, also say that laughing is healthier than running.

“When you laugh, your body produces the hormone serotonin which makes you feel happy and relaxed,” said Dr Axt-Gadermann.

The book also says that laziness is good for the brain. It says that exercise and stress can cause the body to produce the hormone cortisol, which can damage cells in the brain and lead to memory loss and premature senility.

To illustrate the theory that laziness equals longevity, *The Joy of Laziness* also suggests that early risers are more prone to stress and that late sleepers live longer because they conserve their energy. “People who would rather laze in a hammock instead of running a marathon, or who take a nap instead of playing squash, have a better chance of living into old age.”

Dr Graham Achard, the vice-chairman of the Royal College of General Practitioners, said: “I can understand why the book might sell as it is always nice to be told that you can sit on your backside and do nothing. However, 20–40 minutes of exercise, three times a week, is the best way to improve cardiovascular health, the immune system and general physical well-being.”

A spokesman for the Keep Fit Association, an organisation that promotes fitness, said “Exercise actually improves your mental state and helps you keep pace with the demands of modern life. If you neglect exercising and laze around too much, you will not be doing much for your mind or body.”

Source: adapted from ROYA NIKKHAH, [www.telegraph.co.uk/news](http://www.telegraph.co.uk/news)

**Turn over for the next question**

**Turn over ►**

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**SECTION B**

Answer **ONE** of the following questions.

You are advised to use examples to illustrate your answers where appropriate.

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**EITHER**

- 2 Every one of us sees and hears daily an enormous number of advertisements, in print, in the broadcast media, and in the street.

How far are we influenced by all this advertising?

You might consider the following in your answer:

- the sorts of advertisements that confront us
- the motives of the advertisers
- how the influences on us might work
- the values that underlie much advertising.

(30 marks)

**OR**

- 3 ‘There are those who have said we live in a secular society – that religion is declining in importance. In fact, religion is putting down deeper roots in the UK than ever.’

Which view do you take and why?

You might consider the following in your answer:

- declining attendance at many places of worship
- the rise of new religious movements
- the growth of non-Christian religions
- the meanings we might attach to the word *religion*.

(30 marks)

**END OF QUESTIONS**