



**General Certificate of Education (A-level) Applied
June 2011**

Health and Social Care

HC13

**(Specification
8621/8623/8626/8627/8629)**

**Unit 13: The Role of Exercise in Maintaining
Health and Well-Being**

Report on the Examination

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Unit13 - The role of Exercise in Maintaining Health and Wellbeing

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Principal Examiner's Report

The more-able candidates tended to produce coherent, accurate and well- reasoned responses while less-able candidates generally produced answers which were vague and/or repetitive and lacking both accuracy and technical detail.

Question 1

01 Just over half of the candidates gained three of the four marks available. Less-able candidates tended to gain one or two marks usually for answers relating to endurance, rather than oxygen uptake, transport and use in cells.

02 The vast majority of candidates gained the mark for the measurement of aerobic fitness.

03 There were many very good detailed responses which gained five or six marks. Less-able candidates struggled with the technical details needed in this question.

04 Muscular fitness was generally understood, with the majority of candidates successfully naming two types and explaining how regular exercise might benefit them.

Question 2

05 There was a wide range of responses discussing how exercise may help control stress. Less-able candidates' responses often lacked detail of the relevant physiological processes.

06 Generally answers were strong, with many good responses covering the role of regular exercise in controlling appetite, the energy equation and the physiological aspects involving food components.

07 The majority of candidates gained at least two of the four marks available usually for expert medical advice and checking for underlying health problems.

Question 3

08 Responses were generally successful when dealing with the four BMI measurements.

09 Knowledge was a little less secure when dealing with peak flow measurements. 10 This proved to be the most challenging, with less-able candidates especially being confused by the perceived exertion scale results.

11 There were many very good responses gaining full marks describing how peak flow measurements are taken. Less-able responses tended to lack precision and were generally vague on the steps to take with a peak flow meter or spirometer.

12, 13 Strengths and limitations of assessing fitness using peak flow and perceived exertion scales were generally answered well by the majority of candidates.

Question 4

14 There were a good range of responses answering the question of how regular exercise may help improve the named disorders. There were however relatively few answers which explained in sufficient physiological detail to gain above eight marks.

15 There were many good responses in which candidates demonstrated their sound understanding of the exercise programmes which may be suitable for an individual with multiple health disorders. Less-able candidates tended to suggest a non weight-bearing exercise for Lucy rather than a gentle weight-bearing exercise programme. 16 The common barriers to regular exercise were known well by the vast majority of candidates.

Grade boundaries

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