

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use

General Certificate of Education
January 2008
Advanced Level Examination



LEISURE STUDIES
Unit 12 Lifestyle Management

LS12

Wednesday 23 January 2008 9.00 am to 11.00 am

<p>You will need no other materials. You may use a calculator.</p>

For Examiner's Use			
Question	Mark	Question	Mark
1		5	
2		6	
3			
4			
Total (Column 1)		→	
Total (Column 2)		→	
TOTAL			
Examiner's Initials			

Time allowed: 2 hours

Instructions

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- Do all rough work in this book. Cross through any work you do not want to be marked.
- If you need extra paper, use additional answer sheets.

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.

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

- 1 (a) Give **two** physiological changes to the heart that result from regular sustained aerobic exercise over a long period of time.

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(2 marks)

- (b) Describe **one** of the psychological and **one** of the physiological benefits, **other than** changes to the heart, of taking part in healthy exercise.

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(4 marks)

- (c) People sometimes choose to take part in exercise or sporting activities that may be considered to have some negative physical health consequences.

Discuss the consequences that may result when people of different age groups take part in unsuitable exercise or sports activities.

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(6 marks)

Question 1 continues on the next page

Turn over ▶

2 People who are trying to eat a healthy diet need clear nutritional information from the food industry.

When nutritional information is given on a label, it must show the amount of each of the following per 100g or 100ml of the food:

- protein
- carbohydrate
- fat.

(a) (i) Outline the main function of each of **two** of the above nutrients.

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(2 marks)

(ii) Study **Figure 1**.

Figure 1

DIETARY ADVICE	
Total Fat	High is more than 20g fat per 100g Low is 3g fat or less per 100g
Saturated fat	High is more than 5g saturates per 100g Low is 1.5g saturates or less per 100g

Explain why the information in **Figure 1** might be a useful guide to people who are attempting to reduce the amount of fat in their diet.

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(4 marks)

Question 2 continues on the next page

Turn over ►

- (b) The availability and variety of food types in the UK means that people have a complex range of dietary profiles (the range of food that people eat).



Discuss the pressures that different groups of people have to cope with when choosing a particular diet.

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(12 marks)

18

Turn over for the next question

Turn over ►

- 3 (a) Accurate analysis of individuals' lifestyles is essential in order to make lifestyle improvements.

With reference to your own research into different individuals' lifestyles:

- (i) explain the methods that you used

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(6 marks)

- (ii) evaluate your methods.

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(6 marks)

(b) From your analysis of **one** individual lifestyle, justify the main recommendations that you made for future improvements.

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(8 marks)

20

Turn over ▶

4 Recent evidence commissioned by the European Union shows that life expectancy is consistently shorter for people in lower socio-economic groups across Europe.

(a) Give **two** lifestyle factors which contribute towards the reasons why people are considered to be in a lower rather than a higher socio-economic group.

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(2 marks)

(b) Study the statement in **Figure 2**.

Figure 2

“There is a significant increase in the risk of death from all causes – including cancer, coronary heart disease and circulatory diseases – for manual workers compared with those in higher managerial and professional occupations.”

Discuss the lifestyle factors which help to explain why there are differences in life expectancy between upper and lower socio-economic groups.

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(8 marks)

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Turn over for the next question

Turn over ►

5 Study **Figure 3** below.

Figure 3

Diabetes warning

In July 2006, the Prime Minister Tony Blair, spoke about the problem of diabetes.

He said that failure to address unhealthy lifestyles was putting an “increasing strain” on the health service, and was hindering efforts to outlaw social inequalities.

He told his audience that 10 per cent of NHS resources were used to treat diabetes and that the estimate was that by 2010 this could double.

“And it’s avoidable. Three quarters of diabetics are type 2 diabetics, and two thirds of them have a disease that could be preventable with exercise, diet and more healthy choices.”

Discuss the idea that poor lifestyle choices by individuals are the major cause of avoidable diseases.

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(8 marks)

8

Turn over for the next question

Turn over ►

6 Study **Figure 4**, which is a newspaper headline.

Figure 4

Call for switch to preventative measures as £29 billion cost of heart disease is revealed.

The medical profession and the government both acknowledge that there are many benefits in preventing health problems rather than just treating the symptoms.

Evaluate the evidence which shows that intervention by concerned parties can be successful in preventing major health problems and improving lifestyle habits.

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(12 marks)

12

END OF QUESTIONS

There are no questions printed on this page

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Question 2 Figure 1: Food Standards Agency. Crown copyright.

Question 2 Photograph: K. Anstice

Question 5 Figure 3: Speech on Healthy Living, 26 July 2006. Crown copyright. Crown copyright material is reproduced with the permission of the Controller of HMSO and the Queen's Printer for Scotland.