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

General Certificate of Education
Advanced Level Examination
January 2010

Leisure Studies LS12

Unit 12 Lifestyle Management

Wednesday 20 January 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. Answers written in margins or on blank pages will not be marked.
- 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 grammar will also be considered in this question.

Areas outside the box will not be scanned for marking

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

1 (a) (i) Outline **two** components of a healthy diet.

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(2 marks)

1 (a) (ii) Explain why the **two** components that you have chosen should be included as part of a healthy diet.

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1 (b) Managing a balanced diet can be difficult for specific groups of people. Socio-economic background, ethnicity, disability and geographical location can all make diet control problematic. People in certain types of employment and some sports participants can also face problems.

Discuss the difficulties that **one** specific group of people may face when attempting to maintain a balanced diet.

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2 (a) Drugs play a vital part in helping people to become or to stay healthy.

A patient self-injecting a prescribed drug

Describe **two** examples of the benefits of taking prescribed drugs.

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(4 marks)

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2 (b) Unfortunately, many people also misuse drugs, which can cause psychological and physiological problems.

2 (b) (i) Name **two** drugs. For each one, state **one** negative physiological effect if people misuse it.

	Name of drug	**Negative physiological effect if misused**
1		
2		

(2 marks)

2 (b) (ii) Explain how the misuse of drugs can lead to social problems.

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Turn over ▶

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3 Study **Figure 1**.

Figure 1

Alice and Jim are a couple (aged 45 and 47) with a joint income of £75 000 per annum. They have two children, a girl, 10, and a boy, 16, both at local schools. The parents have been classified as being clinically obese and the children as overweight. The adults and the boy are smokers. As a family, they would like to take positive steps towards losing weight and giving up smoking. They do not take any significant amounts of exercise.

You are a lifestyle coach and have been employed to analyse the lifestyle of the family members and then to make recommendations towards helping them to achieve their aims of losing weight and stopping smoking.

3 (a) Describe **one** method that you as lifestyle coach could use to collect information about the lifestyle of the members of the family described in **Figure 1**.

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(4 marks)

3 (b) When you have collected information about the family members' lifestyle, you need to make recommendations to them.

Describe and justify a range of practical strategies that they could follow in order to achieve their aims.

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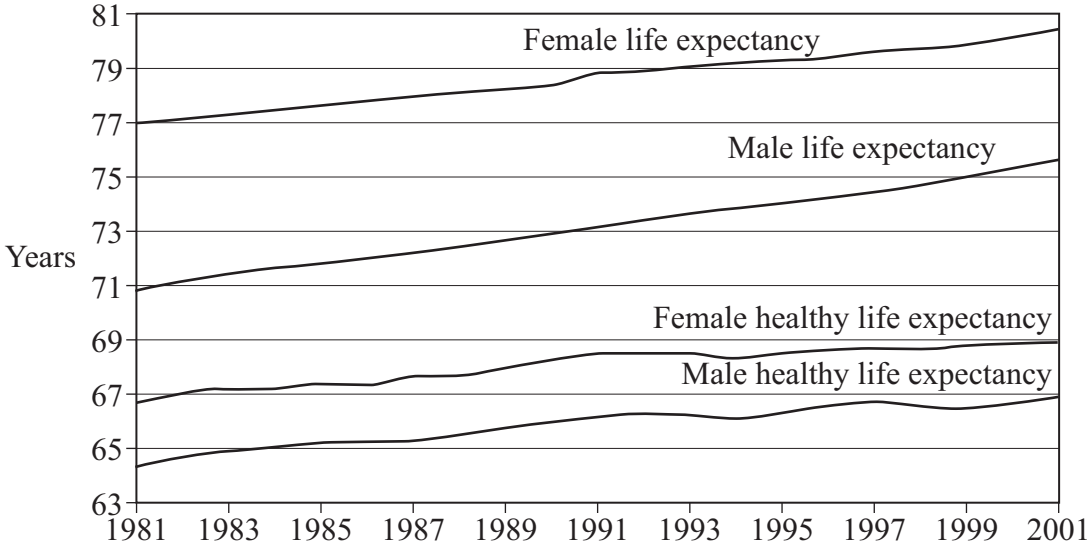
4 Study the information in **Figure 2** below.

Figure 2

The people of Great Britain have been living longer over the past few decades but the extra years have not necessarily been lived in good health. Life expectancy and healthy life expectancy (expected years of life spent in good or fairly good health) both increased between 1981 and 2001, with life expectancy increasing at a faster rate than healthy life expectancy.



4 (a) Discuss the possible reasons for healthy life expectancy not keeping up with life expectancy in Great Britain between 1981 and 2001.

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4 (b) Assess how society benefits when people live longer and in good health.

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(8 marks)

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4 (c) Evaluate the implications for individuals of healthy life expectancy not matching overall life expectancy.

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5 According to a survey, one-quarter of European employers now offer incentives to encourage staff to take fewer sick days.

Describe a range of strategies that an employer could use to encourage staff to take fewer sick days.

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6 Study **Figure 3**.

Figure 3

The article regarding the link between deprivation and ill health is not reproduced here due to third-party copyright constraints.

Discuss the suggestion in **Figure 3** that many health problems in Scotland would 'disappear' if social and economic conditions improved.

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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12

END OF QUESTIONS

There are no questions printed on this page

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ANSWER IN THE SPACES PROVIDED

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Question 2 Photograph: K Anstice
Question 4 Figure 4: National Statistics – reproduced under the terms of the Click-Use licence
Question 6 Figure 3: BBC News – bbc.co.uk/news

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