

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

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



General Certificate of Education  
Advanced Level Examination  
June 2010

# Leisure Studies

# LS12

## Unit 12 Lifestyle Management

Friday 11 June 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. 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 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.



J U N 1 0 L S 1 2 0 1

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

1 Study **Figure 1** below.

**Figure 1**

<p>Managing a healthy lifestyle can sometimes be a matter of simply being aware of everyday dangers.</p> <p>Every year in the UK almost 4000 people die in accidents in the home and 2.7 million turn up at accident and emergency departments seeking treatment. But, because the accidents happen behind closed doors in isolated incidents, they rarely attract public and media attention.</p>	
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1 (a) Describe how **two** potentially dangerous situations arising from leisure activities at home can cause accidents.

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(4 marks)





2 Study Figure 2 below.

Figure 2



2 (a) Outline **one** mental health problem that might arise from a negative self-image.

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(2 marks)

2 (b) Discuss how different groups of people who experience mental health problems will be affected when attempting to achieve a healthy lifestyle.

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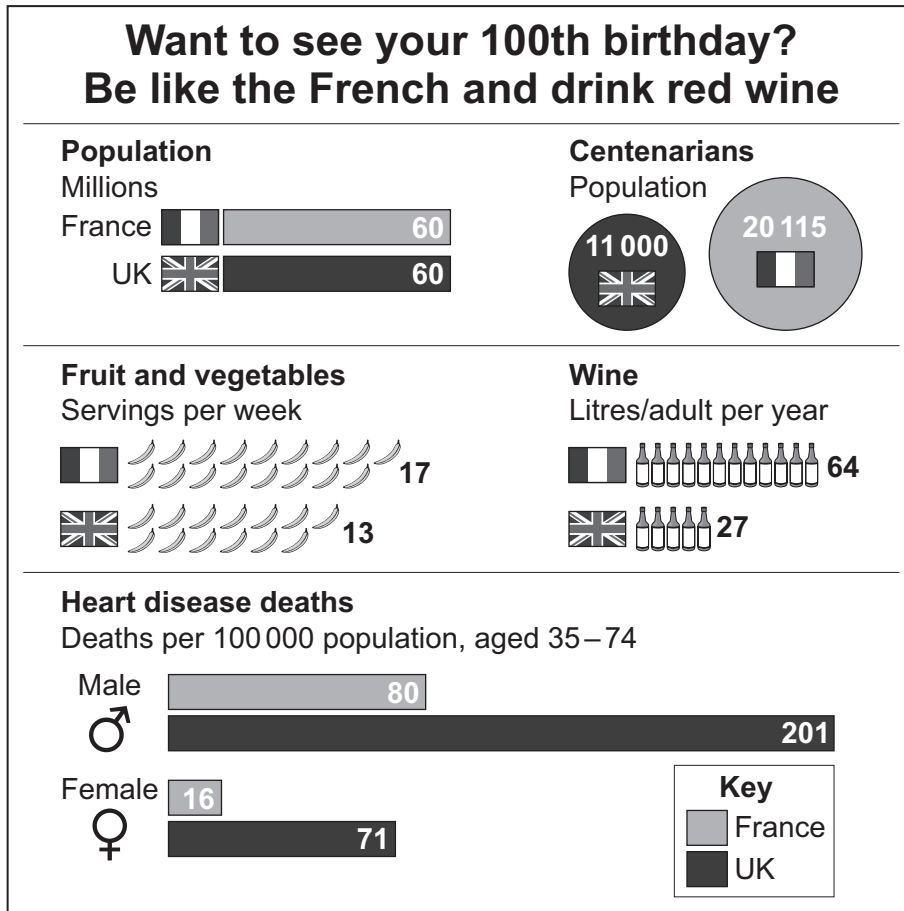
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3 Study Figure 3 below.

Figure 3



3 (a) Outline **two** main differences in heart disease death rates between France and the UK.

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(4 marks)





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4 Study **Figure 4**.

**Figure 4**

One fifth of 15 year olds smoke.  
One quarter of 16–19 year olds smoke.  
About 450 children start smoking every day.  
More than 80% of smokers take up the habit as teenagers.



4 (a) Outline **two** influences that encourage young people to start smoking.

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(2 marks)

**Question 4 continues on the next page**

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5 (a) (i) Study **Figure 6** below.

**Figure 6**

*Liam is a 14 year-old gymnast. He has achieved regional standards and is considered to have a lot of potential. Liam has ambitions to represent Britain in the 2016 Olympic Games. Liam has a high percentage body fat measurement for a gymnast, and likes to eat fast food meals. Training for his sport is becoming more intensive as he reaches a critical time in his gymnastic career. Liam is highly motivated by belonging to the gymnastics team and club. However, he enjoys many different sports and hanging around with friends other than in his gymnastic club.*

*Angie is a 16 year-old hockey player who plays for a local club and her school. She has played at a regional level and is considered very skilful, with a lot of potential. She would like to achieve national standards but she has low percentage body fat measurements because she diets to look slim. Angie enjoys being a member of the hockey club but often goes shopping with her friends and buying new clothes and make-up. Improving her hockey standards will require increased training with regional squads and putting on weight.*

Describe problems that Liam and Angie may face in attempting to change their diet.

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<b>20</b>

**Turn over for the next question**

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(12 marks)

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**END OF QUESTIONS**



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Figure 1: Source: RoSPA (The Royal Society for the Prevention of Accidents).

Figure 3: 'The French recipe for a longer life' – John Lichfield. From The Independent Saturday 5 April 2008.

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Figure 4: Freefoto.com

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