

Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2016

Centre Number						
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Sports Science and the Active Leisure Industry

Unit AS 2

assessing

The Active Leisure Industry: Health, Fitness and Lifestyle

[A1L21] FRIDAY 17 JUNE, MORNING



TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper. Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question. Quality of written communication will be assessed in Questions 1(d), 4(b), and 5(b).

For Examiner's use only		
Question Number	Marks	
1		
2		
3		
4		
5		

Total	
Marks	

Answer all questions

Examiner Only

Marks Remark

(a)	Des	scribe what is meant by the term "Healthy and Active Lifestyle".
		[2]
	_	
(b)		plain two positive and two negative effects of active leisure pursuits young people's psychological well-being.
	(i)	Positive:
		[2]
	(ii)	Negative:
		[2]

2

	y the following components of fitness are important factors when proving fitness.	Marks	F
(i)	Cardiovascular endurance:		
	[2]		
	[2]		
(ii)	Strength:		
	[2]		
	[2]		
(iii)	Flexibility:		
	[2]		

d)	Discuss the extent to which an active healthy lifestyle can help prevent coronary heart disease.	Examine Marks I	r On Rem
	The quality of written communication is assessed in this question.		

	Examin Marks	er Only Remark
[8]		

2	(a)	Fart trair	tlek, Interval and Circuit training are some popular methods of ning used to improve performance.	Examin Marks	er Only Remark
		how	ntify the main characteristics of each training method and describe athletes would incorporate these methods into their training grammes.		
		(i)	Fartlek training:		
			[3]		
		(ii)	Interval training:		
			[3]		

(iii)	Circuit training:		Examin Marks	er Only Remark
			marko	rtomark
		[3]		

(i)	Stretching may be used as part of a warm-up and cool-down. Identify and explain two types of stretching which an athlete could use.	Exa Mar	aminer (
	[6]		

xplain the purpose of incorporating a cool-down into an a aining session.	Mark	mine (s
	[4]	

(i) Power athlete: [nark
(ii) Endurance athlete:	
[3]	

i)				
'/				
			[3]	
			[0]	
ii)				
,				
			[3]	

			Examir Marks	Rema
		_ [-]		

(c)		e lifestyles people lead can influence how healthy they are in the rt and long term.	Examir Marks	ner Only Remark
	Exp	plain how a lifestyle including a well-balanced diet and exercise y reduce the risk of poor health.		
	(i)	Well-balanced diet:		
			_	
			_	
			_	
			_	
		[;	3]	
	(ii)	Exercise:		
			_	
			_	
			_	
			_	
			_	
			-1	

i)		
	[3]	
ii)		
-		
	[3]	

ii)				Examin Marks	er Only Remark
			[3]		

		[0]	
-			
		[3]	

ii)					Examin Marks	er Only Remark
				_		
				-		
				-		
				-		
				-		
				-		
				-		
			[3]]		

Research has shown that, by age 14, girls are dropping out of sports at Examiner Only two times the rate of boys. Marks Remark (b) Discuss the possible reasons why girls have a greater tendency to drop out of sport and physical activity. The quality of written communication is assessed in this question.

[4]		(a)	Outline briefly a government initiative that has been proposed to impact on the health of the population in another European country.		Examin Marks	er (
	[4]			_		
[4]	[4]			_		
[4]	[4]			_		
	[4]			_		
[4]				_		
				_		
[4]				_		
[4]	[4]					
[4]	[4]					
[4]	[4]					
[4]	[4]			_		
				_		
				4]		

and ove	the implications for society in the UK of having an inactive weight population.	Exai Mark	niner s F
The qua	lity of written communication is assessed in this ก.		

		Examin Marks	er Only Remark
	_ [10]		
THIS IS THE END OF THE QUESTION PAPER			

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