

Write your name here

Surname

Other names

Edexcel
Principal Learning

Centre Number

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Candidate Number

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Sport and Active Leisure

Level 1

**Unit 1: Sport and Active Leisure as Part of a
Healthy Lifestyle**

Tuesday 10 January 2012 – Afternoon

Time: 45 minutes

Paper Reference

SL101/01

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 40.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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PEARSON

Answer ALL questions. Write your answers in the space provided.

Some questions must be answered with a cross . If you change your mind about an answer, put a line through the box and then mark your new answer with a cross .

1 Which **one** of the following is a positive lifestyle choice?

A	Bullying	<input type="checkbox"/>
B	Regular exercise	<input type="checkbox"/>
C	Taking illegal drugs	<input type="checkbox"/>
D	Irregular sleep patterns	<input type="checkbox"/>

(Total for Question 1 = 1 mark)

2 Which **one** of the following could cause lung disease?

A	Smoking	<input type="checkbox"/>
B	Taking part in a fitness test	<input type="checkbox"/>
C	Drinking alcohol	<input type="checkbox"/>
D	Anorexia nervosa	<input type="checkbox"/>

(Total for Question 2 = 1 mark)

3 Which **one** of the following is true?

A	Type 2 diabetes is linked to a healthy diet	<input type="checkbox"/>
B	Depression is linked to positive wellbeing	<input type="checkbox"/>
C	Poor health is linked to obesity	<input type="checkbox"/>
D	Bulimia is linked to smoking	<input type="checkbox"/>

(Total for Question 3 = 1 mark)



4 (a) Identify **two** negative lifestyle choices that people can make.

(2)

1

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2

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(b) Outline the possible effects of **one** of these negative lifestyle choices on health and wellbeing.

(2)

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(Total for Question 4 = 4 marks)

5 Phil is a postman. He walks about 30 miles a week to deliver the post.

Circle **one** correct answer.

Walking is most likely to improve his:

diet
cardiovascular fitness
flexibility
strength

(Total for Question 5 = 1 mark)



6 Phil sings in a community choir once a week. The choir will be performing at a large outdoor festival in the summer. The choir is raising money for the local youth club.

(a) Identify **two** social benefits for Phil of singing in the choir.

(2)

1

2

(b) Outline the social benefits that the choir could have for the community.

(3)

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(c) Bullying is a type of anti-social behaviour.

Explain what is meant by the term bullying.

(2)

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(Total for Question 6 = 7 marks)



7 Phil's wife Liz is a fitness instructor. She regularly takes exercise classes from 9 am – 1 pm. She chooses to eat very little and when she does eat, it is only small amounts of salad.

(a) Liz is suffering from an eating disorder.

Identify the eating disorder Liz is most likely to have.

(1)

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(b) Identify **three** effects that this eating disorder may have on Liz.

(3)

1

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2

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3

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(Total for Question 7 = 4 marks)



8 Liz runs a range of activities for a group of elderly people. Each Friday they play bowls matches against other community groups.

(a) Table 1 shows the activities that the elderly people take part in. Each activity has different benefits for them.

For each activity put a cross ☒ in **one** box to identify the main benefit it will have.

The first one has been done for you:

(3)

Activities	Main benefit		
	Team building	Cardiovascular fitness	Stronger muscles
Cardiovascular class	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscular strength class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bowls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aerobic class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Table 1

(b) Outline the effects that team building might have on the lifestyle of an elderly person.

(2)

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(c) Liz also runs a yoga class for elderly people to help them with their flexibility. She wants to see if the classes are benefiting them.

(i) Identify **one** fitness test Liz can use to measure flexibility.

(1)

(ii) Describe how this test should be carried out.

(3)

(Total for Question 8 = 9 marks)



9 Phil and Liz have a daughter, Tina.

This is how Tina describes herself.

Help!

I'm 19 and have a son who is 2 months old.

I work part time and go to college four days a week.

I play netball at college on Monday, Tuesday, Thursday and Friday, which is great as I see my friends.

I get four hours sleep each night if I'm lucky. Mum helps but I'm just too tired to go clubbing.

Explain the **positive and negative** factors affecting Tina's lifestyle.

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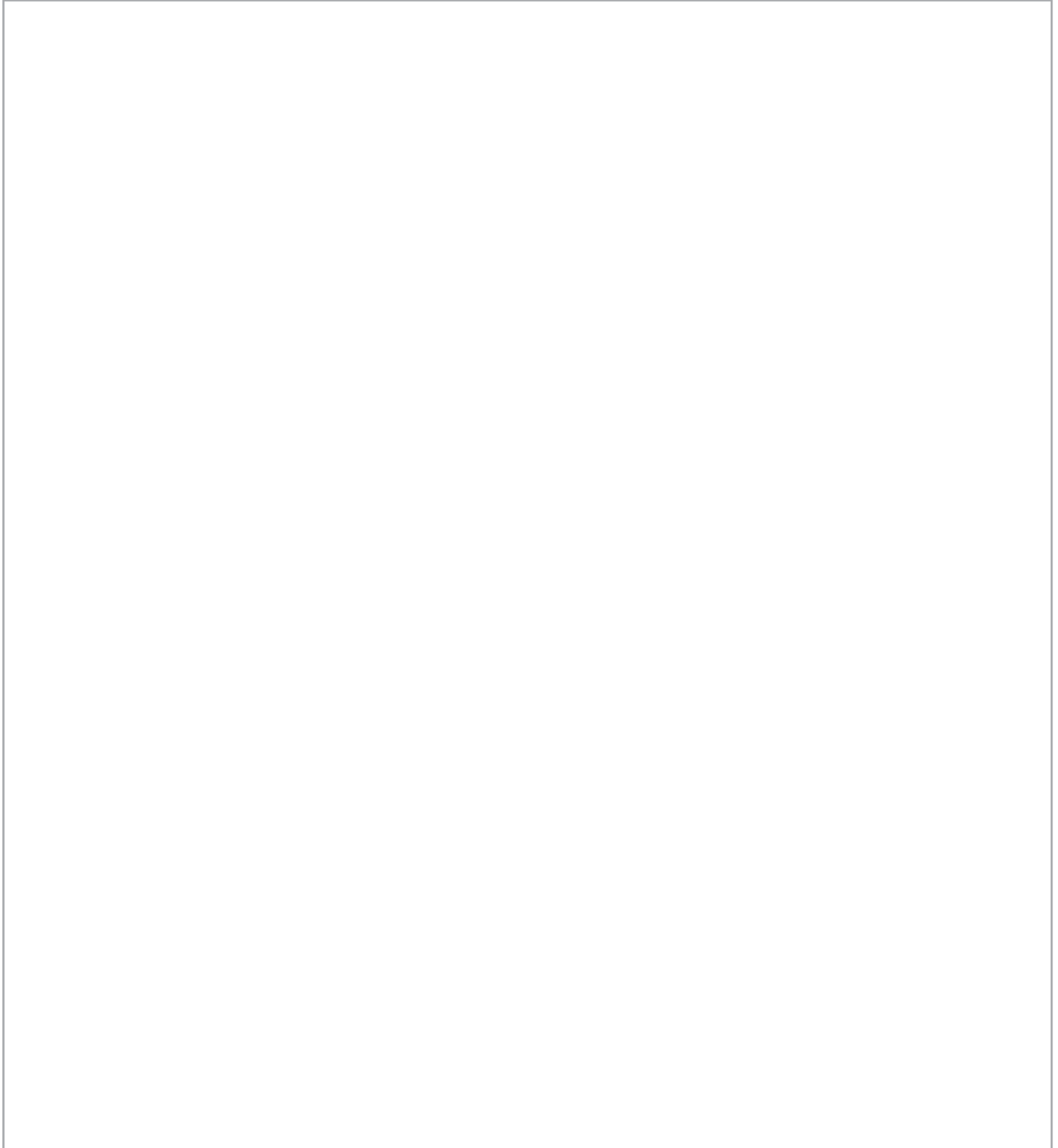
(Total for Question 9 = 6 marks)



10 Tina is taking a sport and active leisure course. As part of this course she needs to produce a poster that could encourage teenagers to live a healthy lifestyle.

In the box outline what information you would include in this poster.

You will not be given any marks for your art skills.



(Total for Question 10 = 6 marks)

TOTAL FOR PAPER = 40 MARKS



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