

Mark Scheme (Results)

January 2012

PL Sport and Active Leisure
(SL201)

Paper 1 Positive Lifestyle Choices
and Sport and Active Leisure

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General Marking Guidance

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.
- Crossed out work should be marked UNLESS the candidate has replaced it with an alternative response.

Question Number	Answer	Mark
1	A	(1)

Question Number	Answer	Mark
2	B	(1)

Question Number	Answer	Mark
3	C	(1)

Question Number	Answer	Mark
4	<p>Select one from below or similar – 1 mark</p> <ul style="list-style-type: none"> • regular participation in physical activity • eating a balanced diet • spending time with other people • good work life balance • keeping to government guidelines on alcohol consumption <p>answer must not be a result of the lifestyle choice</p>	(1)

Question Number	Answer	Mark
5	<p>Award 1 mark for each effect identified. e.g.</p> <ul style="list-style-type: none"> • frequent fluctuations in weight (1) • tooth decay (1) • lethargy (1) • loss of menstruation (1) • skin problems (1) • low blood pressure (1) • Heart failure (1) • kidney failure (1) • Depression (1) • Reduced confidence/self esteem (1) <p>Effect must not be specific to anorexia</p>	(2)

Question Number	Answer	Mark
6(a)	<p>Award 1 mark for a correct identification of a negative effect and 1 mark for an appropriate expansion.</p> <p>e.g.</p> <ul style="list-style-type: none"> • inability to concentrate (1) as you are too tired (1) • forgetfulness (1) because you have not had enough sleep and your brain is not working properly (1) • skin problems (1) because you have not had enough sleep and your body does not function properly (1) • more prone to illness/infections (1) as immune system is lowered through lack of sleep • stress (1) as the body has not have enough time to • psychological related problems(1) as the brain has not had time to relax through sleep and cannot function properly (1) <p>Only 1 effect can be accepted</p>	(2)

Question Number	Indicative content	
6(b)	<ul style="list-style-type: none"> • Keep a sleep diary • Go to bed at regular times • Get up at the same time • Recording amount of sleep. • Recording feelings • Effects on other parts of life of not having enough sleep. • More energy to do physical activity. • Eat less junk food. 	
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Basic suggestions. Identifying examples of what is in a lifestyle diary. A maximum of 1 mark can be awarded if reference to changes but not to lifestyle diary are included.
2	3-4	Some explanation with some basic link between a lifestyle diary and improving sleep patterns and or health.
3	5-6	Focused explanation with links between a lifestyle and improving health and/or sleep patterns explicit.

Question Number	Answer	Mark
7(a)	<p>Up to 2 marks for appropriate suggestions, or 1 mark for suggestion and 1 for expansion.</p> <p>e.g.</p> <ul style="list-style-type: none"> • They could show her brochures (1) • They could talk enthusiastically (1) • Tell how much fun it is going to be(1) • Describe what they are going to be doing (1) so she know she will enjoy her self (1) • Peer pressure positive and/or negative (1) trying to get Anita to join in with their plans/be like them (1) • Get fitter (1) as outdoor activities required physical activity (1) <p>No further marks for additional suggestion.</p>	(2)

Question Number	Answer	Mark
7(b)	<p>Award up to 3 marks for a description.</p> <p>Up to 2 marks can be awarded if answer is regarding exercise participation and is not specific to outdoor activities</p> <p>e.g.</p> <ul style="list-style-type: none"> • Taking part in activities that are perceived to be dangerous/challenging(1) will make a person feel proud of their achievements(1) when they have completed the activity (1) • After having completed a challenging activity you are more likely to take on a challenging activity in the future (1) and have more self confidence in your self to take part in new/positive risk taking activities (1) • Team work (1) working in a group with other people can improve social and communication skills (1) • leadership skills (1) by experiencing a leadership role and being successful can increase self confidence (1) 	(3)

Question Number	Answer	Mark
8	Award up to 2 marks for each realistic effect e.g. <ul style="list-style-type: none"> • He spends time with friends(1) which is good for his social life/psychological wellbeing(1) • Taking part in physical activity(1) is good for his health as it will help to reduce the chance of him getting CHD/diabetes/overweight (1) 	(4)

Question Number	Answer	Mark
9(a)	<p>1 mark for each correct descriptive point maximum of 2 marks Any of the examples shown below or similar. e.g.</p> <ul style="list-style-type: none"> • Standing/sitting with shoulders forward/not sitting standing straight (1) • Sitting/standing with back hunched/slouching (1) • Standing with stomach sticking out (1) • Head held forward/drooping whilst standing(1) 	(2)

Question Number	Answer	Mark
9(b)	<p>1 mark for correct suggestion of an activity and 1 mark for appropriate expansion e.g.</p> <ul style="list-style-type: none"> • Ron could take part in resistance training (1) as this would increase the strength of his back muscles (1) • Ron could do Pilates(1) which strengthen his core muscles (1) <p>Up to 1 mark can also accepted for suggestion of ways to relieve symptoms of bad posture</p>	(2)

Question Number	Answer	Mark
10(a)	<p>1 mark for identification of method of encouraging participation and 1 mark for appropriate expansion that is directly related to older people (60 or over).</p> <p>Day time drop-in sessions Means they can go whenever they want to (1) no-commitment to the activity (1) they may have other commitments like looking after grandchildren/hospital appointments (1) free in the day as many are retired (1) bg</p> <p>Discounted club membership Means they can play for less (1) they may not have much money as they are living on a pension(1)</p>	(4)

Question Number	Answer	Mark
10(b)	<p>Award 1 mark for each explanatory point. Award up to 3 marks for breadth or depth.</p> <p>e.g.</p> <p>Taking part in physical activity is good for a persons health and people are more likely to suffer from chronic illnesses/depression as they get older(1) so by taking part in physical activity they would be less likely to need medical treatment (1) and so they would be less of a burden on the national health service (1).</p> <p>Greater sense of community (1) as taking part in exercise can often increase time spent with other people (1) as older people may be widowed/ spend a lot of time by themselves as they do not go out to work (1)</p>	(3)

Question Number	Indicative Content	
11	<p>Possible barriers include:</p> <ul style="list-style-type: none"> • Not enough time • Not enough money • Irregular work patterns • Family commitments to father • Family commitments to children • Stress • Time spent commuting • Location of sporting activities • Transport • Timings of sporting activities <p>Explanation does not have to be specific to Joe.</p>	
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Basic explanation listing methods/activities, material probably lifted directly from the stimulus. Could be theoretical barriers which do not directly relate to working adults.
2	3-4	Sound explanation with some development linking to working adults.
3	5-6	Effective explanation with further development and significant application to characteristics of a working adult.

Question Number	Answer	Mark
12(a)	<p>Award 1 mark for each identification of a physical effect.</p> <p>e.g.</p> <ul style="list-style-type: none"> • Liver disease/cirrhosis • Heart disease • Lack of coordination • Increased risk of injury • Obesity • Cancer related to excessive drinking • Depression • High blood pressure 	(2)

Question Number	Indicative Content	
12(b)	<ul style="list-style-type: none"> • Joe could stop smoking to reduce the risk of lung disease. • He could take part in more physical activity to reduce risk of heart disease (CHD) • He could eat less fatty foods to reduce cholesterol and bring down his blood pressure • Improve work-life balance <p>Allow a range of work-life balance responses related to question 11.</p> <p>No marks awarded to stopping drinking alcoholic drinks as he has already done this.</p>	
Level	Mark	Descriptor
	0	No rewardable material
1	1-3	Basic suggestions, directly in response to the stimulus. Limited if any reasoning.
2	4-6	Realistic suggestions. Sound reasoning, linking the changes to improvements in health.
3	7-8	Effective suggestions with focussed reasoning applied to a range of changes.

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