

Write your name here

Surname	Other names
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Edexcel
Principal Learning

Centre Number

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Candidate Number

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Sport and Active Leisure

Level 2

Unit 1: Positive Lifestyle Choices and Sport and Active Leisure

Tuesday 10 January 2012 – Afternoon
Time: 1 hour 30 minutes

Paper Reference
SL201/01

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 50.
- 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.

Questions 1–3 must be answered with a cross in a box ☒. 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 can occur from taking part in a stretching class?

A	Increased flexibility	<input type="checkbox"/>
B	Increased cardiovascular fitness	<input type="checkbox"/>
C	Increased strength	<input type="checkbox"/>
D	Increased stamina	<input type="checkbox"/>

(Total for Question 1 = 1 mark)

2 Which **one** of the following is most closely linked to over-eating?

A	Lung cancer	<input type="checkbox"/>
B	Obesity	<input type="checkbox"/>
C	Exercise addiction	<input type="checkbox"/>
D	Low blood pressure	<input type="checkbox"/>

(Total for Question 2 = 1 mark)

3 Which **one** of the following sentences most accurately describes health?

A	Physical and mental wellbeing	<input type="checkbox"/>
B	Emotional, physical and mental wellbeing	<input type="checkbox"/>
C	Physical, emotional and social wellbeing and not merely the absence of disease	<input type="checkbox"/>
D	The absence of disease	<input type="checkbox"/>

(Total for Question 3 = 1 mark)



4 Identify **one** example of a positive lifestyle choice.

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(Total for Question 4 = 1 mark)

5 Anita is 18 years old and is suffering from bulimia which is an eating disorder.
Identify **two** possible effects of bulimia on Anita's health and wellbeing.

1

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2

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(Total for Question 5 = 2 marks)



7 Anita's friends are going on an outdoor adventure holiday and are trying to get Anita to come with them.

(a) Outline how Anita's friends could use peer pressure to encourage her to go with them.

(2)

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(b) Describe how taking part in outdoor activities could increase self-confidence.

(3)

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(Total for Question 7 = 5 marks)



8 Ron is 60 years old and plays badminton twice a week with his friends at his local club. This shows that Ron is making positive lifestyle choices.

Outline **two** possible effects of Ron's positive lifestyle choices.

1

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(Total for Question 8 = 4 marks)



9 Ron has been suffering from back pain and has been told that he has bad posture.

(a) Describe what is meant by bad posture.

(2)

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(b) Outline **one** activity that Ron could do to improve his bad posture.

(2)

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(Total for Question 9 = 4 marks)



10 Ron's badminton club are trying to encourage other people over the age of 60 to play badminton. The badminton club uses daytime drop-in sessions and discounted club membership as methods of doing this.

(a) Explain why these methods would be suitable to encourage people over the age of 60 to play badminton.

(4)

Daytime drop-in sessions

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Discounted club membership

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(b) Explain how older people taking part in regular exercise can benefit society.

(3)

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(Total for Question 10 = 7 marks)



12 Joe has a fried breakfast every day and snacks on crisps between meals. He has three glasses of wine each evening and smokes 10 cigarettes a day. He does no physical activities during the week.

Joe has just had a health check with the doctor. Table 1 shows the results of his health check.

Health Check	Results
Blood Pressure	151/95
Body Mass Index	28

Table 1

(a) Identify **two physical effects** associated with excessive drinking.

(2)

1

2



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