

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 2

**Unit 1: Positive Lifestyle Choices and Sport and Active Leisure**

Wednesday 30 May 2012 – Morning

**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 is a positive lifestyle choice?

<b>A</b>	Smoking	<input type="checkbox"/>
<b>B</b>	Anti-social behavior	<input type="checkbox"/>
<b>C</b>	Over-eating	<input type="checkbox"/>
<b>D</b>	Jogging	<input type="checkbox"/>

(Total for Question 1 = 1 mark)

2 Which **one** of the following is an eating disorder?

<b>A</b>	Over participation in exercise	<input type="checkbox"/>
<b>B</b>	Bulimia	<input type="checkbox"/>
<b>C</b>	Excessive alcohol consumption	<input type="checkbox"/>
<b>D</b>	High Body Mass Index	<input type="checkbox"/>

(Total for Question 2 = 1 mark)

3 Which **one** of the following is a fitness test used to measure cardiovascular fitness?

<b>A</b>	Body Mass Index	<input type="checkbox"/>
<b>B</b>	Sit and reach test	<input type="checkbox"/>
<b>C</b>	Harvard step test	<input type="checkbox"/>
<b>D</b>	Weightlifting test	<input type="checkbox"/>

(Total for Question 3 = 1 mark)



4 What is meant by wellbeing?

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(Total for Question 4 = 2 marks)

5 Kate is 14 years old. She swims for a club four times a week and races most weekends.  
Outline why taking part in swimming is a **positive** lifestyle choice.

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(Total for Question 5 = 2 marks)

6 Kate also goes running three times a week and takes part in exercise classes. Her swimming coach has told Kate that she is doing too much exercise.

Identify **three** health problems that Kate may suffer from by taking part in too much exercise.

1 .....

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2 .....

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3 .....

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(Total for Question 6 = 3 marks)



7 Here is a poster advertising a new junior development programme at the sports centre where Kate swims.

# Junior Swimming Development Programme



**Come and try out for our new swimming programme**

**Saturday 8th June**

**For boys and girls 10–16 years**

(a) Identify **three** other methods that could be used to increase participation in swimming.

(3)

1 .....

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2 .....

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3 .....

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(b) Outline how a junior development programme can help a person like Kate with her swimming.

(2)

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**(Total for Question 7 = 5 marks)**





- 9 Parveen is one of Kate’s friends. Parveen has been going to a gym for six months. At the gym she enjoys taking part in yoga and aerobic exercise classes.

Table 1 shows the results of Parveen’s fitness tests taken six months ago compared to now.

Test	Results	
	6 months ago	Now
Body Mass Index	22	16
Sit and reach test	8 cm	14 cm
Harvard step test	65	75

**Table 1**

- (a) Describe how the sit and reach test is carried out.

(2)

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**10** Peter is 8 years old. He is going on a trip to an outdoor activities centre with his class and teachers. They will stay at the centre for three days. This is the first time Peter has stayed away from home at night. Peter and his friends will be rock climbing, sailing, raft building and hiking. All of the activities are new to them.

Explain the possible benefits for the children of going on this trip.

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**(Total for Question 10 = 6 marks)**



**11** Whilst on his class trip Peter refuses to eat most of the food that is provided. He has brought his own crisps and sweets to snack on. When he is at home he spends most of his free time playing computer games and watching TV on his own. He eats too much and does not like taking part in any physical activity.

(a) Identify **two** negative lifestyle choices that Peter is making.

(2)

1 .....

2 .....

(b) Using the information above, suggest changes Peter could make to improve his health and wellbeing. Give reasons for your suggestions.

(8)

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(c) It is important to educate people about making positive lifestyle choices. Children are taught at school about how to lead a healthy lifestyle.

Explain how teaching children about healthy lifestyles could improve the health of the population of the UK.

(3)

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**(Total for Question 11 = 13 marks)**

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**TOTAL FOR PAPER = 50 MARKS**



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