

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 5 June 2013 – 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?

A	Regular participation in physical activity	<input type="checkbox"/>
B	Use of illegal drugs	<input type="checkbox"/>
C	Over-eating	<input type="checkbox"/>
D	Excessive alcohol consumption	<input type="checkbox"/>

(Total for Question 1 = 1 mark)

2 Which **one** of the following body mass index values is the 'Normal Range'?

A	Less than 18.5	<input type="checkbox"/>
B	18.5 – 24.9	<input type="checkbox"/>
C	25 – 29.9	<input type="checkbox"/>
D	35 – 39.9	<input type="checkbox"/>

(Total for Question 2 = 1 mark)

3 Which **one** of the following is caused by over-exercising?

A	Increased potential for injury	<input type="checkbox"/>
B	Increased body fat	<input type="checkbox"/>
C	Increased risk of Type 2 diabetes	<input type="checkbox"/>
D	Increased self-confidence	<input type="checkbox"/>

(Total for Question 3 = 1 mark)



4 What is meant by 'positive risk-taking' activities?

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(Total for Question 4 = 2 marks)



5 Arka is 17 and works in a leisure centre. She works out in the gym in her lunch hour and also swims at least three times a week.

(a) Identify **one** psychological effect of taking part in regular physical activity.

(1)

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The leisure centre where Arka works is planning to run a summer sport scheme for children aged between 8 and 14. This will run during the summer holidays.

(b) Outline **three** methods that could be used to encourage children to take part in this summer sport scheme.

(6)

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(c) Outline **one** barrier to participation which could prevent children from taking part in this summer sport scheme.

(2)

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(Total for Question 5 = 9 marks)



6 The summer sport scheme will run each weekday between 10 am and 3 pm. The children will be able to play tennis, rounders and basketball and go swimming. They will also be provided with a healthy lunch and snacks to eat throughout the day.

(a) Identify **two** possible **social** benefits for children who take part in this summer sport scheme.

(2)

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(b) Explain the possible **physical** benefits for children who take part in this summer sport scheme.

(6)

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(Total for Question 6 = 8 marks)



7 Sophie goes to a party with her friends. Some of Sophie's friends have started to take illegal drugs. At the party, her friends try to influence Sophie to try a drug as they say it will help her to have a better time at the party. Sophie knows this is wrong.

(a) Outline how taking illegal drugs can have a negative effect on society.

(2)

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(b) Describe how Sophie's friends may influence her to take illegal drugs.

(4)

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(Total for Question 7 = 6 marks)



8 Colin is 32 and has recently stopped smoking.

(a) Outline the negative effects of smoking.

(4)

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9 Colin has been to the doctor. The doctor referred him to a local health and fitness centre where he took part in some health and fitness tests.

(a) Identify **one** fitness test that is used to measure flexibility.

(1)

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(b) Describe how the fitness test identified in part (a) is carried out.

(3)

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(Total for Question 9 = 4 marks)



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