

Write your name here

Surname

Other names

Edexcel
Functional Skills

Centre Number

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Candidate Number

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English

Level 1

Component 2: Reading

14–18 February 2011

Time: 45 minutes

Paper Reference

E102/01

You may use a dictionary.
You do not need to write in sentences.

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.*
- Dictionaries may be used.

Information

- The total mark for this paper is 20.
- 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.

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5/4/2/2



Turn over ►

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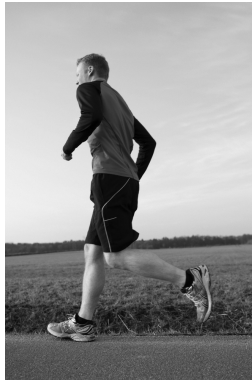
SECTION A

Read Text A and answer questions 1–7.

Text A

You are thinking of improving your fitness. On a visit to your doctor's surgery, you pick up this leaflet.

Why run?



- **Anyone can do it.** Almost anyone can put on a pair of trainers and become a runner. Start with walking and build up speed gradually.
- **It's practical.** You don't need expensive equipment and you can run anywhere that's safe to walk.
- **It keeps you fit.** Running raises your heart rate, giving your heart muscle an effective workout and improving your circulation. It will make everyday activities, such as running for a bus or walking up the stairs, easier.
- **It helps manage weight.** Running is a great way to stay in shape. You will lose fat and your lean muscle tissue will build up.
- **It's good for your bones.** Running helps to build strength in your bones. It's especially good for teenagers, whose bones are still developing and helps older people to keep their bones stronger.
- **It's good for your mind and helps you relax.** There is plenty of evidence that running makes you feel good, improves sleep and reduces stress.
- **Is there a downside?** Too much running can damage your knees and hips. Also don't let running take over your life. You don't have to run a certain number of miles every week or run in all weathers to keep fit. Simply enjoy running as part of a full, active lifestyle.
- **Check with your doctor.** Ask your doctor how running might affect any existing conditions that you may have. This is important if you're overweight, smoke, have high blood pressure, often feel faint, have diabetes, have not exercised for a year or more or are over 65.



Answer questions 1 to 3 with a cross in the box you think is correct. If you change your mind about an answer, put a line through the box and then mark your new answer with a cross .

1 The **main** purpose of this leaflet is to:

A	<input type="checkbox"/>	encourage you to visit your doctor
B	<input type="checkbox"/>	warn you about the dangers of running
C	<input type="checkbox"/>	encourage you to choose running
D	<input type="checkbox"/>	tell you how to lose weight

(Total for Question 1 = 1 mark)

2 Running as a physical activity:

A	<input type="checkbox"/>	improves your career prospects at work
B	<input type="checkbox"/>	keeps you younger
C	<input type="checkbox"/>	reduces the time it takes you to get to work
D	<input type="checkbox"/>	improves your health

(Total for Question 2 = 1 mark)

3 Which of these statements about running is true?

A	<input type="checkbox"/>	It only benefits teenagers.
B	<input type="checkbox"/>	It can help you sleep better.
C	<input type="checkbox"/>	It costs a lot to run.
D	<input type="checkbox"/>	You must run ten miles every week to stay fit.

(Total for Question 3 = 1 mark)



4 According to Text A, give **one** health problem that can be caused by running.

.....
.....

(Total for Question 4 = 1 mark)

5 List **two** features of Text A that help to present information.

You do **not** need to write in sentences.

1

2

(Total for Question 5 = 2 marks)

6 A friend is thinking of taking up running.

Using the information in Text A, find **two** things you would ask your friend to think about before taking up running.

You do **not** need to write in sentences.

1

2

(Total for Question 6 = 2 marks)



7 Using the information from Text A, find **two** ways your friend would benefit from taking up running.

You do **not** need to write in sentences.

1

.....

2

.....

(Total for Question 7 = 2 marks)

TOTAL FOR SECTION A = 10 MARKS



SECTION B

Read Text B and answer questions 8–13.

Text B

You find this web page about a running club.

Kaill Running Club

http://www.kaillrunningclub.com

File Edit View Favorites Tools Help

Kaill Running Club

HOME	TRAINING	INJURIES	NUTRITION	GEAR	EVENTS	RUN FOR CHARITY	CONTACT US
------	----------	----------	-----------	------	--------	-----------------	------------

WELCOME TO KAILL RUNNING CLUB.

One of the problems of doing any exercise on your own is keeping motivated*. At Kaill running club this is not a problem. We give you the chance to add variety to your exercise programme. Join one of our many running groups that cater for all abilities – it is a great way to find a running partner. The support of runners can be useful on those long runs. Running with others is also far safer and can be fun.

Membership includes:

- health check
- training programme designed by one of our personal trainers
- regular fitness checks
- discounts at local sports shops with our membership card.

We also offer advice on:

- types of running
- how to avoid injury
- what to eat between training sessions
- suitable routes for running
- how to stay motivated.

We take care of all our runners whether you are a complete beginner or a regular runner. Some of our members compete in marathons others are just happy to keep fit or just to run with their friends. We have all been beginners at some time, so don't be shy of coming along. We want you to get as much fun out of running as we do.

Other reasons why you should join Kaill running club:

1. We run in pleasant places.
2. We offer different types of running from cross country to marathons to fun runs.
3. We offer different times and routes to suit people's needs.
4. We are a sociable and friendly club.

Come along and find out for yourselves. All are welcome!

100 %



* to keep someone interested in doing something



Answer question 8 with a cross in the box ☒ you think is correct. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

8 What is the **main** purpose of this web page?

A	<input type="checkbox"/>	To advise you how to begin running.
B	<input type="checkbox"/>	To persuade you to join Kaill Running Club.
C	<input type="checkbox"/>	To help keep you safe when you are running.
D	<input type="checkbox"/>	To inform you of the best places to run.

(Total for Question 8 = 1 mark)

Answer question 9 with a cross in the two boxes ☒ you think are correct. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

9 Identify **two** features from the list below that show that Text B is a web page.

A	<input type="checkbox"/>	Short sentences.
B	<input type="checkbox"/>	Use of questions.
C	<input type="checkbox"/>	Search box.
D	<input type="checkbox"/>	Bullet points.
E	<input type="checkbox"/>	Links.
F	<input type="checkbox"/>	Informal language.

(Total for Question 9 = 2 marks)



10 Identify **two** reasons given in Text B for running with other people.

You do **not** need to write in sentences.

1

.....

2

.....

(Total for Question 10 = 2 marks)

11 Your friend is also interested in joining a running club but he does not exercise regularly.

Using Text B, give **two** reasons to reassure your friend that Kaill Running Club takes care of its members.

You do **not** need to write in sentences.

1

.....

2

.....

(Total for Question 11 = 2 marks)

12 According to Text B, how might you benefit financially from joining a running club?

You do **not** need to write in sentences.

.....

.....

(Total for Question 12 = 1 mark)



13 You have another friend who is healthy and fit but finds it difficult to stay motivated.

Using the information from Text B, what **two** things does Kaill Running Club offer to keep its members interested in running?

You do **not** need to write in sentences.

1

2

(Total for Question 13 = 2 marks)

TOTAL FOR SECTION B = 10 MARKS
TOTAL FOR PAPER = 20 MARKS



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