

SECTION A

You are advised to spend **no more than 1 hour 10 minutes** on Section A.

Reading: NON-FICTION

Read carefully the following passage, and then **answer questions 1(a), (b) and (c)**.

These answers will be marked for reading. Plan your answers and write them carefully.

Just a little exercise

Regular trips to the gym are a great way to keep your body trim. But now scientists have found that exercise sharpens your mind as well. They say that the key to being quick-witted lies in working out little and often.

They warn, however, that having too much exercise can have the opposite effect. Research by biologist Andrew Naylor has shown that exercise creates new brain cells, boosting memory and learning, but too much slows down the production of such new cells. 5

‘It was well known that exercise produces new brain cells,’ said Andrew, ‘but until now, everyone thought the more you exercised, the better it was for your brain. Mine is the first study to show that too much exercise doesn’t help.’

Dr Naylor, at Gothenburg University in Sweden, looked at how exercise affected the brainpower of a group of rats. Half of them were given access to exercise machines while the other half were not. After nine days, he found that the exercising rats had five times as many new brain cells as those which had not exercised. When placed in a small swimming pool with just one exit, they were twice as quick at working out how to get out. 10

A second experiment showed that rats which exercised too much were no better at finding their way out of the pool of water than those which had done nothing. This time, the rats used the exercise machines for twenty-four days. By the end, they had developed half as many new brain cells as the inactive rats and showed no improvement in brainpower. 15

Dr Naylor believes the results can be explained by the chemical activity of the brain. Exercise produces hormones which create new brain cells. But if the body becomes stressed from too much exercise, their effects are cancelled out by other hormones which slow the production of new brain cells. 20

People who know the value of physical exercise without overdoing it, of course, are joggers – ordinary citizens who run slowly and for fun around the streets, parks and countryside. There are estimated to be two million joggers in Britain, many of whom join friends and workmates in fun runs and lunchtime jogging groups in the parks. 25

The message of the joggers is simple. It is that physical fitness and the good health it brings are for everybody and anybody. The converts to jogging include the old, the young, the famous, the unknown: all of them have just one thing in common – they jog. And many of them jog because of fear of the western world’s biggest killer, the heart attack. 30

It has its critics. Dr Meyer Friedman thinks it is a potential killer, and intensely dislikes it. ‘Jogging’, he writes, ‘is a form of exercise in which man transforms himself into a machine, chug-chug-chugging along, looking neither right nor left.’

35 But Dr Friedman misses the beauty of running. He recognises nothing of the joy of drifting along, your body light, your breathing easy. He makes the mistake of thinking that jogging has to be hard and competitive running. It must be gentle and enjoyable. If done in moderation, it is a convenient, cheap and simple route to good health.

40 The experience of journalist Tony Barnes is typical. He realized one day that he was an overweight sixteen-stone thirty-three-year-old, with a dangerously abnormal pulse rate and the threat of a fatal heart attack hanging over him.

Today, he is an under twelve-stone athlete with a pulse rate of forty-eight beats to the minute.

He looks and feels years younger. 'Gentle exercise is the easiest way to keep your heart healthy,' he says. 'My own choice was jogging. My doctor reckons it saved my life.'

- 1 (a) From **lines 10–14** (beginning 'Dr Naylor, at Gothenburg University...'), write down **two** things which the rats used in Dr Naylor's experiments. [2]
- (b) From **lines 23–26** (beginning 'People who know...'), give **three** reasons why people go jogging. [3]
- (c) According to the article:
- how can exercise benefit people
 - in what ways might it be a disadvantage?

Use your own words as far as possible.

[16]

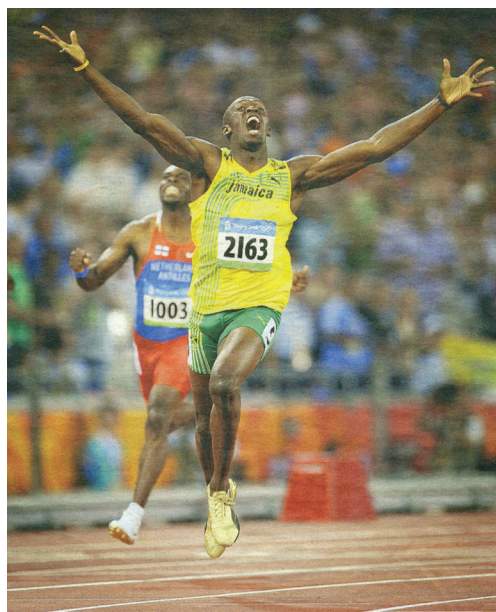
Turn over for the remainder of Section A

Reading: MEDIA TEXT

Read this newspaper article which celebrates Usain Bolt's winning of the 100m and 200m races in the Olympic Games in Beijing in August 2008. Then **answer Question 2**.

Your answer will be marked for reading. Plan your answer and write it carefully.

Usain Bolts Into History



Lightning Bolt strikes twice – the world is left gasping

Usain Bolt has entered the company of the immortals. In the course of 9.69 seconds, he destroyed a world record, secured an Olympic title and sent shock waves of disbelief crashing through the sporting universe.

Manner of Victory

The statistics told a stunning story, since the time removed three-hundredths of a second from his own world 100m record. But the magic lay in the manner of victory, for this was sprinting supreme, the most sought-after of all Olympic titles treated as if it were a school sports race.

He worked at his race for precisely thirty four strides, and then he spread his arms wide, coasted shamelessly and even beat his yellow-vested chest as he crossed the line. His opponents just stared at his back as he then surged around the track curve, posing and prancing and proclaiming his genius.

Dancing entertainer

When it was over, he abandoned himself to ecstatic celebration. He plunged into the crowd, to be embraced by Jamaican arms. He broke into a little dance. He remembered what his agent told him and he waved his shoes into the world's cameras. Then he wrapped himself in the yellow and black flag of his island. He sped to the electronic clock which showed: 'NEW WR – 9.69'. He pointed at it as if ownership of that record were in doubt. He clowned and cackled and capered, not a man for understated celebration.

The immortals

The line of Olympic sprint champions is long and distinguished, from Harold Abrahams (1924), to Donovan Bailey, who set the Olympic record in Atlanta in 1996. Their names form an aristocracy of speed: this young man now joins their number.

Fastest in history

What we saw from Usain Bolt at the Bird's Nest Stadium in Beijing was something akin to perfection. These Games will give us lots of memories, but nothing will match the performance of the lad from Trelawny on the island of Jamaica, which is home to the fastest man on Earth, the fastest man in history, the athlete who achieved immortality within the space of 9.69 Olympic seconds.

Second strike

In the 200 m race, four days later, Bolt did not celebrate until after he had crossed the finishing line, but he still pulverised his opponents. He became the first man for a quarter of a century to win both sprints at the same Olympics and now holds both world records. He won the 200 metres in 19.30 seconds, breaking the 1996 record of Michael Johnson by 0.02 seconds.

Theatre

Before the final, the presence of Bolt turned the race into a kind of theatre, with scores of TV cameras focussed on his every movement. Each gesture seen on the big screen was met with cheers and applause. After the race, the crowd cheered again as Bolt jogged, danced and shimmied his way round a lap of honour with the Jamaican flag draped on his back. Just as he did after the 100 metres, he took off his gold shoes and held them up to the crowd.

Greatest ever

And athletics experts from all over the world are now asking whether this man from the small Jamaican town of Trelawny could become the greatest sprinter of all time.

- 2 How does the article show that Usain Bolt was such an outstanding athlete and personality at the Olympic Games of 2008 in Beijing?

In your answer, you should write about:

- the **presentation** of the article
- the **information** given
- some of the **words and phrases** chosen.

[21]

Turn over for Section B

SECTION B

You are advised to spend **no more than 35 minutes** on Section B.

Writing to INFORM, EXPLAIN, DESCRIBE

This answer will be marked for writing. Plan your answer and write it carefully.
Leave enough time to check through what you have written.

3 Write about a time when you particularly enjoyed taking part in a leisure activity.

Describe that time and **explain** why you enjoyed it so much.

[21]

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