



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2014

Centre Number

71	
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Candidate Number

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Sports Science and the Active Leisure Industry

Unit AS 2

The Active Leisure Industry: Health, Fitness and Lifestyle

[A1L21]

THURSDAY 29 MAY, AFTERNOON

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.
Write your answers in the spaces provided in this question paper.
Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.
Quality of written communication will be assessed in questions **1(d)**, **4(b)** and **5(b)**.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	

Total Marks	
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Answer **all** questions.

Examiner Only

Marks

Remark

1 (a) Explain the purpose of protein in an athlete's diet.

[2]

(b) Explain the importance of a balanced diet and hydration for achieving general health and well-being.

(i) Balanced diet:

[2]

(ii) Hydration:

[2]

(c) Identify **three** hypokinetic diseases and describe how exercise can help to prevent them.

(i) _____

_____ [2]

(ii) _____

_____ [2]

(iii) _____

_____ [2]

Examiner Only	
Marks	Remark

(d) Research by the Department of Health suggests that the current level of obesity among adults is 24.8% and 16.3% of children are obese. There has been a marked increase in obesity rates in the UK over the past eight years.

Examine **two** government initiatives which are aimed at improving the nation's diet and reducing the obesity levels in the UK.

The quality of written communication is assessed in this question.

Examiner Only	
Marks	Remark

[8]

Examiner Only	
Marks	Remark

2 (a) Exercise and diet are two factors that people need to consider when managing their lifestyle.

Identify and explain **three** other factors that could be taken into consideration to further improve their health and well-being.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

[10]

Examiner Only	
Marks	Remark

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3 (a) Identify and explain **one** social benefit and **one** psychological benefit for an individual participating in physical activity.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(b) Explain **three** ways how effective rest and recovery can maximise an athlete's performance.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

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(c) Circuit training is a popular method of training used by coaches to improve performance.

Explain **three** advantages and **three** disadvantages of using circuit training as a training method to improve specific components of fitness.

(i) Advantages

[3]

(ii) Disadvantages

[3]

Examiner Only	
Marks	Remark

[Turn over

(iii) Component 3

[3]

Examiner Only	
Marks	Remark

(b) As a coach, discuss the importance of risk assessment in relation to safe practice in a sport or physical activity.

The quality of written communication is assessed in this question.

[8]

Examiner Only	
Marks	Remark

5 (a) Assess how **each** of the following factors can act as a barrier to participating in sport and physical activity.

Time

[3]

Ability/Disability

[3]

Examiner Only	
Marks	Remark

Resources

[3]

Examiner Only	
Marks	Remark

(b) Research shows that participation rates in Northern Ireland are among the lowest in the UK and are continually falling.

Discuss what are the possible long term sporting and social problems that may arise from an increasingly sedentary lifestyle.

The quality of written communication is assessed in this question.

Examiner Only	
Marks	Remark

[10]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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