



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2016

Centre Number

--	--	--	--	--

Candidate Number

--	--	--	--

Sports Science and the Active Leisure Industry

Unit AS 2

assessing

The Active Leisure Industry:
Health, Fitness and Lifestyle

[A1L21]

FRIDAY 17 JUNE, MORNING



A1L21

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	
--------------------	--

[8]

Examiner Only	
Marks	Remark

(b) Name the **three** food groups that can provide energy and explain the appropriate percentages required by a power athlete for each food group.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

(d) Identify **three** government initiatives and discuss how each is attempting to encourage active lifestyles amongst young people.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

4 (a) Identify and consider **three** basic requirements for an individual participating in physical activity.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

[10]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

Permission to reproduce all copyright material has been applied for.
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA
will be happy to rectify any omissions of acknowledgement in future if notified.