

# Mark Scheme (Results)

January 2012

PL Sport and Active Leisure  
(SL101)

Paper 1 Sport and Active Leisure  
as Part of a Healthy Lifestyle

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## General Marking Guidance

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.
- Crossed out work should be marked UNLESS the candidate has replaced it with an alternative response.

Question Number	Answer	Mark
<b>1</b>	B	<b>(1)</b>

Question Number	Answer	Mark
<b>2</b>	A	<b>(1)</b>

Question Number	Answer	Mark
<b>3</b>	C	<b>(1)</b>

Question Number	Answer	Mark
<b>4(a)</b>	<p>Award 1 mark for each correct identification.</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• Poor diet (1)</li> <li>• Limited physical activity(1)</li> <li>• Binge drinking(1)</li> <li>• Taking drugs (1)</li> <li>• Smoking (1)</li> <li>• Irregular sleep patterns (1)</li> <li>• Anti-social behaviour (1)</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>4(b)</b>	<p>Award up to 2 marks for an outline of the effect of the negative lifestyle choice identified.</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• Smoking could cause health problems such as lung disease (1) you may not live as long (1)</li> <li>• Smoking could reduce cardiovascular fitness (1) this could limit ability to exercise (1)</li> <li>• Binge Drinking could cause health problems (1) this could lead to obesity (1)</li> <li>• Overeating could lead obesity (1) this could lead to shorter life expectancy (1)</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>5</b>	Cardiovascular endurance	<b>(1)</b>

Question Number	Answer	Mark
<b>6(a)</b>	<p>Award 1 mark for each correct identification.</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• Socialising (making friends) (1)</li> <li>• Team building (1)</li> <li>• Reduced anti-social behaviour(1)</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>6(b)</b>	<p>Award up to 3 marks for outlining social benefit on the community.</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• Less likelihood of antisocial behaviour (1) due to more members of the community have less time to become bored (1)</li> <li>• Working together (team building) (1) could develop friendships and respect for their community (1)</li> <li>• Reduced problems associated with drink and drugs (1)</li> <li>• People will be motivated by others in the choir (1) which will lead to improved community esteem (1)</li> </ul>	<b>(3)</b>

Question Number	Answer	Mark
<b>6(c)</b>	<p>Award up to 2 marks for an explanation of the term "bullying".</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• Bullying is psychological abuse (1) which could cause someone to have low self esteem (1).</li> <li>• Bullying can be physical (1) It is antisocial behaviour (1).</li> <li>• Candidate response could be:</li> <li>• Bullying is if someone isolates another (1) through calling names (1), physically hurting them (1) or manipulating them (1) into doing things that person doesn't want to do (1).</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>7(a)</b>	Award 1 mark for the correct identification of: <ul style="list-style-type: none"><li>• Anorexia nervosa</li><li>• Accept anorexia</li></ul>	<b>(1)</b>

Question Number	Answer	Mark
<b>7(b)</b>	<p>Award one mark for each correct effect identified.</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• Weight loss (1)</li> <li>• Lethargy (1)</li> <li>• Low blood pressure (1)</li> <li>• Tooth decay (1)</li> <li>• Low self esteem (1)</li> <li>• Depression (1)</li> <li>• Bad breath(1)</li> <li>• Effect periods (1)</li> </ul>	<b>(3)</b>

Question Number	Answer	Mark
<b>8(a)</b>	<p>Award 1 mark for each correct benefit identified.</p> <ul style="list-style-type: none"> <li>• Muscular strength class – Stronger muscles</li> <li>• Bowls – Team building</li> <li>• Aerobic class – cardiovascular fitness</li> </ul>	<b>(3)</b>

Question Number	Answer	Mark
<b>8(b)</b>	<p>Award up to 2 marks for outlining the effects of team building.</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• More likely to take part in team building activities due to feeling of belonging (1) this could reduce likelihood of poor psychological health (1)</li> <li>• Team building will increase an elderly persons self esteem (1) this will increase their motivation (1)</li> <li>• More likely to socialise (1) because they have made friends (1)</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>8(c)(i)</b>	<p>Award 1 mark for identification of suitable test.</p> <ul style="list-style-type: none"> <li>• Sit and reach test</li> <li>• Accept any other realistic test</li> </ul>	<b>(1)</b>

Question Number	Answer	Mark
<b>8(c)(ii)</b>	<p>Award up to 3 marks for a description of the how test identified should be carried out.</p> <p>Maximum of 1 mark if described another test correctly</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• Take shoes off and sit on floor (1) with legs straight. (1)</li> <li>• Reach forward slowly to touch toes (1). Reaching further than toes if capable. (1)</li> <li>• Take measurement in CM from end of toes to tip of fingers (1). + if past toes and – if before toes. (1)</li> </ul>	<b>(3)</b>

Question Number		Indicative Content
9		<p>Possible answer include reference to:</p> <p><b>Positive factors:</b></p> <ul style="list-style-type: none"> <li>• Physical activity / physical fitness Playing netball four times a week will maintain her cardiovascular fitness.</li> <li>• Team worker (netball) Liz will have a sense of belonging with her netball team.</li> <li>• Socialising at college This will help Liz to have a positive psychological wellbeing. Friends are there to help her.</li> <li>• Feeling of belonging to work This shows she will be able to support her son.</li> </ul> <p><b>Negative factors:</b></p> <ul style="list-style-type: none"> <li>• Inadequate sleep This is likely to make Liz tired, which may cause low self esteem.</li> <li>• Lack of motivation to see friends out of college If Liz does not get to see her friends she could lose her sense of belonging</li> <li>• Depression This could lead to alcohol abuse which would be negative on Liz's health.</li> </ul>
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Answers will state only positive and negative factors affecting Tina's lifestyle. No attempt to link these factors to her lifestyle
2	3-4	Answers will state positive and negative factors affecting Tina's lifestyle with some explanatory comments.
3	5-6	Answers will link positive and negative factors clearly to Tina's lifestyle with sound explanatory comments.

Question Number	Answer	Mark
<b>10</b>	<p>Credit either individual or developed points.  Accept individual ideas up to a maximum of 4  Accept maximum of 4 marks if no links to teenagers  e.g.</p> <ul style="list-style-type: none"> <li>• Eat more fruit and vegetables (1) 5 a day (1)</li> <li>• Stop smoking (1) it kills you (1)</li> <li>• Take more exercise (1) it makes you feel better (1)</li> <li>• Make lots of friends (1) feel good about yourself (1)</li> <li>• Healthy diet (1) includes all essential nutrients – fat/carbohydrate/protein (1)</li> <li>• Socialise (1) increased self esteem (1)</li> </ul>	<b>(6)</b>

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