

Write your name here

Surname

Other names

**Edexcel**  
**Principal Learning**

Centre Number

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Candidate Number

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# Sport and Active Leisure

Level 1

**Unit 1: Sport and Active Leisure as Part of a  
Healthy Lifestyle**

Wednesday 30 May 2012 – Morning  
**Time: 45 minutes**

Paper Reference

**SL101/01**

**You do not need any other materials.**

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.*

## Information

- The total mark for this paper is 40.
- 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.

Turn over ►

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Answer ALL questions. Write your answers in the space provided.

Some questions must be answered with a cross . If you change your mind about an answer, put a line through the box  and then mark your new answer with a cross .

1 Which **one** of the following is an example of psychological wellbeing?

<b>A</b>	Depression	<input type="checkbox"/>
<b>B</b>	Self-confidence	<input type="checkbox"/>
<b>C</b>	Anti-social behaviour	<input type="checkbox"/>
<b>D</b>	Low blood pressure	<input type="checkbox"/>

(Total for Question 1 = 1 mark)

2 Which **one** of the following best describes low participation in physical activity?

<b>A</b>	A negative lifestyle choice	<input type="checkbox"/>
<b>B</b>	A component of aerobic fitness	<input type="checkbox"/>
<b>C</b>	A positive lifestyle choice	<input type="checkbox"/>
<b>D</b>	A way of increasing flexibility	<input type="checkbox"/>

(Total for Question 2 = 1 mark)



3 (a) Which **two** of the following are negative lifestyle choices?

(2)

<b>A</b>	Regular sleep patterns	<input type="checkbox"/>
<b>B</b>	Socialising	<input type="checkbox"/>
<b>C</b>	Taking part in outdoor activities	<input type="checkbox"/>
<b>D</b>	Smoking	<input type="checkbox"/>
<b>E</b>	Over-eating	<input type="checkbox"/>

(b) Outline the possible effects of **one** negative lifestyle choice on health and wellbeing.

(2)

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(c) Which **two** of the following are positive lifestyle choices?

(2)

<b>A</b>	Depression	<input type="checkbox"/>
<b>B</b>	Low self-esteem	<input type="checkbox"/>
<b>C</b>	Socialising	<input type="checkbox"/>
<b>D</b>	Taking recreational drugs	<input type="checkbox"/>
<b>E</b>	Taking part in regular physical activity	<input type="checkbox"/>

(d) Outline the possible effects of **one** positive lifestyle choice on health and wellbeing.

(2)

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**(Total for Question 3 = 8 marks)**



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- 4 (a) Austin is going on work experience at an outdoor activity centre. To prepare for this he is completing a lifestyle questionnaire.

Draw a straight line to connect each lifestyle choice to the correct lifestyle benefit.

One has been done for you.

(3)

Lifestyle choice		Lifestyle benefit
Eating 5 fruit and vegetables a day		Will help you increase strength
Joining a club		Will help you stay healthy
Cycling regularly		Will help improve cardiovascular fitness
Weightlifting		Will help you to make friends

- (b) Austin has just completed his work experience at the outdoor activity centre. He did lots of risk-taking activities.

- (i) Identify **two** positive risk-taking activities.

(2)

1 .....

2 .....

- (ii) Outline the benefits to Austin of positive risk-taking.

(2)

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(Total for Question 4 = 7 marks)



5 Hawani is an elite athlete. She wants to improve her cardiovascular fitness.

(a) Identify a test that could be used to measure cardiovascular fitness.

(1)

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(b) Describe how this test should be carried out.

(3)

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(c) Explain why tests are important when assessing fitness.

(3)

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(d) Just before the national championship Hawani went to a party and drank too much alcohol. As a result of this she was unable to compete the next day.

Explain the possible psychological effects of this negative choice on Hawani.

(3)

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**(Total for Question 5 = 10 marks)**



6 Hawani and her best friend go to the local youth club every Sunday.

(a) Identify **three** social benefits that going to the local youth club could have.

(3)

1 .....

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2 .....

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3 .....

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(b) Trampolining is one of their favourite activities at the youth club.

Explain the positive effects of taking part in trampolining.

(4)

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**(Total for Question 6 = 7 marks)**





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