

# Mark Scheme (Results)

Summer 2012

Principal Learning Sport and Active  
Leisure (SL101)

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

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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(a)</b>	D - Smoking E - Overeating	<b>(2)</b>

Question Number	Answer	Mark
<b>3(b)</b>	Award one mark for description:  <b>eg</b> <ul style="list-style-type: none"> <li>• Depression could cause mental illness (1) which could lead to poor health and wellbeing (1)</li> <li>• Overeating could cause obesity (1) This is a negative physical effect (1) which could shorten life expectancy (1)</li> <li>• Smoking could lead to lung disease (1) which is a health problem (1)</li> <li>• Alcohol-too much could cause liver damage (1) and shorten life expectancy (1)</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>3(c)</b>	C - Socialising E - Taking part in regular physical activity	<b>(2)</b>

Question Number	Answer	Mark
<b>3(d)</b>	Award one mark for description:  <b>eg</b> <ul style="list-style-type: none"> <li>• Team building could lead to increased self esteem (1), this will improve psychological health (1).</li> <li>• Taking part in physical activity could improve fitness (1) less likelihood of becoming obese (1).</li> <li>• Socialising could lead to increased self confidence (1) increasing the likelihood of having more friends (1).</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark												
<b>4(a)</b>	<p>Award 1 mark for each correct relationship.</p> <table border="1"> <thead> <tr> <th>Lifestyle choice</th> <th></th> <th>Lifestyle benefit</th> </tr> </thead> <tbody> <tr> <td>Eating 5 fruit and vegetables a day</td> <td rowspan="4"> </td> <td>Will help you increase strength</td> </tr> <tr> <td>Joining a club</td> <td>Will help you stay healthy</td> </tr> <tr> <td>Cycling regularly</td> <td>Will help improve cardiovascular fitness</td> </tr> <tr> <td>Weightlifting</td> <td>Will help you to make friends</td> </tr> </tbody> </table>	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>(3)</b>
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Question Number	Answer	Mark
<b>4(b)(i)</b>	<p>Award 1 mark for each correct identification.</p> <p><b>eg</b></p> <ul style="list-style-type: none"> <li>• Climbing (1)</li> <li>• Kayaking (1)</li> <li>• Mountain biking (1)</li> <li>• Orienteering (1)</li> <li>• Skiing (1)</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>4(b)(ii)</b>	<p>Accept any appropriate answer:</p> <p><b>eg</b></p> <ul style="list-style-type: none"> <li>• Taking positive risks could help to improve self confidence (1).</li> <li>• Taking part positive risks can lead to increased self esteem (1).</li> <li>• You will become aware of your limits (1).</li> <li>• You could feel motivated to take part in more positive risk taking (1).</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>5(a)</b>	<p>Award 1 mark for correct identification of a test.</p> <p><b>eg</b></p> <ul style="list-style-type: none"> <li>• Bleep Test (1)</li> <li>• Cooper's 12 min run (1)</li> <li>• Harvard step test (1)</li> </ul>	<b>(1)</b>

Question Number	Answer	Mark
<b>5(b)</b>	<p>Award up to 3 marks for suitable description of test identified.</p> <p><b>eg</b></p> <ul style="list-style-type: none"> <li>• Person runs distance marked out to the bleeps. (shuttle runs) (1)</li> <li>• The levels get higher and the bleeps get faster (1) and you have to keep up with them (1).</li> <li>• The measure of cardiovascular fitness is achieved by recording the level the runner finished on. (1)</li> </ul>	<b>(3)</b>

Question Number	Answer	Mark
<b>5(c)</b>	<p>Award up to 3 marks for an explanation about importance of assessing fitness.</p> <p><b>eg</b></p> <ul style="list-style-type: none"> <li>• Assess fitness levels before and after training (1)</li> <li>• Indicators of health / wellbeing (1)</li> <li>• Can set exercise programs appropriate to fitness test results (1)</li> <li>• Can set targets (1)</li> <li>• Highlight strengths and weaknesses (1)</li> </ul>	<b>(3)</b>

Question Number	Answer	Mark
<b>5(d)</b>	<p>Award one mark for identification of each appropriate psychological effect. (maximum of 3 marks).</p> <p>Hawani will not be able to perform or train (1), this could frustrate her leading to depression (1). She will lose her fitness levels due to less training (1), this could reduce her self confidence (1). She will lose her self esteem (1) because she will be unable to compete in the championship (1).</p>	<b>(3)</b>

Question Number	Answer	Mark
<b>6(a)</b>	<p>Award one mark for each suitable identification of social benefit.</p> <p><b>eg</b></p> <ul style="list-style-type: none"> <li>• Socialising (1)</li> <li>• Making friends (1)</li> <li>• Reducing crime (1)</li> <li>• Reducing bullying for the person being bullied (1)</li> <li>• Group activities could teach Hawani skills needed to be able to work as a team (1)</li> <li>• Increased confidence (1)</li> </ul>	<b>(3)</b>

Question Number	Answer	Mark
<b>6(b)</b>	<p>Award 1 mark for each explanatory point. For maximum marks at least 2 effects must be explained.</p> <p><b>eg</b></p> <ul style="list-style-type: none"> <li>• This is a physical activity (1) which will improve physical wellbeing (1), this activity uses cardiovascular fitness (1) and flexibility (1). Doing trampolining regularly will improve physical health (1).</li> <li>• Trampolining involves taking risk (1) and by doing this you will become more confident (1) and motivated to try new moves (1), this is positive for your psychological health and wellbeing (1).</li> </ul>	<b>(4)</b>

Question Number		Indicative Content
7		<p>Possible answers include reference to:</p> <ul style="list-style-type: none"> <li>• Negative lifestyle choices as some nights he only gets little sleep, also irregular sleep patterns.</li> <li>• Diet is not varied and high in fat.</li> <li>• Psychological wellbeing is low, he could become depressed.</li> </ul>
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Answers will state some aspects of Sebastian's lifestyle. Simple explanatory comments will illustrate his health and well being.
2	3-4	Answers will state Sebastian's lifestyle. Some explanatory comments and some linking of his lifestyle choices and the effects it will have on his health and well being.
3	5-6	Answers will link Sebastian's lifestyle clearly to the effects they will have on his well being with sound explanatory comment.

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