

Mark Scheme

Summer 2013

Sport and Active Leisure (SL201)
Unit 2: Positive Lifestyle Choices and
Sport and Active Leisure

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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
1	A	(1)

Question Number	Answer	Mark
2	B	(1)

Question Number	Answer	Mark
3	A	(1)

Question Number	Answer	Mark
4	<p>Award 1 mark for a correct statement and a further mark for an expansion on the statement.</p> <p>For example:</p> <ul style="list-style-type: none"> • An activity that takes you outside your comfort zone (1) • An activity that positively challenges you (1) • Activities that are perceived to be dangerous (1) • An example of a positive risk taking activity are outdoor and adventurous activities/list of different types of outdoor activities – 1 mark only to be awarded if no expansion on this • Completion of the activity can increase self esteem/confidence (1) 	(2)

Question Number	Answer	Mark
5(a)	<p>1 mark for correct identification of a psychological effect of regular physical activity.</p> <p>For example:</p> <ul style="list-style-type: none"> • Increased self confidence (1) • Increase self esteem (1) • Increased mental resilience (1) • Reduction in anxiety/stress (1) • Improving awareness of personal limitations (1) • Improved ability to judge risks (1) • Increased motivation(1) • Feeling of belonging(1) 	(1)

Question Number	Answer	Mark
5(b)	<p>1 mark for identification of a method of encouraging participation and 1 mark for description as to why it is suitable for children.</p> <ul style="list-style-type: none"> • Tasters session (1) give the children an idea of what the activity is like to see if they want to continue/they are usually free so no money is wasted if the child does not enjoy the activity (1) • Drop in session (1) so that the children can have a go without having to book ahead which means it could fit in around their/their parents' plans (1) • School visit (1) local schools could take the children to the leisure centre and have a go at some of the activities to see if they like it (1) • A member of staff from a leisure centre/role model (1) may come into school and deliver a free lunchtime session to advertise the scheme (1) 	(6)

Question Number	Answer	Mark
5(c)	<p>1 mark for identification of a barrier and 1 mark for associated expansion that must be specific to children.</p> <p>For example:</p> <ul style="list-style-type: none"> • The children may not be able to get to the sport facility (1) as they may be too young to get there on their own and their parents may be working (1) • Cost may be a barrier (1) as the children do not earn any money and have to get the money from their parents (1) • Health problems (1) if a child has asthma their parents may not want them to take part in sport (1) 	(2)

Question Number	Answer	Mark
6(a)	<p>1 mark for each identification of a social benefit.</p> <ul style="list-style-type: none"> • Making friends (1) • Being part of a team (1) • Developing transferable skills such as leadership and team work (1) • Improved communication skills (1) 	(2)

Question Number	Indicative Content	
6 (b)	<p>The candidates are not expected to deal with every possible point and may be rewarded well for a comparatively small number of points if these are developed and supported by relevant evidence. This list is not exhaustive</p> <ul style="list-style-type: none"> • Increased cardiovascular fitness from taking part in aerobic sports such a tennis and rounders • Increased muscular endurance from taking part in lots of different physical activities every day which helps to increase muscular endurance • Increased muscular strength from taking part in strengthening activities such as tennis and swimming • Increased flexibility from taking part in stretching activities whilst participating in sports • Improved posture from increased muscle strength gained from taking part in sports such as swimming • Achievement and maintenance of a healthy body weight from taking part in lots of different physical activities to ensure any extra calories are burnt off and not stored as fat 	
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Basic statements made with no/minimal explanation. May consist only of statements of the key physical effects of participation in sport with no or minimal reasoning.
2	3-4	Sound response with some explanation and application to sports included in the stimulus with attempts to link physical effects to regular sports participation.
3	5-6	A focused response with effective explanation and application to participation in sports listed in the stimulus. Two or three well explained and applied points should be evident.

Question Number	Answer	Mark
7(a)	<p>1 mark for identification of problem to society and 1 mark for associated expansion.</p> <ul style="list-style-type: none"> • Antisocial behaviour (1) from people under the influence of illegal drugs (1) • Increased burglary (1) from people trying to get money for illegal drugs (1) • Increased burden on NHS (1) from people getting ill from taking illegal drugs (1) 	(4)

Question Number	Answer	Mark
7(b)	<p>1 mark for correct identification and a further mark for appropriate expansion</p> <p>For example:</p> <ul style="list-style-type: none"> • Peer pressure such as saying that she is a baby (1) may encourage her to take illegal drugs so that she feels like she is part of the gang (1) • Her friends may show her cool image of celebrities/role models taking drugs (1) so think that if she does this then she will look or be cool as she is acting in the same way as the role models/celebrities(1) 	(4)

Question Number	Answer	Mark
8(a)	<p>Award 1 mark for each point. Award up to 4 marks for breadth or depth.</p> <ul style="list-style-type: none"> • Smoking has been linked to lung cancer/mouth cancer/throat cancer (1) due to the chemicals in the cigarettes(1) • Smoking has been linked to lung disease (1) as the tar from the cigarettes goes into the alveoli (1) and prevents them from working (1) • Cigarettes cost a lot of money (1) so it will reduce the amount of money to spend on other things (1) • Smoking makes hair and clothes smell smoky (1) • It can be considered as antisocial by non smokers (1) 	(4)

Question Number		Indicative Content
8 (b)		<p>The candidates are not expected to deal with every possible point and may be rewarded well for a comparatively small number of points if these are developed and supported by relevant evidence. This list is not exhaustive</p> <ul style="list-style-type: none"> • He could take part in more physical activity to reduce the risk of heart disease - (CHD) – he could try to cycle to work once or twice a week or take part in sports activities during his lunch hour • He could eat less fatty foods to reduce cholesterol • He could improve his work-life balance by trying to cut down his work hours or once or twice a week try to get home a bit earlier so that he has time to get out and socialise or take part in sports • He should go out more to meet people to improve his social wellbeing • He eats a lot of take away foods and the ones he chooses contain a lot of saturated fat and salt which is not good for his health – he should try to choose more healthy options like salad and chicken and cook fresh food for himself which means it will have more vitamins and minerals which is better for his health. • He should cut down on his wine intake as he is having more than the recommended weekly amount which means he is going to be damaging his liver, if he cuts down on this alcohol intake his liver can repair itself and he is less likely to suffer from cirrhosis of the liver.
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Basic suggestions made with no or minimal explanation. May consist of statements directly in response to the stimulus. Limited if any reasoning.
2	3-4	Realistic suggestions with sound reasoning and explanation, linking the changes to improvements in health and well being.
3	5-6	Effective suggestions with focussed reasoning and explanation applied to a range of improvements in health and well being.

Question Number	Answer	Mark
9(a)	<ul style="list-style-type: none"> • Sit and reach test (1) or any other test that can be used to measure flexibility (1) such as the shoulder flexibility test or the calf flexibility test 	(1)

Question Number	Answer	Mark
9(b)	1 mark for each part of the protocol Examples include: <ul style="list-style-type: none">• Sit with legs straight (1) feet flat against the sit and reach box (1) lean forwards and reach as far forward as possible (1)• Make sure the person is warmed up (1) to prevent injury (1)	(3)

Question Number		Indicative Content
10		<p>The candidates are not expected to deal with every possible point and may be rewarded well for a comparatively small number of points if these are developed and supported by relevant evidence. This list is not exhaustive</p> <p>Short term:</p> <ul style="list-style-type: none"> • Decreased and healthier levels of body fat from taking part in regular physical activity his BMI is almost at the 'normal' range • Weight loss • Improved sleep patterns from having a better quality of sleep through taking part in regular physical activity • Increased upper body strength from taking part in circuit training classes and possibly aqua aerobics which include resistance exercises for the upper body <p>Long term:</p> <ul style="list-style-type: none"> • Lower blood pressure from regular participation in physical activity and reduced body fat • Less chance of osteoporosis from taking part in resistance based exercises which increase the strength of bones in the long term and reduce the risk of this disease • Less chance of Type 2 diabetes from regular participation in physical activity • Less chance of CHD from regular participation in physical activity • Increased life expectancy as there is less chance of him from suffering from a chronic illness which is linked to not taking part in regular physical activity
Level	Mark	Descriptor
	0	No rewardable material
1	1-3	Basic statements made with no or minimal analysis. May consist of only statements of short term and long term impacts from the fitness test results.
2	4-6	Realistic analysis with sound reasoning, with attempts to link the short term and long term impacts with fitness test results and stimulus materials.
3	7-8	Effective analysis with focussed reasoning applied to fitness test results and exercise participation in the stimulus material.

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