

Principal Examiner Feedback

January 2012

PL Sport & Active Leisure (SL201)

Positive Lifestyle Choices and Sport &
Active Leisure

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Unit 1: Positive Lifestyle Choices and Sport and Active Leisure

General Comments

This was the third series for this paper. The paper appeared to be accessible to candidates with the full range of marks being achieved. Most candidates were able to respond effectively to the majority of the questions. There was evidence that most candidates had been effectively prepared, with the majority responding positively to the tasks set, offering valid answers.

On the whole, candidates appeared to be familiar with the command verbs in the questions. Candidates also appeared to manage their time effectively and complete the paper in the time available, with little evidence of rushed work towards the end.

It was clear that a minority of candidates did not make full use of the stimulus material provided in the question. The emphasis in this paper is on candidate's application of their knowledge to a variety of practical situations. The higher marks, particularly in levels of response questions, will always focus on the ability to demonstrate application rather than theory. It will be important for candidates to have practice in doing this in their preparation for the assessment. Candidates need to ensure that any ideas or suggestions they make are realistic and appropriate for the circumstances of the stimulus.

As this is a work-related subject, the external examination seeks to put the candidates in applied situations and ask them to respond to these, this method of questioning will continue in the future. It is essential that centres stress to candidates the need to read the stimulus information carefully before they answer questions, and be prepared to use that information within their responses. Where candidates are unable to apply the stimulus in their answer it will significantly restrict the number of marks candidates can receive.

The mark scheme rewards candidates who demonstrate their ability to use higher level skills in their responses, the mark scheme does not allow for more points to be awarded at the same level. Hence it will be their ability to both apply their responses and offer a correct interpretation of the command words that will allow them to achieve the top levels of the mark scheme.

Questions 1 – 3 multiple choice

Most candidates were able to answer the first two questions correctly. Question 3 had a number of incorrect answers with B being the 'most popular' incorrect answer.

Question 4

Most candidates were able to answer this question correctly.

Question 5

Most candidates were able to answer this question correctly.

Question 6a

Most candidates were able to identify one negative effect of not getting enough sleep but often the development to outline this effect was not evident or very limited.

Question 6b

A number of candidates were only able to describe some examples of what could be included in a sleep diary and were not able to go on to explain how it would improve a person's sleep and health.

Question 7a

This question was answered well, with candidates able to provide an appropriate outline of how peer pressure could be used to encourage a person to go on an outdoor activity holiday. In many cases, candidates were able to suggest both positive and negative methods of peer pressure.

Question 7 b

Many responses were written from the person in the stimulus's point of view when the question asks for generic information about how taking part in outdoor activities could increase self-confidence. For these candidates, because the responses were limited by the information candidates had about Anita from previous questions not all the marks for this question could be awarded. In responses where candidates discussed the benefits of exercise/sport without any reference to outdoor and adventurous activities, not all 3 marks could be awarded as they are not specific to question asked.

Question 8

This question was answered well. The majority of responses were about the possible positive effects of Ron's positive lifestyle choices; however, some candidates had a different approach and provided negative effects of the same positive lifestyle choices with some success. In some responses, there was only a brief identification of a positive effect, candidates should be encouraged to develop their answers to outline why the effect that they have identified is beneficial to the person in the stimulus. It is important to note that 'outline' is and will continue to carry two or more marks, therefore, candidates will need to know that they will need to make a point which is followed by an appropriate reason, description or explanation in order to be awarded more than 1 mark.

Question 9a

This question was answered well with candidates showing a clear understanding as to what is meant by having a bad posture, most answers were limited to the back of a person being 'slouched', 'hunched', or 'not straight', very few commented on the position of the stomach or the shoulders of a person with a bad posture.

Question 9b

Whilst most were able to identify a sport or exercise that could help to improve a persons posture, the development to show how this activity actually improves posture was often incorrect or not provided.

Question 10a

Almost all candidates were able to explain why the method of encouraging participation would be suitable but many were not able to gain marks for the application of this question to the stimulus. To gain full marks, candidates had to relate their answer to people aged 60 or over.

Question 10b

This question produced a mixed response. Most candidates were able to give a simplified answer, but struggled when relating this to the benefits to society. Few candidates were able to give complete answers, such as outlining the benefits to the NHS for example. A number of candidates wrote about the benefits to older people rather than benefits to society as required in the question.

Question 11

Most candidates achieved marks in MB1 and MB 2 for this question. Some good ideas were provided in candidates answers however, many were not developed . Many candidates could select key points from the stimulus to explain the barriers to participation for working adults' but fewer candidates were able to add in their own ideas and develop these ideas specifically to working adults.

Question 12a

In many cases, candidates appeared to have used the information in the table as their direct source of information to answer this question rather than their knowledge of the physical effects of excessive drinking and therefore, provided high blood pressure and increased BMI as answers. These were accepted as correct answers. Some candidates did discuss the short term effects of excessive drinking which were also acceptable answers.

Question 12b

Many candidates were awarded marks in MB 1 and MB 2. In many cases, candidates did not make links between suggestions for lifestyle changes and their impact upon reduction in BMI / BP and / or other health related benefits e.g. reduced risk of CHD, etc. Candidates that were able to provide realistic and effective suggestions together with focused reasoning were achieving marks in MB 3.

Recommendations

- Candidates need to understand the active verbs **identification, outline,** and **describe** when considering their response
- Candidates should take care to read the questions in detail.
- Candidates could be encouraged to practise exam technique.
- Practitioners can attend Edexcel training events e.g. feedback on assessments events.

2. Grade Boundaries

Grade boundaries for this, and all other papers, can be found on the website on this link:

<http://www.edexcel.com/iwantto/Pages/grade-boundaries.aspx>

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