

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 2

**Unit 1: Positive Lifestyle Choices and Sport and Active Leisure**

Friday 11 January 2013 – Afternoon

**Time: 1 hour 30 minutes**

Paper Reference

**SL201/01**

**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 50.
- 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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**PEARSON**

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

Questions 1 – 3 must be answered with a cross in a box ☒. 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 can be used to test cardiovascular fitness?

A	Sit and reach	<input type="checkbox"/>
B	Cooper's 12 minute run	<input type="checkbox"/>
C	Body mass index	<input type="checkbox"/>
D	Blood pressure	<input type="checkbox"/>

(Total for Question 1 = 1 mark)

2 Which **one** of the following is **most** closely linked to eating a healthy diet?

A	5-a-day principle	<input type="checkbox"/>
B	Bulimia	<input type="checkbox"/>
C	Exercise addiction	<input type="checkbox"/>
D	Type 2 diabetes	<input type="checkbox"/>

(Total for Question 2 = 1 mark)

3 Which **one** of the following is a physical effect of anorexia nervosa?

A	Depression	<input type="checkbox"/>
B	Cirrhosis of the liver	<input type="checkbox"/>
C	Severe weight loss	<input type="checkbox"/>
D	Type 2 diabetes	<input type="checkbox"/>

(Total for Question 3 = 1 mark)



**4** People from different socio-economic backgrounds take part in sport and active leisure activities.

What is meant by 'socio-economic background'?

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**(Total for Question 4 = 2 marks)**



5 Harry is 17 and plays rugby for his local club. He trains three times a week and has a match at weekends. He goes out with his friends and girlfriend at the weekends and stays up late on these nights.

(a) Identify **two** positive lifestyle choices that Harry is making.

(2)

1 .....

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2 .....

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(b) Outline **one** negative lifestyle choice that Harry is making.

(2)

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(c) Explain the possible physical effects on Harry of playing rugby.

(6)

Dotted lines for writing an answer.

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



6 Harry would like his school friend, Carlos, to join the rugby club. Carlos lives 10 miles away from the club. Carlos has extra lessons each evening after school. At the weekends he helps in his family's shop.

(a) Outline **two** barriers to participation that could prevent Carlos from joining the rugby club.

(4)

1 .....

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2 .....

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(b) Explain the possible benefits to society of young people taking part in regular physical activity.

(3)

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



7 Here is a poster advertising a drop-in session at Harry's rugby club.

# Come and try Rugby

Drop-in sessions on

Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> January 10 am – 4 pm

Ages 6 to 12 years

Boys and girls welcome

Free rugby ball for everyone who has a go!



(a) Give **two** reasons why this drop-in session would be appropriate to encourage children to participate in sports, such as rugby.

(4)

1 .....

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2 .....

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(b) Outline **one** other method that could be used to encourage children to participate in sport.

(2)

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(c) Harry has been invited to take part in a trial for the national rugby team, but is not sure if he wants to go. His coach thinks it will be really good for him.

Outline how Harry's coach might encourage him to take part in the national trial.

(2)

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**(Total for Question 7 = 8 marks)**





8 Charlotte is Harry's aunt. Charlotte is 38 years old and wants to get back into shape after having a baby. She goes to the doctor for a health check. The doctor tells her that she has a blood pressure reading of 160/110.

(a) Outline what Charlotte's blood pressure reading could mean about her health.

(2)

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Charlotte also completes a lifestyle questionnaire. As a result of this the doctor tells her to:

- get at least eight hours sleep a night
- reduce her alcohol intake
- go to a relaxation class
- eat less fatty food.

(b) Explain the possible reasons why the doctor has suggested these changes for Charlotte.

(8)

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(c) Charlotte has been advised by the doctor to keep a lifestyle diary to try to improve her lifestyle choices.

(i) Identify **four** pieces of information that could be included in a lifestyle diary.

(4)

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2 .....

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3 .....

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4 .....

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(ii) Explain how keeping a lifestyle diary can help Charlotte improve her lifestyle choices.

(6)

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**Question (c)(ii) continues on the next page.**



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(Total for Question 8 = 20 marks)

**TOTAL FOR PAPER = 50 MARKS**

