



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2014

Centre Number

71	
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Candidate Number

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## Sports Science and the Active Leisure Industry

### Unit AS 2

### The Active Leisure Industry: Health, Fitness and Lifestyle

[A1L21]

THURSDAY 29 MAY, AFTERNOON

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**TIME**

2 hours.

**INSTRUCTIONS TO CANDIDATES**

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.  
Answer **all** questions.

**INFORMATION FOR CANDIDATES**

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question. Quality of written communication will be assessed in questions **1(d)**, **4(b)** and **5(b)**.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	

<b>Total Marks</b>	
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[8]

Examiner Only	
Marks	Remark



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Examiner Only	
Marks	Remark



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[10]

Examiner Only	
Marks	Remark

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3 (a) Identify and explain **one** social benefit and **one** psychological benefit for an individual participating in physical activity.

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(ii) \_\_\_\_\_  
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Examiner Only	
Marks	Remark

(b) Explain **three** ways how effective rest and recovery can maximise an athlete's performance.

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Examiner Only	
Marks	Remark

(iii) \_\_\_\_\_  
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Examiner Only	
Marks	Remark

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