



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2015

Centre Number

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Candidate Number

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Sports Science and the Active Leisure Industry

Unit AS 2

assessing

The Active Leisure Industry:
Health, Fitness and Lifestyle

[A1L21]

FRIDAY 5 JUNE 2015, AFTERNOON



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 five** 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	

Total
Marks

Answer **all five** questions.

Examiner Only	
Marks	Remark

- 1 (a)** People are being encouraged to improve their health by getting involved in active leisure pursuits. Explain the term active leisure.

[2]

- (b)** Describe the physical effects for an individual participating in active leisure.

- (i) Short-term effects:**

[2]

- (ii) Long-term effects:**

[2]

_____ [8]

Examiner Only	
Marks	Remark

(iii) Prescription Drugs:

[3]

Examiner Only	
Marks	Remark

[5]

[5]

Examiner Only	
Marks	Remark

- 3 (a)** Explain how an athlete could apply the safe practice guidelines for food handling and food preparation.

(i) Food handling:

 [3]

(ii) Food preparation:

[3]

Examiner Only	
Marks	Remark

(iii) Alcohol consumption:

[3]

Examiner Only	
Marks	Remark

(iii) Ethnicity:

[3]

Examiner Only	
Marks	Remark

- 4 (a) To obtain information from a client, the lifestyle coach could use a variety of research methods. Identify and examine **three** possible research methods that the lifestyle coach could use.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

[10]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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