



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2016

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 17 JUNE, MORNING



A1L21

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	

**Total
Marks**

--

Answer **all** questions

Examiner Only	
Marks	Remark

1 (a) Describe what is meant by the term “Healthy and Active Lifestyle”.

[2]

(b) Explain **two** positive and **two** negative effects of active leisure pursuits on young people's psychological well-being.

(i) Positive:

[2]

(ii) Negative:

[2]

(iii) Circuit training:

[3]

Examiner Only	
Marks	Remark

(i) _____

_____ [3]

(ii)

[3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

(d) Identify **three** government initiatives and discuss how each is attempting to encourage active lifestyles amongst young people.

(i) _____

_____ [3]

(ii)

[3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

- 4 (a) Identify and consider **three** basic requirements for an individual participating in physical activity.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

Research has shown that, by age 14, girls are dropping out of sports at two times the rate of boys.

- (b)** Discuss the possible reasons why girls have a greater tendency to drop out of sport and physical activity.

The quality of written communication is assessed in this question.

[illegible]

Examiner Only	
Marks	Remark

[10]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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