



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2018

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

[SAL21]

FRIDAY 18 MAY, MORNING



SAL21

## 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

Research shows that lifestyle change, more than any other factor, is considered to be the best way of preventing illness and premature death in our society.

2 (a) Describe **three** lifestyle improvements individuals could make to have a positive effect on their health and well-being.

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Examiner Only	
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Examiner Only	
Marks	Remark

**(b)** Explain the physical benefits of exercise for older adults.

**(i)** \_\_\_\_\_  
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Examiner Only	
Marks	Remark





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Examiner Only	
Marks	Remark





5 (a) Identify and examine **three** training methods a coach could use in a training programme for a games player.

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Examiner Only	
Marks	Remark

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Examiner Only	
Marks	Remark





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