



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2023

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]

TUESDAY 23 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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2 Poor lifestyle choices can impact an individual's health and wellbeing.

(a) Identify **three** poor lifestyle choices and examine the health implications for the individual.

(i) \_\_\_\_\_  
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\_\_\_\_\_ [3]

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

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





3 (a) Identify and describe **two** components of fitness required by a games player in a match.

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

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(c) Identify and describe **two** training methods an athlete could use to improve **power**.

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

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

4 (a) Name **three** hypokinetic diseases and analyse how a healthy lifestyle can help prevent the occurrence of each disease.

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

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



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