



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2025

Centre Number

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

Candidate Number

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

# Sports Science and the Active Leisure Industry

Unit AS 2

*assessing*

The Active Leisure Industry:  
Health, Fitness and Lifestyle



[SAL21]

\*SAL21\*

**TUESDAY 20 MAY, MORNING**

## TIME

2 hours.

## INSTRUCTIONS TO CANDIDATES

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

**You must answer the questions in the spaces provided.**

**Do not write outside the boxed area on each page or on blank pages.**

Complete in black ink only. **Do not write with a gel pen.**

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)**.



Answer **all** questions.

1 (a) Identify **two** sectors within the active leisure industry.

(i) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

(ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

Sport and physical recreation have a positive impact on the health of the population.

(b) Describe the characteristics of each type of activity using a named example.

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





**(c)** Explain **two** social benefits of an active lifestyle.

**(i)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

**(ii)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

**(d)** Discuss how a Personal Trainer can implement safe practice when leading fitness sessions.

**The quality of written communication is assessed in this question.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





2 (a) Name **three** hypokinetic diseases and explain how an active and healthy lifestyle can help prevent their occurrence.

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

(ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]











(b) Identify and describe **two** components of fitness required by a boxer.

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

(ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

[Turn over



(iii) Explain how a coach can apply the principle of overload to ensure a games player trains effectively.

---

---

---

---

---

---

---

---

---

---

[3]



Endurance athletes can use a range of training methods to enhance fitness.

(c) Describe **two** training methods to improve aerobic fitness.

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

(ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

[Turn over



(d) Identify and describe **three** physical benefits of an active and healthy lifestyle that will enable a person to stay healthy as they get older.

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

(ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]





Barriers exist in society preventing individuals from fully participating in sport and exercise.

4 (a) Identify and describe **three** factors that can act as a barrier to participation in sport for an individual.

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

(ii) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]









---

---

---

---

[8]

14791.05R

[Turn over



\*24SAL2119\*









**BLANK PAGE**

**DO NOT WRITE ON THIS PAGE**

14791.05R



\*24SAL2123\*

**DO NOT WRITE ON THIS PAGE**

| <b>For Examiner's use only</b> |              |
|--------------------------------|--------------|
| <b>Question Number</b>         | <b>Marks</b> |
| 1                              |              |
| 2                              |              |
| 3                              |              |
| 4                              |              |
| 5                              |              |

|                    |  |
|--------------------|--|
| <b>Total Marks</b> |  |
|--------------------|--|

**Examiner Number**

Permission to reproduce all copyright material has been applied for.  
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA will be happy to rectify any omissions of acknowledgement in future if notified.

SAL21/4  
299002



\*24SAL2124\*