

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										



General Certificate of Education
Advanced Level Examination
June 2011

Leisure Studies

LS12

Unit 12 Lifestyle Management

Friday 10 June 2011 9.00 am to 11.00 am

You will need no other materials.
You may use a calculator.

Time allowed

- 2 hours

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 90.
- In Question 5(c) you will be marked on your ability to use an appropriate form and style of writing, to organise relevant information clearly and coherently and to use specialist vocabulary where appropriate. The legibility of your handwriting and the accuracy of your spelling, punctuation and grammar will also be considered in this question.

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
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TOTAL	



J U N 1 1 L S 1 2 0 1

Answer **all** questions in the spaces provided.

- 1 (a)** Explain the cardio-vascular benefits of taking part in regular exercise.

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(6 marks)

- 1 (b)** Study **Figure 1**.

Figure 1

Many people believe that **only** by playing organised, competitive sport can real health benefits be achieved. However, substantial health benefits can result from regular healthy physical activity without the need for special equipment or sporting ability.



Identify a range of everyday activities **other than** organised, competitive sport which can be healthy. Justify your choice.

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Describe and justify recommendations for future exercise improvements for **one** of these people.

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Extra space

2 Study **Figure 2**.**Figure 2****‘Prevention is better than cure’**

is a well-known phrase and perhaps should be considered far more seriously by everyone in the UK. However, the reality of unhealthy lifestyles shows that the message is often ignored.

- 2 (a)** Outline **two** major advantages to the UK economy if people took the phrase ‘prevention is better than cure’ more seriously.

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- 2 (b)** Discuss what is being done in one or more European countries **other than** the UK to encourage their citizens to live a more healthy lifestyle.

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Turn over for the next question

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3 Study **Figure 3.****Figure 3**

Evaluate the extent to which different types of leisure activity can have positive and negative **psychological** effects on an individual's well-being.

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4 Study Figure 4.**Figure 4**

You are a lifestyle adviser, working in a university. A student tells you that she is thinking of dropping out of university. Although she enjoys the social side of being a student, she does not have enough energy to keep up with her course and part-time work.



- 4 (a)** Explain what lifestyle information you would need to find out in order to offer advice to this student.

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- 4 (b)** Discuss the strategies that could be used by a large organisation such as a university to reduce the likelihood of drug and alcohol abuse.

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5 (a) Describe the components of a nutritionally balanced diet.

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5 (b) Describe and justify the practical dietary advice that you would give to one of the people whose lifestyle you have analysed.

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Figure 5

THE UK general public has for many years been warned of the dangers of overeating. However, the fact that one in four children arrives at primary school overweight, and it is one in three by the time they leave, hardly indicates any major success for public health campaigns.

Discuss why many people who are aware of the benefits of a healthy diet ignore clear messages that could help them to avoid serious illness.

[illegible]

(12 marks)

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END OF QUESTIONS

Figure 2 Photograph Tetra Images/Getty Images
Figure 3 Photograph © Auslöser/Corbis
Figure 4 Photograph Freefoto.com