

Surname											Other Names										
Centre Number							Candidate Number														
Candidate Signature																					

For Examiner's Use

General Certificate of Education
June 2008
Advanced Level Examination

LEISURE STUDIES
Unit 12 Lifestyle Management

LS12



Friday 6 June 2008 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. Answers written in margins or on blank pages will not be marked.
- Do all rough work in this book. Cross through any work you do not want to be marked.
- If you need extra paper, use additional answer sheets.

Information

- The maximum mark for this paper is 90.
- The marks for questions are shown in brackets.
- 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.

For Examiner's Use			
Question	Mark	Question	Mark
1		5	
2		6	
3			
4			
Total (Column 1) →			
Total (Column 2) →			
TOTAL			
Examiner's Initials			



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

- 1 There are weight loss organisations in the UK that are involved in promoting healthy lifestyles.

- 1 (a) Name a well-known weight loss organisation.

Explain how its weight loss objectives may cause a conflict of interest with its other objectives.

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(4 marks)

- 1 (b) Dean, aged 25, has a healthy diet but is worried about his weight. Describe and justify the dietary principles that he should follow to lose weight.

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(8 marks)

- 1 (c) Explain why Dean also needs to engage in regular exercise to aid weight reduction.

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(8 marks)

Turn over ►

20



2 Many people in the UK work in jobs which make it difficult to lead a healthy lifestyle.

2 (a) Give **two** ways in which some jobs in the UK can have a negative effect on a person's lifestyle management.

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(2 marks)

2 (b) Briefly describe the lifestyle analysis of **one** individual that you have studied. Assess the extent to which he or she has achieved a work/life balance.

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(6 marks)



[illegible]

20



3 (a) Outline what you understand by personal hygiene.

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(2 marks)

3 (b) Explain why it is important for those working in the leisure industry to have high standards of personal hygiene.

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(6 marks)

8



4 (a) A local council survey has shown that participation in many of the activities in the locality is limited largely to certain groups of people, such as middle-class males aged 18–40.

4 (a) (i) Outline the barriers that might prevent other social and cultural groups from taking part in healthy lifestyle activities.

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(6 marks)

Question 4 continues on the next page

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- 4 (a) (ii) Suggest how local councils might encourage wider participation among these groups.

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(4 marks)

- 4 (b) To what extent can, or should, the UK government play a role in lifestyle management?

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(6 marks)



- 5 Many diseases and disabling conditions associated with ageing can be prevented with, or delayed by, regular exercise. However, two out of five adults aged 65 years or older have sedentary lifestyles, increasing their risk of early death by 5 to 6 per cent.
- 5 (a) Outline **four** factors which may have influenced a person aged 65 years or older to adopt a sedentary lifestyle.

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(4 marks)

Question 5 continues on the next page

Turn over ►



Discuss this statement.

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(10 marks)



[illegible]

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(12 marks)

12

END OF QUESTIONS

