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Centre Number							Candidate Number														
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For Examiner's Use

General Certificate of Education
June 2009
Advanced Level Examination



LEISURE STUDIES
Unit 12 Lifestyle Management

LS12

Friday 5 June 2009 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.

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			



J U N 0 9 L S 1 2 0 1

Social, physical and economic environmental factors, such as ‘transport’ and ‘ethnicity’, can influence health and illness.

- 1.....
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2 Regular physical activity among young people helps to optimise:

- physical fitness
- current health and well-being.

2 (a) Outline **two other** benefits for young people of participating in regular exercise.

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(2 marks)

2 (b) Study **Figure 1**, which shows recommendations made by the Health Education Authority.

Figure 1

The following recommendations for young people and physical activity were developed by the Health Education Authority (HEA) in consultation with other experts at the HEA's 'Young and Active?' symposium in 1997 and are still considered relevant today.

- All young people should participate in physical activity of at least moderate intensity for one hour per day.
- Young people who currently do little activity should participate in physical activity of at least moderate intensity for at least half an hour per day.
- At least twice a week, some of these activities should help to enhance and maintain muscular strength and flexibility and bone health.

With reference to 13–15 year olds, describe and justify ways in which society as a whole (including the 13–15 year olds themselves) can try to ensure that the recommendations in **Figure 1** are implemented.

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(10 marks)

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3 Study the two lifestyle profiles in Figure 2.**Figure 2****LIFESTYLE PROFILE 1*****Zoe*****BACKGROUND**

Gender	Female
Status	Single
Age	35
Height	5' 7" (1.70 metres)
Weight	14 stone 7 lb (92 kg)
Income	£10 000 per annum
Occupation	Shop Assistant

HEALTH AND LEISURE

Fitness Level	Average aerobic fitness
Medical Conditions	Asthma
Prescribed Drugs	Inhaled steroids
Main Leisure Activities	Dance and aerobics classes (twice a week), clubbing, cinema, internet, TV
Other Relevant Factors	Binge alcohol consumption on weekends, regular fast food consumption, light smoker, attempting calorie-controlled diet, poor self-image.

LIFESTYLE PROFILE 2***Alisha*****BACKGROUND**

Gender	Female
Status	Single
Age	35
Height	5' 7" (1.70 metres)
Weight	10 stone 7 lb (66 kg)
Income	£50 000 per annum (from teaching and lottery funding)
Occupation	Schoolteacher

HEALTH AND LEISURE

Fitness Level	Excellent aerobic fitness
Medical Conditions	Stress
Prescribed Drugs	None
Main Leisure Activities	Serious club athlete (long-distance runner), TV
Other Relevant Factors	Low alcohol consumption (occasional glass of wine), very low-calorie diet.



- 3 (a) Compare the two lifestyle profiles in **Figure 2**.

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(6 marks)

- 3 (b) Discuss possible lifestyle improvements that need to be considered by the two individuals in **Figure 2**.

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(8 marks)

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- 4 (a) Explain the social benefits and contribution to a healthy lifestyle of people being involved in clubs, organisations and associations.

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(8 marks)

Question 4 continues on the next page

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5 Study Figure 3.**Figure 3****Participation by Older People**

There is clear evidence from health and fitness surveys that ‘only 17% of those aged 50+ were identified as being frequently active, and even among those free from immobilising disease, a third were still classified as sedentary’.

- 5 (a)** Explain why so many people aged 50+ are classified as sedentary even when they are considered generally healthy.

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(6 marks)

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- Discuss this statement.

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(12 marks)

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(12 marks)

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END OF QUESTIONS



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