



ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2014

Centre Number

71	
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Candidate Number

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Sports Science and the Active Leisure Industry

Unit AS 2

The Active Leisure Industry: Health, Fitness and Lifestyle

[A1L21]

THURSDAY 29 MAY, AFTERNOON

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	

Total Marks	
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Answer **all** questions.

- 1 (a) Explain the purpose of protein in an athlete's diet.

[2]

- (b) Explain the importance of a balanced diet and hydration for achieving general health and well-being.

- (i) Balanced diet:

[2]

- (ii) Hydration:

[2]

Examiner Only

Marks Remark

[8]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

[10]

Examiner Only	
Marks	Remark

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(b) Explain **three** ways how effective rest and recovery can maximise an athlete's performance.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

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[10]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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