



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2019

Centre Number

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Candidate Number

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Sports Science and the Active Leisure Industry

Unit AS 2

assessing

The Active Leisure Industry:
Health, Fitness and Lifestyle

[SAL21]

FRIDAY 17 MAY, MORNING



SAL21

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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[8]

Examiner Only	
Marks	Remark

2 (a) Name **three** hypokinetic diseases which can affect an individual and explain how exercise can help combat each disease.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

Successful athletes must pay close attention to their diet.

(b) Explain the importance of a balanced diet for athletes to be able to train efficiently.

(i) _____

_____ [4]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

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(Questions continue overleaf)

(d) Identify and discuss **three** components of fitness a games player needs to work on in order to improve performance during a match.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

4 (a) Identify and examine **three** government initiatives which aim to improve the health of young people in society.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

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