



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2023

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]

TUESDAY 23 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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(Questions continue overleaf)

2 Poor lifestyle choices can impact an individual's health and wellbeing.

(a) Identify **three** poor lifestyle choices and examine the health implications for the individual.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

3 (a) Identify and describe **two** components of fitness required by a games player in a match.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

(c) Identify and describe **two** training methods an athlete could use to improve **power**.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

(d) Identify **three** food groups that can provide energy and explain the appropriate percentages required by a **power** athlete for each food group.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

4 (a) Name **three** hypokinetic diseases and analyse how a healthy lifestyle can help prevent the occurrence of each disease.

(i) _____

_____ [3]

(ii) _____

_____ [3]

Examiner Only	
Marks	Remark

(iii) _____

_____ [3]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

5 (a) Explain how **public** leisure centres promote an active lifestyle within the community.

[4]

(b) Examine the barriers that can have an impact on sports participation for individuals in society.

The quality of written communication is assessed in this question.

Examiner Only	
Marks	Remark

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