



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2024

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

MV18

[SAL21]

TUESDAY 21 MAY, MORNING

Time

2 hours, plus your additional time allowance.

Instructions to Candidates

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write on blank pages.

Complete in black ink only.

Answer **all five** questions.

Information for Candidates

The total mark for this paper is 100.

Figures in brackets printed at the end of each question 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)**.

Answer **all** questions.

Leisure facilities are provided by the private sector, the public sector and the voluntary sector.

1 (a) Identify **two** sources of funding for the **voluntary** sector.
[1 mark for each]

(i) _____

(ii) _____

(b) Define and describe active and passive leisure.
[3 marks for each]

(i) Active leisure:

(ii) Passive leisure:

(c) Explain **two** psychological benefits of an active and healthy lifestyle. [2 marks for each]

(i) _____

(ii) _____

(d) Discuss how the government promotes an active and healthy lifestyle through a range of initiatives. [8 marks]

The quality of written communication is assessed in this question.

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Athletes need to eat a healthy and balanced diet to optimise performance.

2 (a) Identify **three** nutrients and explain the **function** of each for an athlete. [3 marks for each]

(i) _____

(ii) _____

(iii)

Carbohydrate loading is a nutritional strategy used by endurance athletes to maximise performance on race day.

(b) (i) Outline the process involved in carbohydrate loading and describe the positive impact it has on performance. [6 marks]

Weight training is a popular method recommended by personal trainers to develop a client's strength and muscle tone.

3 (a) Identify and describe **two** methods a personal trainer can use to apply the principle of overload during a weight training programme. [3 marks for each]

(i) _____

(ii) _____

(b) Describe **two** safety practices a personal trainer can implement to create a safe training environment for their client. [3 marks for each]

(i) _____

(ii) _____

Goal setting is an established method used by coaches to motivate performers.

(iii) Define a **performance** goal and describe how a sports person can use this type of goal to enhance motivation. [3 marks]

(c) Circuit training is an effective training method for games players.

Assess the advantages and disadvantages of this training method. [3 marks for each]

(i) Advantages:

(ii) Disadvantages:

Golfers are increasingly focusing on fitness in order to achieve success.

(d) Identify and describe **three** components of fitness relevant to an elite golfer. [3 marks for each]

(i) _____

(ii) _____

(iii)

Legal and illegal substance abuse is a major health concern in society.

4 (a) Identify **three** substances that are commonly misused and assess the **long term** negative effects each has on an individual's health and wellbeing.

[3 marks for each]

(i)

(ii)

(iii)

(b) Coronary Heart Disease is one of the most common hypokinetic diseases.

Discuss how an active and healthy lifestyle can help prevent this condition. [8 marks]

The quality of written communication is assessed in this question.

Poor lifestyle management can result in a negative work-life balance.

- 5 (a)** Describe **two** strategies a workplace could put in place to improve their employee's work-life balance.
[4 marks]

Females have continued to break down barriers in sport.

- (b)** Discuss the barriers that have existed for females in sport and address the progress that has been made in recent years to remove these barriers. [10 marks]

The quality of written communication is assessed in this question.

This is the end of the question paper

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	

Total Marks	
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Examiner Number

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