



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



[SAL21]

SAL21

TUESDAY 21 MAY, MORNING

TIME

2 hours.

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 outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all five** 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)**.



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.

(i) _____

_____ [1]

(ii) _____

_____ [1]

(b) Define and describe active and passive leisure.

(i) Active leisure:

_____ [3]





(ii) Passive leisure:

[3]

[Turn over



(c) Explain **two** psychological benefits of an active and healthy lifestyle.

(i) _____

_____ [2]

(ii) _____

_____ [2]

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

The quality of written communication is assessed in this question.



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.

(i) _____

_____ [3]

(ii) _____

_____ [3]





(iii)

[3]



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.

(i) _____

_____ [3]

(ii) _____

_____ [3]



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

(i) _____

_____ [3]

(ii) _____

_____ [3]

[Turn over



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

(d) Identify and describe **three** components of fitness relevant to an elite golfer.

(i) _____

_____ [3]

(ii) _____

_____ [3]



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.

(i) _____

_____ [3]

(ii) _____

_____ [3]





[8]

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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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