



Rewarding Learning
ADVANCED SUBSIDIARY (AS)
 General Certificate of Education

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]
Assessment



SAL21

TIME

2 hours.

Assessment Level of Control:

Tick the relevant box (✓)

Controlled Conditions	
Other	

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

Examiner Only

Marks	Remark

- 1 (a) Alcohol misuse is considered a risk factor in the development of coronary heart disease.

Name **two** additional factors that may increase the risk of coronary heart disease.

1. _____

_____ [1]

2. _____

_____ [1]

- (b) Describe **two** social effects of alcohol misuse.

1. _____

_____ [2]

2. _____

_____ [2]

(c) Identify and describe **two** positive lifestyle improvements individuals could make to prevent coronary heart disease.

1. _____

_____ [3]

2. _____

_____ [3]

Examiner Only	
Marks	Remark

(d) Discuss government initiatives which aim to improve the health of the nation.

The quality of written communication is assessed in this question.

Lined writing area for the student's answer.

[8]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

2 (a) The active leisure industry aims to provide access to all, however barriers to participation still exist.

Identify and examine **three** factors that can act as barriers to those participating in sport and physical activity.

1. _____

_____ [3]

2. _____

_____ [3]

Examiner Only	
Marks	Remark

3. _____

_____ [3]

Examiner Only	
Marks	Remark

As we age, performance tends to decline.

(b) (i) Describe **two** physiological effects of ageing on performance.

_____ [4]

Examiner Only	
Marks	Remark

3 (a) (i) Safe practice is important in all training environments.

Explain the importance of safe practice when undertaking a weight training session.

[3]

(ii) Comment on the importance of completing a risk assessment prior to fitness testing.

[3]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

(b) Triathletes use several components of fitness when competing in their event.

Examiner Only

Marks Remark

Explain the importance of the following components of fitness for successful completion of this event.

(i) Aerobic endurance:

_____ [3]

(ii) Local muscular endurance:

_____ [3]

(c) (i) Explain how dehydration can negatively affect sporting performance.

[3]

(ii) Describe a post event hydration strategy used to ensure effective recovery.

[3]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

(d) Identify **three** food groups that can provide energy. Explain the appropriate percentages required by an endurance athlete for each food group.

1. _____

_____ [3]

2. _____

_____ [3]

Examiner Only	
Marks	Remark

3. _____

_____ [3]

Examiner Only	
Marks	Remark

4 (a) Identify and explain **three** reasons for rising obesity levels in Northern Ireland.

1. _____

_____ [3]

2. _____

_____ [3]

Examiner Only	
Marks	Remark

3. _____

_____ [3]

Examiner Only	
Marks	Remark

5 (a) Explain the benefits of incorporating rest and recovery into a training programme.

[4]

Examiner Only	
Marks	Remark

[Turn over

(b) Flexibility training is important to all athletes.

Analyse the different flexibility training methods used by a gymnast.

The quality of written communication is assessed in this question.

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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