Instructions

- Use black ink or ball-point pen.
- Fill in the boxes at the top of this page with your name, centre number and candidate number.
- Answer all questions.
- Answer the questions in the spaces provided – there may be more space than you need.

Information

- The total mark for this paper is 90.
- The marks for each question are shown in brackets – use this as a guide as to how much time to spend on each question.
- Questions labelled with an asterisk (*) are ones where the quality of your written communication will be assessed – you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.
Answer ALL questions.

1. (a) Explain what is meant by the terms **healthy and active lifestyle**. (2)

   Healthy lifestyle

   Active lifestyle

(b) Define **obesity** and explain the reasons why it is such a contemporary concern for society. (3)

(c) Identify **four** other contemporary concerns. (4)

1

2

3

4

(Total for Question 1 = 9 marks)
2 (a) Explain what is meant by the term **energy balance** and identify what an athlete must consider in order to achieve the correct balance.  
(3)

(b) Identify the potential problems for an athlete of getting this balance wrong.  
(3)
(c) Energy can be obtained from three of the seven food groups.

Name the **three** food groups and identify the specific function of each group for the body. (6)

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(Total for Question 2 = 12 marks)
3 (a) Explain the difference between a response and an adaptation to exercise.

(b) Identify two responses that occur within the cardiovascular system during exercise and describe the physiological benefits of each.

(Total for Question 3 = 6 marks)
Define **three** components of fitness necessary in order to participate in a named sport or physical activity and justify why they are required.

**Named sport or physical activity**

**Component 1**

**Component 2**

**Component 3**

(Total for Question 4 = 6 marks)
Discuss the effects of ageing on physical performance.
6  (a) Explain how sporting activities or festivals in the past were a reflection of the society in which they existed.

(4)

(b) The Industrial Revolution led to many changes within British society. Explain the effect that the Industrial Revolution had on the organisation and codification of sport after 1800.

(6)
(c) Outline how changes in society at the start of the 20th century led to the dominance of professional spectator sports. (5)

(Total for Question 6 = 15 marks)
7 (a) Define what is meant by mass participation.

(b) List the benefits for a country of a mass participation programme.

(Total for Question 7 = 8 marks)
8 (a) Explain how and why East Germany and Australia developed systems of talent identification in the 20th century.

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(b) Explain the role of the UKSI network. (4)

(Total for Question 8 = 10 marks)
9 Explain the concept of Long Term Athlete Development (LTAD) and discuss how it has been implemented in UK sport.

Explanatio
Implementation

(Total for Question 9 = 12 marks)

TOTAL FOR PAPER = 90 MARKS