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) Define the terms **contemporary concerns** and **sedentary lifestyles**.

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   (b) An ageing population has been identified as a contemporary concern not directly linked to a sedentary lifestyle.

   Explain why it is a concern and describe initiatives that have been promoted to lessen the concern.

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   (c) Describe coronary heart disease and explain its association with a sedentary lifestyle.

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   (Total for Question 1 = 10 marks)
An increased metabolic rate is frequently a target for individuals seeking to reduce their body fat levels.

(a) Explain why an increased metabolic rate could aid fat loss.

(b) Identify **three** factors that will increase a person's metabolic rate.

For each factor explain why the metabolic rate will be raised.

Factor 1

Explanation 1

Factor 2

Explanation 2

Factor 3

Explanation 3

(Total for Question 2 = 8 marks)
3. (a) Naming a sport of your choice, identify and define **four** of its most important components of fitness.

**Sport**

**Component 1**

**Definition 1**

**Component 2**

**Definition 2**

**Component 3**

**Definition 3**

**Component 4**

**Definition 4**
(b) Identify **three** recognised fitness tests that could be used to monitor fitness levels for three components of fitness.

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(c) Define the term **adaptation**.

For **three** components of fitness, identify a **structural** adaptation that would lead to an improvement in performance.

Definition

Component of fitness and structural adaptation

Component of fitness and structural adaptation

Component of fitness and structural adaptation

*(Total for Question 3 = 15 marks)*
Discuss how the principles of training would be adapted in order to produce a training programme for two different clients, one a trained performer and the other an untrained performer.
5 (a) Define the term **codification** and explain why sport was codified following the industrial revolution.

(b) Describe the role played by the Oxbridge universities in the development of sports during the 19th century.

(Total for Question 5 = 10 marks)
6. (a) Identify factors that led to the move towards professional sports at the beginning of the 20th century.

(b) Explain why the Olympic games of 1984 in Los Angeles are often credited with the creation of the model for the commercialisation of sport.

(Total for Question 6 = 10 marks)
7 Identify the **four** levels of the sporting pyramid and explain the link between the top and the bottom of the pyramid.

1

2

3

4

Link

(Total for Question 7 = 5 marks)
8  (a) Define the term **target group** and identify **four** recognised target groups. 

Definition ........................................................................................................................................
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(b) Describe a reformative policy that has been employed in an attempt to increase 
the participation levels of **three** different target groups.

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(Total for Question 8 = 8 marks)
Discuss the historical development of talent identification programmes in sport.