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) Give **four** requirements for active participation within physical recreation.

   1. ..........................................................
   2. ..........................................................
   3. ..........................................................
   4. ..........................................................

   (b) Define the terms **active leisure** and **recreation**.

      Active leisure

      Recreation
(c) Give **four** reasons for the decline in active recreational activities.

(4)

1. .......................................................................................................................... 

2. .......................................................................................................................... 

3. .......................................................................................................................... 

4. ..........................................................................................................................

(Total for Question 1 = 10 marks)
2  (a) Define the terms **health**, **fitness** and **exercise** and explain the role that exercise plays in helping to achieve fitness and health.

Health is defined as

Fitness is defined as

Exercise is defined as

Explanation
(b) Explain how it is possible to be **fit and not healthy** and **healthy and not fit**.

(Total for Question 2 = 7 marks)
3 Identify **four** likely responses experienced by each of the body’s systems during a warm up. For each identified response you should state the physiological benefit.

### Musculo-skeletal system

**Response**

- .......................................................... ...
- .......................................................... ...
- .......................................................... ...

**Benefit**

- .......................................................... ...
- .......................................................... ...
- .......................................................... ...

### Cardiovascular system

**Response**

- .......................................................... ...
- .......................................................... ...
- .......................................................... ...

**Benefit**

- .......................................................... ...
- .......................................................... ...
- .......................................................... ...
Respiratory system
Response

Benefit

Neuro-muscular system
Response

Benefit

(Total for Question 3 = 8 marks)
4. (a) Warming up encourages responses, training encourages adaptations. Identify the difference between a response and an adaptation and provide an example of each.
(b) Describe the main characteristics of one training method and show how it can be adapted for an endurance and a power athlete.

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<tr>
<th>Method of training</th>
<th>Characteristics</th>
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Adapted for endurance training

Adapted for power training

(Total for Question 4 = 8 marks)
*5 Discuss the view that leading a sedentary lifestyle is one of the biggest threats to health in the 21st century.
6 (a) Identify and describe three of the main characteristics of popular recreations prior to the Industrial Revolution.
(b) Explain the terms **sponsorship**, **advertisement** and **endorsement** and provide examples of each.

(Total for Question 6 = 12 marks)
7 (a) Explain and give an example of the concepts of sportsmanship and gamesmanship within the context of sport.

(4)

Sportsmanship

Example

Gamesmanship

Example
(b) Give **four** reasons why the move towards professional sport has been associated with a growth in gamesmanship and deviance in sport.

1. .......................................................................................................................... ...

2. .......................................................................................................................... ...

3. .......................................................................................................................... ...

4. .......................................................................................................................... ...

(Total for Question 7 = 8 marks)
Identify three UK agencies responsible for participation at the different levels of the sporting pyramid. For each agency identify a strategy it has used and explain its impact on participation.

**Agency 1**

**Strategy**

**Impact**

**Agency 2**

**Strategy**

**Impact**
Agency 3

Strategy

Impact
(b) Using a sporting example of your choice discuss what is meant by the term **lifetime sport**.

(Total for Question 8 = 13 marks)
*9 Discuss the role that the Industrial Revolution played in the development of sports.

(12)