

1. What is meant by the term 'PHYSICAL ACTIVITY' ?

2. It is an umbrella term covering all activities that require an individual to exert enough energy that results in the heart rate increasing. It may include recreational activities such as walking, playing games and sport, plus outdoor adventurous activities. It may be competitive sport.

3. Name six benefits of regular exercise to the individual. Include physical, psychological and social benefits (7 marks available, 1 from each plus 2 more plus 1 QOE)

- healthy growth and muscular development
- maintenance of health and avoidance of obesity
- increase in cardiovascular fitness
- decreases the risk of high blood pressure and heart disease
- improves levels of self-esteem and confidence, quality of life
- gives opportunities for the release of tension and aggression
- opportunities for social interaction and development
- gives a sense of achievement and allows a person to feel valued and worthwhile

Section C: Socio-Cultural studies relating to participation in physical activity.		Accept	Do not accept
3 (a)	Identify possible benefits to young people of regular participation in school Physical Education. 4 marks		
1.(healthy balanced lifestyles)	improved health / healthy balanced lifestyles / contributes to '5 a week/ mental well-being /relieve stress / break from academic work / reduced obesity or CHD or other suitable example of improved health	Example of increased health eg inc bone density.	
2.(physical)	physical (benefits or skills) / (gain) sport skills/improved fitness/		'Skills' on own
3.(theoretical knowledge)	Knowledge of or learning about the body or theory or nutrition or sports (skills) or rules or tactics or benefits of exercise/ qualifications.		
4.(preparation)	preparation (benefits or skills) / preparation for leisure or sport / take up activity / increased participation / join club / chance to play competitive sport/ preparation for career or work (later) life e.g. become PE teacher or professional performer or coach or other suitable example	hobby	reference to creating elite performers
5. (personal / leadership)	personal (benefits or skills) / leadership / self-confidence or esteem or realisation or development / knowledge of strengths and weaknesses or self-actualisation / discipline / character building / loyalty / learn to win-lose / sense of achievement / responsibility / independence / to be competitive / enjoyment	accept defeat / learn about themselves / feel good factor	to play competitive sport / skills for school or life or work / sense of adventure
6.(social / teamwork)	social (benefits or skills) / teamwork / sharing /co-operation / communication / socialisation	interaction	socialise / make friends improve social life / be more social
7.(commitment / mental)	commitment / determination / motivation / meeting or overcoming challenges / mental strength emotional control		
8.(cognitive)	cognitive or thinking skills / decision making / problem solving		

4. How much exercise should an individual do to develop and maintain a healthy lifestyle

- The Government Department responsible for health advises adults to take exercise at least three times per week.
- That exercise should be moderate in nature and at least 30 minutes long, raising the heart rate above normal.
- Young people are advised to do an hour per day if possible but at least three times per week, involving activities to develop muscular strength, bone density and flexibility.

5. List three factors that contribute to an increasingly sedentary lifestyle.

- Nature of modern leisure activities : the electronic age with computers, computer games, TV
- Parents more concerned with safety, which restricts the activities of children
- People/Children do not walk as much as they used to. Kids don't walk to school as much; transport is provided everywhere, compared with 50 years ago.

1. Sedentary means moderately active for less than one 30 minute period per week
2. In the last 150 years Britain has changed from a rural society to an urban one, from manual labour for the majority to a desk bound job for many
3. modern technology has encouraged people to lead inactive lives, eg cars, lifts, escalators.

4. for many people, exercise isn't a daily necessity: it is a lifestyle choice. Parents more concerned with safety, which restricts the activities of children. People/Children do not walk as much as they used to. Kids don't walk to school as much; transport is provided everywhere, compared with 50 years ago.
5. The electronic age: TV's, computers and computer games encourage adults and young people to sit in front of a screen for hours

6. List 4 things that might prevent people from participating in physical activity (barriers)

Lack of time, cost, media bias deters women, discrimination against some groups, fewer opportunities in some areas, safety constraints, poor body image might deter some people, other non-physical leisure interests might be preferred, school links with clubs in the community might be poor, some people might shy away from competitive activities

3 (b) Identify possible reasons for lack of participation in physical activity by young people. 5 marks, 1 mark per point.				
			Accept	Do not accept
1	(provision)	Lack of equipment or facilities or kit or (local) clubs / lack of money / low income / too expensive		Lack of opportunity or provision on own / too much pressure on own / lack of coaches
2	(choice)	Don't like exercise / do other things / don't want to / negative attitude	Lack of enjoyment or motivation	lazy
3	(confidence / ability)	Lack of confidence / low self esteem / no good or don't think any good / don't like to show body / self-conscious	feel don't look good when exercising / don't like sweating	
4	(access)	Can't get there / no transport / distance from facilities		'too far away' on own
5	(risk)	Risk of being out at night / risk of injury		
6	(tired)	Tired or lethargic after school or college or work		
7	(time)	No time / commitment to part-time jobs or study		
8	(friends / family / religion)	Lack of friends who participate / peer pressure (not to participate) / 'no-one to go with' / parents or family members don't participate or encourage / lack of role models / religious or cultural beliefs	accurate examples of religious or cultural or social barriers e.g. clothing	
9	(school)	Negative school experience put/s them off / schools offer limited range of activities	Accept any relevant aspect of a negative school experience	
10	(health / disability)	Poor health / obesity / asthma or other suitable health related example / accept any suitable factor relating to disability		
11	(weather)	Unfavourable weather		

5 marks in total for question 3 (b)

5. Discuss factors that can influence young people's participation in the following aspects of physical activity: sport and physical recreation.

1. Equipment/facilities Local availability or personal possession of.
2. Coaching Availability of coaches or coaching locally.
3. Your school Status of PE in your school/some schools have better or worse provision/attending a sports college or independent school may increase participation/time available for sport and PE affects participation.
4. Where you live Geographical location affects choices and opportunities/access to specialist facilities/not enough space.
5. Choice An individual may not like the activities that are on offer locally.
6. Friends/peer group Peer group opinions about participation are usually significant/peer pressure.
7. Family Significance of family members as role models/encouragement from early age.
8. Money Availability of money or family income will increase or restrictions participation/presence or absence of discount schemes locally.
9. Social class Restrictions or opportunities for access due to real or perceived constraints e.g. to a polo club Or private tennis club or golf club.
10. Time Individuals may have pressures on their time e.g. studies or part time work or family commitments.
11. Ability/skill level An individual may not be good enough to join a local private club or join in with an available group/disability.
12. Access Social access/may or may not fit in/physical access e.g. for young people with disabilities.
13. Transport Opportunities within walking distance or bus route or family support for lifts.
14. Esteem Feelings of self esteem can both limit or increase the likelihood of participation/suitable examples should be credited.

15. Race or religion Some ethnic groups have negative attitudes towards sport/e.g. Asian girls may not take Part due to sub-cultural or values or personal reluctance.
16. Time Individuals may have pressures on their time e.g. studies or part time work or family commitments.

FACTORS AFFECTING PARTICIPATION IN SPORT & PHYSICAL ACTIVITY:

Ie: POSSIBLE REASONS FOR LACK OF PARTICIPATION

- **Where you live:** Your geographical location will affect your choice & opportunities
- **Transport:** Individuals might not have their own transport (car/bike), which might limit the range of activities they are able to travel to participate in. Public transport might be good / bad, and determine options available
- **Socio-economic status:** Income & employment status will clearly affect the type, regularity & location of participation, e.g. an unemployed person is likely to join a private golf club & play regularly. Choices are affected by disposable income
- **School:** A positive or negative school experience can affect life-time attitudes towards participation: some schools offer a limited range of activities.
- **Government/Provision:** Politics affects funding for public facilities: there may be lack of facilities/equipment in some areas for certain sports, or a lack of local clubs
- **Media/advertising/information:** Information about local sport/recreation might not be available, due to little or no advertising/marketing. People might not be aware of the opportunities available to them.
- **Lifestyle :** Individuals may not particularly like sport: other leisure choices may be preferred. They may not be motivated to be involved, or maybe not have time because of work or studying.
- **Self esteem:** Individuals may not have the self-confidence to be involved, they may have low self-esteem, may not want to be seen in sports kit, may be self-conscious
- **Friends/Family:** Peer group/Family opinions about sport are usually influential. Parents & siblings are the first positive or negative role models. Their level of support will affect attitudes & participation by young people.
- **Race &/or religion:** Some ethnic groups still hold negative attitudes towards sport, e.g. Asian women may not take part due to either sub-cultural values or personal disinclination. Is there self-discrimination by a group upon its members?
- **Age/gender:** Does UK culture consider sporting participation by the young & over 50s as normal? Is it provided for? More men take part in regular physical activity than women. What is stopping women- attitudes, other commitments, provision of suitable activities at suitable times?
- **Ability or disability:** Does society provide for people with disabilities? Do societal attitudes and prejudices influence disabled people themselves? Do some disabled people have low self-esteem & regard adapted sports as something not for them?