



1.1 Health & Fitness

Mark Scheme

Q1. Which one of the following is a physical benefit of exercise? **(1 mark)**

- A Meeting new people
- B Less chance of developing depression
- C A healthy weight can be maintained
- D Increases self-esteem

Mark One – C. A healthy weight can be maintained

Q2. Which of the following activities will decrease the chance of osteoporosis occurring? **(1 mark)**

- A Jogging
- B Cycling
- C Swimming
- D Diving

Mark One – A. Jogging

Q3. Which of the following sports is most likely to produce a social benefit of sport? **(1 mark)**

- A Jogging
- B Netball
- C Swimming
- D Kayaking

Mark One – B. Netball

Q4. What could a build-up of cholesterol in the arteries lead to? **(1 mark)**

Mark One – High blood pressure/Heart attack/Coronary Heart Disease

Q5. Explain one reason why taking part in exercise can increase happiness. **(2 marks)**

Mark One – When people take part in exercise endorphins are released in the brain

Mark Two – This decreases the chance of depression/can increase confidence and self-esteem

Accept other appropriate answers

Q6. Taking part in exercise can decrease the chance of cholesterol building up in the arteries. Explain one other way that exercise can have a benefit on physical health **(3 marks)**

Mark One – Exercise improves muscular strength and muscular endurance

Mark Two – This means that a person will develop stronger muscles and bones (caused by weight-bearing activities)

Mark Three - This can result in less chance of osteoporosis or fractures

Accept other appropriate answers

Q7. Regular participation in physical activity can help with social mixing and developing friendships. Explain one other social benefit of exercise. **(3 marks)**

Mark One – Physical activity can develop a good attitude to competing

Mark Two – This is because you learn to respect your opponents and officials

Mark Three – This results in the development of good sportsmanship and further enjoyment in sport

Accept other appropriate answers