5.1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing: 30-minute Pack

AQA 8582 · Calculators not allowed · about 30 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which of the following best describes 'social wellbeing'?

- ☐ A) A person's ability to form and maintain positive relationships with other people
- ☐ B) A person's ability to cope with the normal stresses of life
- ☐ C) The physical condition of a person's body
- ☐ D) A person's measured level of muscular strength

(Total for Question 1 is 1 mark)

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2 State two emotional benefits of taking part in regular physical activity.

(Total for Question 2 is 2 marks)

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3 Explain how this simple change could be improving the team's social wellbeing, and suggest why this, in turn, might benefit the team's on-pitch performance.

(Total for Question 3 is 3 marks)

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4 State what is meant by each of the following terms.

(a) Physical wellbeing. **(1)**

(b) Emotional wellbeing. **(1)**

(c) Social wellbeing. **(1)**

(Total for Question 4 is 3 marks)

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5 Leon keeps a short training diary. State whether each diary entry below is best described as showing his physical, emotional or social wellbeing.

(a) "My resting heart rate has dropped since I started running three times a week." **(1)**

(b) "I feel much calmer after a run, even on a stressful day." **(1)**

(c) "I have started running with two people from my street and we always chat at the end." **(1)**

(Total for Question 5 is 3 marks)

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6 State two emotional wellbeing benefits, other than reduced stress, that a performer might gain from succeeding at a physically demanding challenge, such as completing their first 5 km run.

(Total for Question 6 is 2 marks)

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7 Which of the following is a possible risk to wellbeing, rather than a benefit, if a performer's training is not managed appropriately?

- ☐ A) Reduced stress after a training session
- ☐ B) Improved mood following exercise
- ☐ C) Overtraining leading to injury or exhaustion
- ☐ D) A stronger sense of belonging to a team

(Total for Question 7 is 1 mark)

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8 State one immediate (short-term) wellbeing benefit and one long-term wellbeing benefit that a person could gain from taking part in regular physical activity.

(Total for Question 8 is 2 marks)

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9 Evaluate the extent to which taking part in a team sport is more beneficial to a performer's overall wellbeing than taking part in an individual sport, using named examples of each to support your answer.

(Total for Question 9 is 6 marks)

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10 State two physical health benefits of taking part in regular physical activity.

(Total for Question 10 is 2 marks)

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11 Explain, using a sporting example, why a coach might consider a performer's emotional and social wellbeing, not just their physical fitness, when planning their training.

(Total for Question 11 is 3 marks)

12 Explain how regularly training with a coach and squad, rather than training alone, could benefit a performer's emotional wellbeing.

(Total for Question 12 is 2 marks)

13 Health and fitness are related but different concepts.

(a) State the difference between health and fitness. **(2)**

(b) Using an example, explain how a performer could be described as 'fit' without being fully 'healthy'. **(2)**

(Total for Question 13 is 4 marks)

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Mark scheme · 5.1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing: 30-minute Pack

Question 1

A **B1**

Answer: A

Question 2

stress relief or reduced anxiety, oe **B1**

improved mood, oe **B1**

Answer: Regular physical activity can provide stress relief (reduced anxiety) and an improved mood.

Question 3

the shared meal builds relationships/friendships between teammates outside of training, oe **B1**

this strengthens their sense of belonging to the team (social wellbeing), oe **B1**

stronger relationships/team cohesion can improve communication and effort on the pitch, oe **B1**

Answer: The shared meal builds relationships between teammates outside of training, which strengthens their sense of belonging to the team. Stronger relationships and team cohesion can then improve communication and effort during matches.

Question 4

(a) the physical condition of the body, including how well the body's systems are functioning and freedom from illness or injury, oe **B1**

(a) Answer: The physical condition of the body, including how well the body's systems are functioning and freedom from illness or injury.

(b) a person's ability to cope with the normal stresses of life and to feel positive and stable in their mood, oe **B1**

(b) Answer: A person's ability to cope with the normal stresses of life and to feel positive and stable in their mood.

(c) a person's ability to form and maintain positive relationships with other people, such as friends, family or teammates, oe **B1**

(c) Answer: A person's ability to form and maintain positive relationships with other people, such as friends, family or teammates.

Question 5

(a) physical wellbeing **B1**

(a) Answer: Physical wellbeing.

(b) emotional wellbeing **B1**

(b) Answer: Emotional wellbeing.

(c) social wellbeing **B1**

(c) Answer: Social wellbeing.

Question 6

increased self-esteem or self-confidence, oe **B1**

a sense of achievement or pride at what they accomplished, oe **B1**

Answer: Increased self-esteem/confidence, and a sense of achievement or pride at what they accomplished.

Question 7

C **B1**

Answer: C

Question 8

immediate/short-term example, e.g. an immediate mood lift or reduced stress straight after a session, oe **B1**

long-term example, e.g. a long-term improvement in cardiovascular fitness, or a lasting friendship group built up over time, oe **B1**

Answer: Immediate: an immediate mood lift or reduced stress straight after a session. Long-term: a lasting improvement in cardiovascular fitness or a lasting friendship group built up over time.

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Question 9

Level 3 A detailed and coherent evaluation that accurately explains wellbeing benefits of both a named team sport and a named individual sport, applies them specifically rather than generically, and reaches a well-justified judgement on the extent to which team sport participation is more beneficial. Sustained, accurate use of health and wellbeing terminology. **5-6**

Level 2 Some accurate coverage of wellbeing benefits for a team sport and/or an individual sport, with some application to named examples, though the comparison or the evaluative judgement may be underdeveloped or one-sided. Generally correct use of terminology. **3-4**

Level 1 Basic or generic statements about team or individual sport with little named application and little or no evaluation of the extent to which one is more beneficial than the other. **1-2**

Level 0 No relevant content. **0**

Indicative content:

- Team sport example (e.g. netball): playing alongside teammates towards a shared goal can build a strong sense of belonging and support, which is a clear social wellbeing benefit.
- Team sport example continued: relying on teammates can also build communication and cooperation skills, and can provide encouragement that helps maintain motivation and emotional wellbeing during difficult periods.
- Individual sport example (e.g. swimming or athletics): a performer still gains strong physical wellbeing benefits, and can gain a strong sense of personal achievement and self-confidence from mastering the sport largely through their own effort.
- Individual sport continued: many individual sports are still practised through a club (e.g. a swimming club or athletics club), so social wellbeing benefits, such as friendships with training partners, are not exclusive to team sport.
- Evaluative point: team sport participation may provide a more immediate and reliable social wellbeing benefit, since the structure of the sport itself requires regular contact with other people.
- Evaluative point: individual sport may provide a stronger sense of personal emotional wellbeing (self-reliance, pride in one's own progress), since progress and success depend less on other people's performance or commitment.
- Balanced judgement: the size of the wellbeing benefit likely depends more on how the sport is organised (e.g. whether it is club-based, how supportive the coach or teammates are) and on the performer's own personality and preferences than on whether the sport itself is officially classed as team or individual.

Question 10

reduces the risk of cardiovascular disease (e.g. heart disease or stroke), oe **B1**

strengthens the musculoskeletal system (bones and muscles), oe **B1**

Answer: Regular physical activity reduces the risk of cardiovascular disease, and it strengthens the musculoskeletal system (bones and muscles).

Question 11

a performer's motivation and enjoyment (emotional wellbeing) affects how consistently they attend and engage with training, oe **B1**

a supportive team environment (social wellbeing) can improve commitment and effort in training, oe **B1**

linked conclusion: training that ignores these factors risks a performer disengaging or dropping out even if they are physically capable, oe **B1**

Answer: A performer's motivation and enjoyment affect how consistently they attend and engage with training, and a supportive team environment can improve their commitment and effort. Training that ignores emotional and social wellbeing risks a performer disengaging or dropping out even if they are physically capable of the training.

Question 12

regular contact with a coach and squad can provide encouragement and support, helping to maintain motivation, oe **B1**

sharing challenges and progress with others can reduce feelings of stress or isolation, oe **B1**

Answer: Regular contact with a coach and squad can provide encouragement and support, helping to maintain motivation, and sharing challenges and progress with others can reduce feelings of stress or isolation.

Question 13

(a) health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity, oe **B1**

(a) fitness is the ability to meet the demands of the environment, i.e. the physical demands of everyday life and, for a performer, of their sport, oe **B1**

(a) Answer: Health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity; fitness is the ability to meet the demands of the environment, including the physical demands of everyday life and, for a performer, of their sport.

(b) a valid example, e.g. a footballer who trains six times a week but currently has a heavy cold or chest infection, oe **B1**

(b) linked explanation: their fitness (ability to train and perform physically) can remain high even while an illness means they are not, at that time, fully healthy, oe **B1**

(b) Answer: For example, a footballer who trains six times a week but currently has a heavy cold is still very fit, since their body can cope well with the physical demands of training, but they are not fully healthy at that moment because of the illness.

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