5.1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing: Test Pack

AQA 8582 · Calculators not allowed · about 15 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which of the following best defines 'health'?

- ☐ A) The ability to meet the demands of the environment
- ☐ B) A state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity
- ☐ C) The amount of physical activity a person does each week
- ☐ D) A person's measured level of cardiovascular fitness

(Total for Question 1 is 1 mark)

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2 Which of the following is the best example of a physical wellbeing benefit of regular physical activity, rather than an emotional or social benefit?

- ☐ A) Feeling less anxious before a competition
- ☐ B) Making new friends at a running club
- ☐ C) Increased confidence after mastering a new skill
- ☐ D) Improved strength in the leg muscles

(Total for Question 2 is 1 mark)

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3 State two factors, other than physical activity itself, that can affect a person's overall wellbeing.

(Total for Question 3 is 2 marks)

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4 Callum has recently been given permission to restart light training after recovering from a knee injury. State one physical wellbeing benefit and one emotional wellbeing benefit that Callum is likely to gain from being able to return to activity.

(Total for Question 4 is 2 marks)

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5 Which of the following is the best example of an emotional wellbeing benefit of physical activity?

- ☐ A) Improved cardiovascular fitness
- ☐ B) Reduced stress and improved mood
- ☐ C) Meeting new friends through a club
- ☐ D) Stronger bones and muscles

(Total for Question 5 is 1 mark)

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6 Yusuf has started attending a weekly community table tennis session for over-60s.

(a) Suggest one social wellbeing benefit Yusuf might gain from attending. **(1)**

(b) Suggest one emotional wellbeing benefit Yusuf might gain from attending. **(1)**

(Total for Question 6 is 2 marks)

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7 Identify one physical, one emotional and one social benefit Kwame might experience from regularly attending the club.

(Total for Question 7 is 3 marks)

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8 Compare the wellbeing benefits that Freya, who has joined a five-a-side football team to train with friends, is likely to gain with those gained by Tariq, who trains alone at home using an online fitness app, in terms of physical, emotional and social wellbeing.

(Total for Question 8 is 4 marks)

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Mark scheme · 5.1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing: Test Pack

Question 1

B **B1**

Answer: B

Question 2

D **B1**

Answer: D

Question 3

quality or amount of sleep, oe **B1**

relationships with family and friends, oe **B1**

Answer: The quality or amount of a person's sleep, and their relationships with family and friends, can both affect overall wellbeing.

Question 4

physical: e.g. a gradual improvement in the strength or fitness of his leg/knee as training resumes, oe **B1**

emotional: e.g. relief, improved mood or reduced frustration at being able to be active again, oe **B1**

Answer: Physical: a gradual improvement in the strength or fitness of his knee/leg as training resumes. Emotional: relief or improved mood at being able to be active again.

Question 5

B **B1**

Answer: B

Question 6

(a) meeting other people/making friends at the session, or reducing feelings of loneliness, oe **B1**

(a) Answer: Meeting other people and making friends at the session.

(b) improved mood/reduced stress from regular, enjoyable activity, oe **B1**

(b) Answer: Improved mood from taking part in a regular, enjoyable activity.

Question 7

physical: improved cardiovascular endurance/fitness from regular activity, oe **B1**

emotional: reduced stress or improved mood from regular exercise, oe **B1**

social: making new friends or feeling part of a team, oe **B1**

Answer: Physical: improved cardiovascular fitness from regularly playing football. Emotional: reduced stress and improved mood. Social: making new friends and feeling part of a team.

Question 8

similarity: both are likely to gain similar physical wellbeing benefits (e.g. improved cardiovascular fitness) if the demands of their training are similar, oe **B1**

difference: Freya is likely to gain stronger social wellbeing benefits, since regular contact with teammates supports friendships and a sense of belonging that training alone does not provide, oe **B1**

difference: Tariq's emotional wellbeing is more likely to depend on his own motivation and personal achievement, since he has no team around him to provide encouragement or support, oe **B1**

further difference: Freya may also feel some pressure to perform for her teammates, which could reduce her emotional wellbeing if she worries about letting the team down, whereas Tariq's individual training removes this kind of social pressure entirely, oe **B1**

Answer: Both are likely to gain similar physical benefits if training demands are similar. Freya is likely to gain stronger social wellbeing benefits from her teammates, while Tariq's emotional wellbeing depends more on his own motivation, since he has no team providing encouragement or support. However, Freya may also feel pressure to perform for her team, which could reduce her emotional wellbeing if she worries about letting them down, whereas Tariq faces no such social pressure.

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