5.2 Health, Fitness and Wellbeing: Consequences of a Sedentary Lifestyle: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which of the following best describes a 'sedentary lifestyle'?

- ☐ A) A lifestyle involving long periods of sitting or inactivity with little regular physical activity
- ☐ B) A lifestyle involving regular participation in competitive sport
- ☐ C) A lifestyle that includes at least one structured exercise session per week
- ☐ D) A lifestyle focused on outdoor recreational activity

(Total for Question 1 is 1 mark)

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2 Explain why a sedentary lifestyle is linked to a higher resting heart rate than an active lifestyle.

(Total for Question 2 is 2 marks)

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3 Discuss the negative health consequences a sedentary lifestyle could have for Callum, a 15-year-old who mainly plays video games in his free time and is driven to and from school each day, across cardiovascular, metabolic, musculoskeletal and mental health outcomes, and evaluate why becoming more physically active, even in small amounts, is likely to reduce these risks.

(Total for Question 3 is 9 marks)

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Mark scheme · 5.2 Health, Fitness and Wellbeing: Consequences of a Sedentary Lifestyle: 10-minute Pack

Question 1

A **B1**

Answer: A

Question 2

regular activity strengthens the heart muscle, increasing the volume of blood pumped per beat (stroke volume), oe **B1**

without this training effect, the heart must beat more times per minute at rest to circulate the same amount of blood, oe **B1**

Answer: Regular activity strengthens the heart muscle, increasing the volume of blood pumped with each beat. Without this training effect, a sedentary person's heart must beat more times per minute at rest to circulate the same amount of blood, giving a higher resting heart rate.

Question 3

Level 3 A detailed and coherent response that accurately explains cardiovascular, metabolic, musculoskeletal and mental health consequences, applies them specifically to Callum's described routine, and reaches a well-justified evaluative judgement about the benefit of small increases in activity, stated as reduced risk rather than certainty. Sustained, accurate use of health terminology throughout, with no reference to body weight or appearance. **7-9**

Level 2 Some accurate coverage of consequences across at least two of the four outcome areas, with some application to Callum's routine, though coverage may be incomplete or the evaluative judgement underdeveloped. Generally correct use of terminology. **4-6**

Level 1 Basic or generic statements about the risks of a sedentary lifestyle with little or no specific application to Callum's routine and little evaluation of the benefit of increased activity. **1-3**

Level 0 No relevant content. **0**

Indicative content:

- Cardiovascular outcome: Callum's routine (little activity, long periods sitting) is linked to an increased risk of high blood pressure and heart disease over time.
- Metabolic outcome: lower energy expenditure is linked to reduced insulin sensitivity and an increased risk of type 2 diabetes.
- Musculoskeletal outcome: muscles not regularly used can weaken, bone density can reduce, and prolonged sitting can contribute to poor posture.
- Mental health outcome: low activity levels are linked to an increased risk of anxiety or low mood and poorer sleep quality.
- Evaluative point: mainstream health guidance describes these as increased-risk associations across populations, not certainties for any one individual, since many other factors (e.g. diet, sleep, genetics) also play a role.
- Evaluative point: mainstream guidance also shows that even small, regular increases in activity (e.g. walking part of the journey to school, taking activity breaks between long periods of gaming) are associated with a meaningful reduction in these risks, without requiring intense or structured exercise.
- Evaluative point: this means the benefit of change does not depend on reaching any particular fitness level or body outcome, only on reducing total sitting time and increasing the frequency of movement across the day.
- Balanced conclusion: framing Callum's situation around achievable, small changes (rather than a large or difficult target) is consistent with how mainstream guidance recommends approaching reduced sedentary time.

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