5.2 Health, Fitness and Wellbeing: Consequences of a Sedentary Lifestyle: 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 is a recognised long-term health risk associated with a sedentary lifestyle?

- ☐ A) Increased risk of cardiovascular disease
- ☐ B) Increased flexibility
- ☐ C) Increased aerobic endurance
- ☐ D) Reduced resting heart rate

(Total for Question 1 is 1 mark)

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2 Which body system is most directly affected by an increased risk of high blood pressure and heart disease linked to a sedentary lifestyle?

- ☐ A) The musculoskeletal system
- ☐ B) The cardiovascular system
- ☐ C) The digestive system
- ☐ D) The nervous system

(Total for Question 2 is 1 mark)

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3 Suggest three practical ways a school could help reduce sedentary behaviour among students during the school day, explaining how each would help.

(Total for Question 3 is 3 marks)

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4 State two long-term health conditions that mainstream health guidance links to prolonged sedentary behaviour.

(Total for Question 4 is 2 marks)

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5 Which body system's function is most directly supported by regular weight-bearing physical activity, helping to reduce the musculoskeletal risks of a sedentary lifestyle?

- ☐ A) The musculoskeletal system
- ☐ B) The nervous system
- ☐ C) The digestive system
- ☐ D) The endocrine system

(Total for Question 5 is 1 mark)

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6 Explain why the relationship between a sedentary lifestyle and ill health is described in terms of increased risk, rather than a certainty, for any individual.

(Total for Question 6 is 3 marks)

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7 State three examples of everyday behaviours that can contribute to a sedentary lifestyle.

(Total for Question 7 is 3 marks)

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8 State two examples of everyday changes that can reduce time spent sedentary, without needing to take part in structured exercise.

(Total for Question 8 is 2 marks)

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9 Which of the following is the best example of reducing sedentary behaviour without taking part in structured exercise?

- ☐ A) Attending a 45-minute gym class three times a week
- ☐ B) Playing in a Saturday football match
- ☐ C) Standing up and walking around the classroom during a break between lessons
- ☐ D) Completing a structured circuit-training session

(Total for Question 9 is 1 mark)

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10 Sedentary lifestyles have become more common in the UK in recent decades.

(a) State what is meant by a 'sedentary lifestyle'. **(2)**

(b) Suggest two factors that have made sedentary lifestyles more common in the UK in recent decades. **(2)**

(Total for Question 10 is 4 marks)

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11 State two ways a sedentary lifestyle can affect the cardiovascular system.

(Total for Question 11 is 2 marks)

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12 Explain how a sedentary lifestyle can negatively affect the musculoskeletal system.

(Total for Question 12 is 3 marks)

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13 State two ways a sedentary lifestyle can affect a person's mental health and wellbeing.

(Total for Question 13 is 2 marks)

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14 Which of the following best describes how mainstream health guidance links a sedentary lifestyle to ill health?

- ☐ A) A sedentary lifestyle guarantees a person will develop heart disease
- ☐ B) A sedentary lifestyle increases the statistical risk of certain health conditions, without guaranteeing any individual outcome
- ☐ C) A sedentary lifestyle has no effect on long-term health
- ☐ D) A sedentary lifestyle only affects a person's fitness test results, not their long-term health

(Total for Question 14 is 1 mark)

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15 A school is considering introducing standing desks and short activity breaks between lessons.

(a) Suggest one physical health reason this change could benefit students. **(1)**

(b) Suggest one mental health reason this change could benefit students. **(1)**

(Total for Question 15 is 2 marks)

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16 Explain three different negative health consequences James may be at increased risk of due to his lifestyle.

(Total for Question 16 is 3 marks)

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Mark scheme · 5.2 Health, Fitness and Wellbeing: Consequences of a Sedentary Lifestyle: 30-minute Pack

Question 1

A **B1**

Answer: A

Question 2

B **B1**

Answer: B

Question 3

short active breaks between lessons, e.g. a stretch or brief walk, to reduce continuous sitting time, oe **B1**

a walk-to-school or park-and-stride scheme, to add incidental activity to the daily routine, oe **B1**

active lesson transitions (e.g. walking to a different building for the next lesson), to break up periods of sitting, oe **B1**

Answer: Short active breaks between lessons to reduce continuous sitting time; a walk-to-school scheme to add incidental daily activity; and active lesson transitions to break up periods of sitting.

Question 4

any one valid condition, e.g. cardiovascular disease (heart disease, stroke, high blood pressure); type 2 diabetes; obesity; some cancers (e.g. bowel cancer); osteoporosis; depression or anxiety; musculoskeletal problems such as back pain, oe **B1**

a second, different valid condition from the same list, oe **B1**

Answer: Any two, e.g. cardiovascular disease and type 2 diabetes.

Question 5

A **B1**

Answer: A

Question 6

health outcomes are influenced by many factors together (e.g. diet, genetics, sleep, environment), not physical activity level alone, oe **B1**

population-level health guidance describes patterns or trends across large groups, which do not determine what will happen to any one specific person, oe **B1**

so a sedentary lifestyle raises the statistical likelihood of these conditions without guaranteeing any individual will develop them, oe **B1**

Answer: Health outcomes are influenced by many factors together (such as diet, genetics, sleep and environment), not physical activity level alone. Population-level health guidance describes patterns across large groups, which cannot determine what will happen to any one specific person, so a sedentary lifestyle raises the statistical likelihood of these conditions without guaranteeing any individual will develop them.

Question 7

long periods of sitting at a desk or screen, oe **B1**

travelling everywhere by car rather than walking or cycling, oe **B1**

spending long periods watching television or using devices for entertainment, oe **B1**

Answer: Long periods of sitting at a desk or screen; travelling everywhere by car rather than walking or cycling; and spending long periods watching television or using devices for entertainment.

Question 8

taking the stairs instead of a lift or escalator, oe **B1**

standing or walking around during a phone call, oe **B1**

Answer: Taking the stairs instead of a lift, and standing or walking around during a phone call, are both everyday changes that reduce sedentary time without needing structured exercise.

Question 9

C **B1**

Answer: C

Question 10

(a) a lifestyle characterised by long periods of sitting or inactivity, oe **B1**

(a) with little or no regular physical activity, oe **B1**

(a) Answer: A lifestyle characterised by long periods of sitting or inactivity, with little or no regular physical activity.

(b) any one valid factor, e.g. more screen-based entertainment (TV, gaming, phones); more desk-based work or study; greater use of cars and motorised transport instead of walking or cycling; labour-saving devices at home; less safe or fewer outdoor play spaces; online shopping and deliveries, oe **B1**

(b) a second, different valid factor from the same list, oe **B1**

(b) Answer: Any two, e.g. an increase in screen-based entertainment and desk-based work, and greater use of cars and other motorised transport instead of walking or cycling.

Question 11

any one valid effect, e.g. increased risk of high blood pressure; coronary heart disease; stroke; atherosclerosis (fatty deposits in arteries); high cholesterol; a weaker heart (lower stroke volume, higher resting heart rate); lower aerobic fitness (VO2 max), oe **B1**

a second, different valid effect from the same list, oe **B1**

Answer: Any two, e.g. an increased risk of high blood pressure, and an increased risk of heart disease or stroke.

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Question 12

muscles that are not regularly used can weaken over time (muscle atrophy), oe **B1**

bone density can reduce over time without regular weight-bearing activity, oe **B1**

prolonged sitting can contribute to poor posture, oe **B1**

Answer: Muscles that are not regularly used can weaken over time (muscle atrophy); bone density can reduce over time without regular weight-bearing activity; and prolonged sitting can contribute to poor posture.

Question 13

any one valid effect, e.g. increased risk of anxiety, stress or depression (low mood); poorer sleep quality; lower self-esteem or confidence; less social contact, so loneliness or isolation; tiredness or lack of energy, oe **B1**

a second, different valid effect from the same list, oe **B1**

Answer: Any two, e.g. a sedentary lifestyle is linked to an increased risk of anxiety or low mood, and to poorer sleep quality.

Question 14

B **B1**

Answer: B

Question 15

(a) reduces total continuous sitting time, which is linked to lower cardiovascular and musculoskeletal risk, oe **B1**

(a) Answer: It reduces total continuous sitting time, which is linked to lower cardiovascular and musculoskeletal risk.

(b) short bursts of movement/activity can improve mood and help concentration during the school day, oe **B1**

(b) Answer: Short bursts of movement can improve mood and help students concentrate during the school day.

Question 16

increased risk of cardiovascular disease (e.g. high blood pressure or heart disease) from long periods of inactivity, oe **B1**

increased risk of type 2 diabetes linked to lower overall energy expenditure, oe **B1**

musculoskeletal effects such as muscle weakening or poor posture from prolonged sitting, oe **B1**

Answer: James is at increased risk of cardiovascular disease from long periods of inactivity, increased risk of type 2 diabetes linked to lower energy expenditure, and musculoskeletal effects such as muscle weakening or poor posture from prolonged sitting.

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