

Section B – 25 marks

1. How can physical activity keep our joints healthy? (2)

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2. Name one long term effect of exercise on the heart and the lungs. Describe how this effect enables people to follow an active, healthy lifestyle. (2)

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3. How would you use extrinsic motivation to encourage a teenager to follow an active, healthy lifestyle? (3)

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4. Describe the difference between aerobic and anaerobic exercise, giving an example of each. (4)

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