**Bangor University**

**School of Sport, Health and Exercise Sciences**

**Entrance Scholarship Exam 2019**

**Time**: 2 hours.

**Instructions to Candidates**

Use black ink or black ball-point pen. Do not use pencil or gel pen.

Write your name and school/college on your answer booklet.

ANSWER ALL QUESTIONS.

Write your answers on the answer sheet provided. If you use more than one sheet of paper, fasten the sheets together.

**Information for Candidates**

The number of marks is given in brackets ( ) at the end of each part question. There are a maximum of 54 marks available.

You are reminded of the need for good English and clear presentation in your answers.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

This examination paper consists of two printed pages.

1. **Explain using specific examples, how you would develop an aerobic exercise programme for a sedentary individual? [4]**
2. **How could the use of a heart rate monitor be beneficial when undertaking such an aerobic exercise programme? [3]**
3. **Apart from the monitoring of heart rate, what other procedures and outcomes could be used to determine the success of an aerobic programme. [3]**
4. **Explain how an aerobic exercise programme can reduce the risk of obesity and other associated illnesses. [4]**
5. **‘It is predicted that the average life expectancy for the population of Britain will steadily fall over the next 20 years’. Explain the influences that have caused this decline and discuss lifestyle choices individuals can take to reverse this trend (15)**
6. **“Consumerism, market forces and the media are now controlling sport.”**

**Discuss this statement. [25]**

**END OF EXAM** ☺