



FUNCTIONAL SKILLS ENGLISH

AQA | Edexcel | City & Guilds | Open Awards | NCFE | Highfield
Level 2

Reading: Formality and Bias

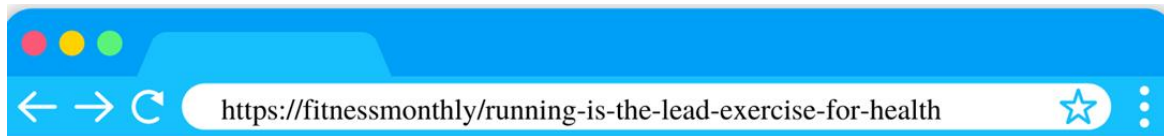
Instructions

- Answer **all** questions.
- Answer questions on separate paper if required.

Information and Advice

- The marks for each question are shown in brackets – use this as a guide on how long to spend on each question.
- Read each question carefully before you answer it.
- Check your answers.

Source A:



Fitness Monthly



16th February 2023

NEW DATA SHOWS LINKS BETWEEN RUNNING AND HEART HEALTH

KEY STATISTICS

- Heart health improves by up to 60% through regular running.
- Running helps you maintain a healthy weight, therefore reducing your risk of heart disease.
- Runners have a lower resting pulse rate and a higher intake of oxygen, thus minimising the strain put on their heart.
- Mental health - running releases endorphins which have links to improved mental health.

THE KEY TO HEART HEALTH

Running has long been known to improve our cardiovascular health and lung capacity. However, in addition to this, new studies suggest that regular running can improve your heart health by up to 60%.

In a 2023 study by Darwell et al., a focus group of 100 people within an age range of 25 to 65 improved their heart health by up to 60% through a regular running programme. They ran twice a week for 6 months, and over this time period there was a marked improvement in their heart health ranging from 45% to 60%.

MENTAL HEALTH LINKS

While it seems obvious that running positively affects the body's physical health, it is perhaps less well documented how important it can be in improving mental health.

Running releases the hormones known as endorphins, which are often dubbed the 'happiness hormone'. Endorphins are linked to decreased levels of depression and anxiety in the body.

This graph shows the relationship between running and reported mood in the participants of Darwell's study. There is a marked increase in mood with regular running.



EVALUATION

Overall, the various outcomes of Darwell et al.'s study clearly illustrate the benefits running has on both mental and physical health.

The 100 participants' heart health was improved significantly, by up to 60% overall. Furthermore, the participants reported a marked improvement in their happiness and overall mental wellbeing throughout the study. In addition, participants were able to lose between 15% and 25% of their body fat, thus resulting in a decrease in their risk of heart disease between 35% and 55%.

It is clear from this data that running has a significant improvement on mental and physical health, when continued for a sustained time period.

REDUCTION IN THE RISK OF HEART DISEASE

The participants in the Darwell study also had their weight monitored throughout the 6 month duration. On average, participants lost between 15% and 25% of their body fat during the 6 months of regular running. This resulted in a marked reduction in their risk of heart disease, measured at between 35% and 55% for the 100 participants.

Find out more:

www.darwell-national-institute-of-health.co.uk



Turn over ►

Source B:

THE MOTIVATOR



Supreme Shuttles

It's official: badminton is taking us by storm

By Malika Joshua

While running is often considered a great form of exercise for beginners, having tried badminton at a local sports centre this past week, I am convinced it is the superior sport!

In my column last week where I took part in the seven day running challenge, you, my dear readers, will remember that I noticed a significant difference in my fitness level. However, by the end of this week, I noticed not only a difference in my level of fitness, but also in my happiness.

On Monday, I went down to the sports centre with my friend Molly, and we asked the very friendly receptionist if they had any racquets we could borrow. He was all charm and smiles, and seemed incredibly happy for us that we were being active.



Buoyed by this incredible enthusiasm from a person we had just met, and which we had both thought only existed in sickly sweet children's shows about sporty

superheroes, we stepped onto the court.

Now, consider this: sweaty, out of breath, far from home and alone, versus, sweaty, out of breath, in a cosy gym hall with one of your best friends. Which sounds more appealing to you? I know what I was thinking merely halfway through that first day.

It baffled both me, and every other person I played with that week, how we had not tried this before! Why had it not been included in the school curriculum? Where had the funding been for a sport which requires limited strength, and doesn't depend on a person's height or physique?

By Wednesday, I was thoroughly convinced that I had been exercising wrong my entire life.

Games are fundamentally social occasions, and humans are fundamentally social animals. Therefore, combining a game which allows for frequent breaks and opportunities to chat with anyone in the vicinity of the water fountain or exercise bench is perfect.

At the end of the week, I can conclusively say that badminton is an excellent substitute for running or football in my book.

Turn over ►

- Q1** Looking at Source **A** and Source **B**, what are the two main differences in the texts?
- a) Source A is more formal and more biased than Source B
 - b) Source A is more informal and less biased than Source B
 - c) Source A is more formal and less biased than Source B
 - d) Source A is more informal and more biased than Source B
- [2 marks]**
- Q2** Give **2 examples** from Source **B** which illustrate the level of **bias** in the text.
- [2 marks]**
- Q3** Source **B** has a more tone, which contributes to the level of in the text.
- a) Informal, unhappiness
 - b) Conversational, impartiality
 - c) Personal, bias
 - d) Impersonal, bias
- [1 mark]**
- Q4** Source **A** uses lots of, which contributes to the lack of in the text.
- a) Facts and figures, formality
 - b) Facts and figures, bias
 - c) Personal pronouns, impartiality
 - d) Bullet points, bias
- [1 mark]**
- Q5** When reading Source **A** and Source **B**, why is it important to identify bias?
- [1 mark]**
- Q6** What is the writer's **argument** in Source **B**?
- [1 mark]**
- Q7** Look again at your answer to **Question 6**. Does the writer's argument here add **bias** to the text? **Explain** your answer.
- [2 marks]**
- Q8** Give **2 examples** of **formal language** in Source **A**.
- [2 marks]**