



FUNCTIONAL SKILLS ENGLISH

AQA | Edexcel | City & Guilds | Open Awards | NCFE | Highfield
Level 1

Reading: Investigating Layout

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.

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



- Q1** Identify the **heading** of the web page. **[1 mark]**
- Q2** Which **layout feature** tells you what each section will be about? **[1 mark]**
- Q3** Why has the writer used different **coloured boxes**? **[1 mark]**
- Q4** What **layout feature** on the web page directs readers to **discover more information** about running and heart health? **[1 mark]**
- Q5** Name **two formatting features** that have been used to make the **subheadings** stand out from the rest of the text. **[2 marks]**
- Q6** Which subheading **introduces** the subject of running and heart health?
a) The key to heart health
b) Reduction in the risk of heart disease
c) Mental health links **[1 mark]**
- Q7** Which formatting feature tells you that the source is a **web page**? **[1 mark]**
- Q8** Why has a **graph** been used?
a) To add humour to the web page
b) To show that running improves mood
c) To show that running is the best way to change someone's personality **[1 mark]**