

Read the passage in the Insert and then answer **all** the questions which follow below. Note that up to fifteen marks will be given for the quality and accuracy of your use of English throughout this paper.

For  
Examiner's  
Use

NOTE: When a question asks for an answer IN YOUR OWN WORDS AS FAR AS POSSIBLE and you select the appropriate material from the passage for your answer, you must still use your own words to express it. Little credit can be given to answers which only copy words or phrases from the passage.

- 1 What is the author's purpose in using the phrase "they all" (line 5)?

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.....[1]

- 2 Explain the author's use of the word "into" in paragraph 2.

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.....  
.....[2]

- 3 In paragraph 3, what similarities does the author see between stress management strategies and weight management programmes? **Use your own words as far as possible.**

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.....  
.....  
.....[2]

- 4 Explain why the word "fear" (line 21) is in *italics*.

.....  
.....[1]

- 5 Using material from paragraphs 5-8 only (lines 27-53), summarise what the author has to say about how people view and achieve physical fitness.

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Write your summary **in no more than 120 words**, not counting the opening words which are printed below. **Use your own words as far as possible.**

People view exercise as .....

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.....[8]

- 6 In paragraph 9, the author claims that “the way we approach medical care has also turned things on its head”. How does the remainder of the paragraph illustrate this assertion? **Use your own words as far as possible.**

.....  
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.....  
.....[2]

- 7 Explain the author’s use of the word “too” in line 68.

.....  
.....[1]

- 8 Explain how the online interaction between doctors and patients could lead to “the risk of jeopardising treatment as well as reputations” (lines 73-74).

.....  
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.....[2]

- 9 In paragraph 12, what comparison does the author see between women in the past and modern day Europeans? **Use your own words as far as possible.**

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.....[2]

- 10** What is meant by “follies” (line 94)? How might they show people’s obsession with the cult of youth?

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.....  
.....[2]

- 11** Which aspect of the author’s argument in the last paragraph is reinforced by the quotation in lines 99-101?

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.....  
.....[2]

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- This image shows a full page of primary-ruled paper. It features approximately 20 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice. The background is white, and there are no margins or other markings present.

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