

1 The scientific article you have studied is adapted from articles in New Scientist.

Use the information from the article and your own knowledge to answer the following questions.

(a) Suggest why 'incredibly efficient cellular mechanisms' can increase the chance of obesity (paragraphs 4 and 5).

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(b) A larger VO_2 max means more oxygen can enter a mitochondrion and therefore more energy can be released from fuel (paragraph 8).

Name **two** substances, other than oxygen, that need to enter the mitochondrion to enable energy to be released from fuel.

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(c) Describe the structure of glycogen (paragraph 11).

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(d) Using the information in paragraphs 12 to 14, explain how lowered testosterone levels may help a cyclist to race harder on successive days.

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(e) Explain why Coyle suggests that greater muscle efficiency may be linked to an increase in the percentage of **slow twitch** muscle fibres (paragraph 20).

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(h) A variant of the APOE gene could put individuals at increased risk in contact sports. DNA profiling is a technique that can be used in genetic screening.

Suggest how DNA profiling could be carried out to identify this variant of the APOE gene (paragraph 27).

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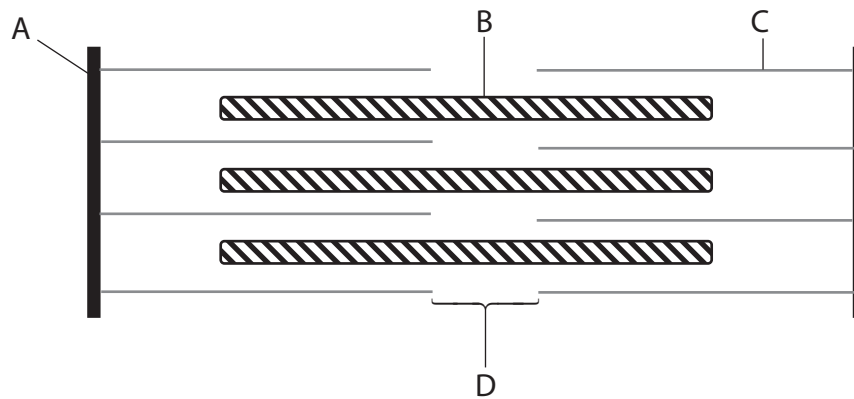
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- (i) The titin gene produces a protein that attaches to myosin in a sarcomere (paragraph 30).



Place a cross (☒) in the box that identifies myosin shown in the diagram.

(1)

- A**
- B**
- C**
- D**

- (j) The colder the water Japanese Ama divers swim in, the higher their resting metabolic rate (paragraph 50).

Suggest and explain why this might be an advantage to these divers.

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(k) Pugh noticed the effects of climate change (paragraph 53).

Name **two** greenhouse gases that contribute to climate change.
Give **one** source of each of these gases.

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(l) Using the information in paragraph 55, calculate the percentage increase in Pugh's core body temperature due to his "anticipatory thermogenesis".

Show your working.

(2)

Answer = %

(Total for Question 1 = 30 marks)

2 Carbohydrates are important components of our diets.

(a) Distinguish between the structures of each of the following pairs of carbohydrate molecules.

(i) Monosaccharides and disaccharides

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(ii) Amylose and amylopectin

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(b) Explain why a diet consisting of a high proportion of carbohydrates could lead to obesity.

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(Total for Question 2 = 6 marks)

3 Fats and carbohydrates such as glycogen are important energy storage molecules. These are broken down during exercise.

(a) Describe the structure of glycogen and explain why it is a suitable molecule for storing energy.

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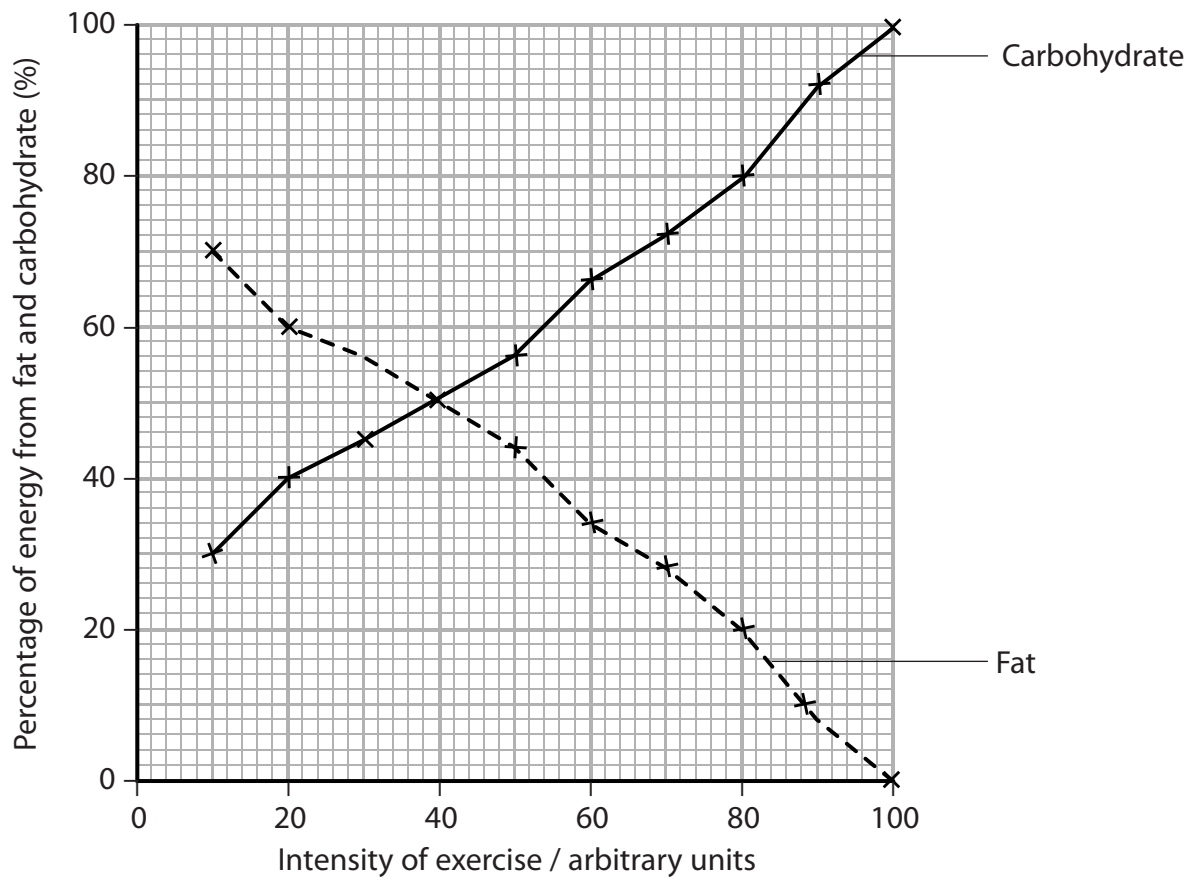
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(b) The graph below shows how the percentage of energy obtained from fat and carbohydrate varies according to the intensity of exercise being carried out.



(i) Using the information in the graph, describe how the source of energy used depends on the intensity of exercise.

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- (ii) A carbohydrate-loading diet is used by athletes in preparation for some athletic events. This diet involves increasing carbohydrate intake and decreasing activity, several days before the event.

Carbohydrate-loading is not a suitable method of preparation for all athletic events.

Using the information in the graph and your knowledge of glycogen, explain what type of athletic event could be prepared for using a carbohydrate-loading diet.

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(Total for Question 3 = 10 marks)