

4 The picture shows a runner.



(a) As he runs, the runner gets hot.

To avoid overheating, his body sweats.

As the sweat evaporates, it cools his body.

Use ideas about particles to explain why evaporation leads to cooling.

(3)

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(b) At the end of a long race, runners are given a shiny foil sheet to wear.

This stops them cooling down too quickly.



(i) Suggest why a runner might cool down too quickly if he does not wear a foil sheet. (2)

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(ii) Explain how the foil sheet reduces heat loss.

(2)

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(Total for Question 4 = 7 marks)

