

**Exam Board:** Pearson (Btec Tech Award)

**Subject:** Health and Social Care

**Paper:** Component 3

**Marks available:**

**Length of paper:**

**Topics:** LAA - Factors affecting Health and Wellbeing

### **Exam Information, guidance and hints**

#### **Command words:**

| <b><u>Key words/Command verb</u></b> | <b><u>Definition</u></b>                                                                                                                |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Complete                             | Provide the missing information for a table so that it is complete (contains all the necessary information).                            |
| Discuss                              | Consider the different aspects in detail of an issue, situation, problem or argument and how they interrelate.                          |
| Explain                              | Present one point that identifies a reason, way, benefit, or importance etc and a second point that justifies/explains the first point. |
| Give                                 | Provide a response i.e. feature, characteristic or use of.                                                                              |
| Identify                             | Usually requires some key information to be selected from a given stimulus/source.                                                      |
| State                                | Recall from memory facts, terms, processes, legal implications etc. or provide the correct answer to the given context.                 |

#### **Videos:**

 **BTEC Tech Award Health & Social Care | Component 3 Exam paper in 15 mins**

### **Markschemes:**

Sample

1. Identify **one** social factor that can affect health and wellbeing.

- ☐ ~~A Physical ill health~~ – a physical factor
- ☒ B Discrimination [1]
- ☐ C Community participation – a cultural factor
- ☐ D Mental ill health – physical factor

(Total for Question 1 = 1 mark)

2. State **two** negative effects that bullying has on PIES [2 from the list = 2 marks]

- Can't sleep [1], sleep pattern, make mistakes/accidents, miss school/work - physical
- Poor appetite [1], not eating enough, tiredness, low BMI - physical
- Poor concentration [1], mistakes/accidents, preoccupied - intellectual
- Depression [1], feel low - emotional
- Low self-esteem [1] - emotional
- Lack of confidence [1] - emotional
- Poor self-worth [1] - emotional
- Fearful, afraid, scared, confused - emotional
- Isolation causing loneliness [1], no one to share emotions
- No belong [1] and insecurity [1]

(Total for Question 2 = 2 mark)

3. State **one** lifestyle CHOICES that can have an effect on health and wellbeing.

[2 from the list = 2 marks]

- Nutrition un/balanced diet [1] growth/repair/energy levels/immunity
- Alcohol [1], above 14 units a week, liver disease, lots of calories/sugar – diabetes
- Physical activity [1] – weight management, lung strength
- Smoking [1]– lung disease
- Substance misuse [1], illegal or legal drug abuse

(Total for Question 3 = 1 mark)

4. Identify **two** cultural factors that can effect health and wellbeing. [2]

- ☒ A Gender identity
- ☐ B ~~Financial resources~~ – economical factor
- ☐ C ~~Abuse and neglect~~ – environmental factor
- ☐ D ~~Inherited conditions~~ – physical factor
- ☒ E Community participation

(Total for Question 4 = 2 mark)

5. Explain **one negative** effect of a home environment for an individual's health and wellbeing [1 mark for reason, 1 mark for impact – NO Marks for repeating an impact]

- Overcrowded [1] plus > sleep disturbance [1] higher risks of infection [1] depression [1]
- Parental conflict plus [1] > plus > sleep disturbance [1] stress-immunity [1] depression [1]
- Sibling bullying [1] > plus > sleep disturbance [1] stress-immunity [1] depression [1]
- Neglect/Abuse [1] > plus > sleep disturbance [1] stress-immunity [1] depression [1]  
physical injury [1], underweight [1] poor personal hygiene [1]

(Total for Question 5 = 2 mark)

6. Explain **two positive** effects that physical activity can have on health and wellbeing [1 mark each, two from the list below, 1 mark for impact – NO repeating an impact]

- Muscle strength [1], heart muscle strength [1], lower resting heart rate
- Weight management [1] burns off calories
- Strengthens lungs [1] better peak flow
- Remain flexible [1] greater range of movement, lowers risk of injury
- Good stamina [1] lowers risk of heart disease
- Lift a mood [1], happy chemicals [1] (endorphins)

(Total for Question 6 = 4 mark)

**7. Give **one** negative effect that redundancy can have on social wellbeing.**

[1 mark each, two from the list below]

- Unable to join family/friends in leisure activities [1]
- Unable to join family/friends at a meal out [1]
- No longer see work colleagues [1]

**(Total for Question 7 = 1 mark)**

**8. Explain two positive effects that religion could have on emotional wellbeing for an individual** [1 mark for positive, further 1 mark for explaining, from the list below]

- Sense of belonging [1], socialising with like-minded people, share feelings [1]
- Comfort in difficult times of need [1] feeling cared for by God or gods [1] not alone
- Celebrate holy days with family and friends [1] opportunity to catch-up/talk [1]
- Shop/eat religious prepared foods [1] catch-up with friends/neighbours/family [1]

**(Total for Question 8 = 4 mark)**

**9. State **one** positive effect living in a rural location for an individual.**

[1 mark from the list below]

- No pollution [1] not inhaling particles and poisonous gases
- Accessible/near by places to exercise [1]
- Fresh air, pleasant views can lift a mood [1], mindful practice, grounding
- No noise pollution from busy roads/factories [1]
- No disturbed sleep from noise [1]

**(Total for Question 9 = 1 mark)**

**10. Explain **two** effects of parenthood can have on social wellbeing of an individual.**

[1 mark for positive, further 1 mark for explaining X 2, from the list below, NO REPEATS]

- Meet other parents at babies/toddler groups, in school playground, sports club [1] a lot in common, share experience/emotions/belonging and support each other [1]
- Make new friends with parents [1] a lot in common, share experience/emotions and support each other [1]
- Isolated [1] and feel loneliness/disconnected with new born or single parent [1] unable to go out too tired
- Can't work or single parent [1] can not afford to go out with family/friends [1]
- Supportive/unsupportive family friends [1] impact of either on self-esteem [1]

**(Total for Question 10 = 4 mark)**

**Hints/tips:**

Read through each question carefully making sure you are looking for keywords and the command verb, the number of examples you must give and whether these need to be positive or negative!

**BUG method:**

Box – Firstly, students box the command word. This highlights what type of answer the examiner is looking for.

Underline – Then they underline key words, this allows them to jog the pupils memory of the topic.

Glance – Finally they glance over the question again to gain any more information thus allowing them to analyse the question thoroughly and depict what the examiner is asking.

**Question types:**

Multiple choice = use an X in the box to indicate your answer

State = requires a simple short answer, eg:

*State one economic factor, other than income, that can affect health and wellbeing*

Explain = requires an explanation of the effect or impact of something (eg 1 mark for the effect, 1 mark for the linked expansion), eg:

*Explain two positive effects that becoming a parent could have on an individual's health and wellbeing.*

## PLC TEMPLATE

### Mock 1

| Topic                            | Key information related to topic                                                                                                                                                                                                                                                                               | Resources/Information related to topic                          | How well do you understand this topic?<br>RAG |       |       |
|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------|-------|-------|
|                                  |                                                                                                                                                                                                                                                                                                                |                                                                 | Red                                           | Amber | Green |
| Definition of health & wellbeing | A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.                                                                                                                                                                                           | Revision Guide, Google Classroom Lesson and Revision Resources. |                                               |       |       |
| Physical factors                 | <ul style="list-style-type: none"> <li>o inherited conditions – sickle cell disease, cystic fibrosis</li> <li>o physical ill health – cardiovascular disease, obesity, type 2 diabetes</li> <li>o mental ill health – anxiety, stress</li> <li>o physical abilities</li> <li>o sensory impairments.</li> </ul> | Revision Guide, Google Classroom Lesson and Revision Resources. |                                               |       |       |
| Lifestyle factors                | <ul style="list-style-type: none"> <li>o nutrition</li> <li>o physical activity</li> <li>o smoking</li> <li>o alcohol</li> <li>o substance misuse.</li> </ul>                                                                                                                                                  | Revision Guide, Google Classroom Lesson and Revision Resources. |                                               |       |       |
| Social factors                   | <ul style="list-style-type: none"> <li>o supportive and unsupportive relationships with others – friends, family, peers and colleagues</li> <li>o social inclusion and exclusion</li> </ul>                                                                                                                    | Revision Guide, Google Classroom Lesson and Revision Resources. |                                               |       |       |



|                       |                                                                                                                                                                                                                                                                |                                                                 |  |  |  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|--|--|--|
|                       | <ul style="list-style-type: none"> <li>o bullying</li> <li>o discrimination.</li> </ul>                                                                                                                                                                        |                                                                 |  |  |  |
| Cultural factors      | <ul style="list-style-type: none"> <li>o religion</li> <li>o gender roles and expectations</li> <li>o gender identity</li> <li>o sexual orientation</li> <li>o community participation.</li> </ul>                                                             | Revision Guide, Google Classroom Lesson and Revision Resources. |  |  |  |
| Economic factors      | <ul style="list-style-type: none"> <li>o employment situation</li> <li>o financial resources – income, inheritance, savings.</li> </ul>                                                                                                                        | Revision Guide, Google Classroom Lesson and Revision Resources. |  |  |  |
| Environmental factors | <ul style="list-style-type: none"> <li>o housing needs, conditions, location</li> <li>o home environment – living with a high level of parental conflict, experiences of abuse and neglect</li> <li>o exposure to pollution – air, noise and light.</li> </ul> | Revision Guide, Google Classroom Lesson and Revision Resources. |  |  |  |
| Impact of Life Events | <ul style="list-style-type: none"> <li>o physical events</li> <li>o relationship changes</li> <li>o life circumstances.</li> </ul>                                                                                                                             | Revision Guide, Google Classroom Lesson and Revision Resources. |  |  |  |