



Mark Scheme (Results)

January 2015

NQF BTEC Level 1/Level 2 Firsts in
Health and Social Care

Unit 9 (20952E)

Healthy Living

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General Marking Guidance

- Accept phonetic spellings
- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.
- Crossed out work should be marked UNLESS the candidate has replaced it with an alternative response.

Question Number	Answer	Mark
1	<p>Award one mark for correct identification of each effect, up to a maximum of two marks.</p> <p>Any two from:</p> <ul style="list-style-type: none"> • Maintenance of healthy weight • Weight loss • High energy levels • Good flexibility • Increased strength • Increased stamina/increase fitness levels • Improve cardiovascular health • Positive self-image/concept • Positive mental health • High self-esteem <p style="text-align: right;">2 x 1 (2)</p>	

Question Number	Answer	Mark
2(a)	<p>A (Increased drowsiness)</p> <p>C (Increased risk of accident)</p> <p style="text-align: right;">2 x 1 (2)</p>	

Question Number	Answer	Mark
2(b)	<p>Award one mark for each correct identification of how excessive alcohol consumption can cause long-term health risks, up to a maximum of two marks.</p> <p>Any two from:</p> <ul style="list-style-type: none"> • Cancer, • Liver disease • Cardiovascular disease e.g. heart attack/stroke/hypertension (high blood pressure) • Kidney/renal failure • Mental ill health • Memory loss • Weight loss/gain • Malnutrition • Long-term disability because of an accident • Foetal alcohol syndrome • Premature death. <p style="text-align: right;">2 x 1 (2)</p>	

Question Number	Answer	Mark
3(a)	<p>A (Fish)</p> <p>E (Meat)</p> <p style="text-align: right;">2 x 1 (2)</p>	

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Question Number	Answer	Mark
3(b)	<p>Award one mark for correct identification Award one mark for correct justification/elaboration.</p> <ul style="list-style-type: none"> • A balanced diet promotes immune system (1) therefore reducing the risk of disease (1). • A balanced diet enhances our intellectual health (1) by providing our brain with nutrients (1). • A balanced diet meets our body's energy requirements (1) and enables activity (1). • A balanced diet aids digestion (1) reducing side effects of poor digestion e.g. constipation (1). • Provides all of the correct nutrients (1) to allow for healthy growth/development/absence of disease (1) • Not having a balanced diet means nutrients are missing (1) leading to deficiency diseases (accept examples) (1) • A balanced diet supports activity levels (1) allowing maintenance of weight/BMI/ (1) <p>Accept reverse Accept any appropriate alternatives.</p> <p style="text-align: right;">2 x 1 2 x 1</p>	(4)

Question Number	Answer	Mark
4	<p>Award one mark for each correct identification of the physical benefits of a regular sleep routine, up to a maximum of two marks.</p> <p>Any two from: More energy Reduce likelihood of disease or illness Healthy body systems Healthy skin Reduced risk of accident Not tired</p> <p style="text-align: right;">2 x 1</p>	(2)

Question Number	Answer	Mark
5(a)	<p data-bbox="448 499 1007 562">Award one mark for correct identification Award one mark for correct description.</p> <ul data-bbox="448 595 1217 981" style="list-style-type: none"> <li data-bbox="448 595 1145 658">• Communicating with each other (1) encourages understanding (1). <li data-bbox="448 658 1217 757">• Making the effort to use contraception can show that they are both taking responsibility (1) this develops trust (1). <li data-bbox="448 757 1182 819">• Taking each other's needs into account equally (1) demonstrates respect for each other (1). <li data-bbox="448 819 1177 882">• Sharing the responsibility of contraception (1) can develop closer emotional relationships (1). <li data-bbox="448 882 1161 981">• Reduces the worry of unexpected/unplanned pregnancy (1) more relaxed physical relationship improves emotional bond (1) <p data-bbox="448 1048 938 1079">Accept any appropriate alternatives.</p> <p data-bbox="1145 1079 1217 1111">2 x 1</p>	<p data-bbox="1246 1079 1297 1111">(2)</p>

Question Number	Answer	Mark
5(b)	<p data-bbox="448 499 1220 562">Award one mark for a brief description and a further one mark for a thorough description.</p> <ul data-bbox="448 595 1220 1469" style="list-style-type: none"> • Provide correct information on methods of contraception (1) which helps their understanding of making an informed choice (1). • Provide incorrect information on methods of contraception (1) by sensational headlines/poorly researched articles (1). • Provide biased information on methods of contraception (1) by referring to dubious/unethical/biased/politically biased publications (1). • Provide confusing information on methods of contraception (1) which affects their judgement (1). • Provide information on choices of methods of contraception (1) which leads to informed choices (1). • Provides reassurance (1) by confirming that they have made the right choice (1). • See the consequences of unplanned pregnancy in the media (e.g. soaps) (1) which affects their choices (1) • Portrayal of contraception use as normal (1) empower Kevin and Tracy to use it (1) • Portrayal of contraception as reducing sexual satisfaction (1) deters them from using contraception (1) • Portrayals of deferred parenthood as normal (1) influence Kevin and Tracey to defer pregnancy (1) <p data-bbox="448 1503 940 1529">Accept any appropriate alternatives.</p> <p data-bbox="448 1536 523 1563">2 x 1</p>	<p data-bbox="1246 1503 1297 1529">(2)</p>

Question Number	Answer	Mark
6	<p>Award one mark for correct identification Award one mark for correct explanation.</p> <p>Any one from:</p> <ul style="list-style-type: none"> • Excessive weight loss may change how she sees herself (1) lowering self image/self-concept • If the reason for Kiera's excessive weight loss is stress (1) and this may contribute to mental ill health (1) • Excessive weight loss causes a negative cycle (1) leading to further weight loss (1) • If Kiera perceives excessive weight loss to be a good thing (1) her self-esteem may be increased (1) • Excessive weight loss may result in change in physical appearance (1) reducing self-esteem/increase self consciousness (1) <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2 x 1 2 x 1</p>	(4)

Question Number	Answer	Mark
7(a)	<p>Award one mark for the correct identification of two sources of formal support that could be accessed to gain advice, up to a maximum of two marks.</p> <p>Any two from:</p> <ul style="list-style-type: none"> • Doctor/GP • Nurse • Specialist health adviser/health promotion • NHS • Drug charities • Social worker • Counsellor • Youth worker <p style="text-align: right;">2 x 1</p>	(2)

Question Number	Answer	Mark
7(b)	<p data-bbox="448 495 1161 562">Award one mark for correct identification Award one mark for correct justification/elaboration.</p> <ul data-bbox="448 595 1209 1339" style="list-style-type: none"> <li data-bbox="448 595 1134 689">• Using drugs affects the brain/cognition/impairs judgment (1) and can lead to an accident/injury/unsafe sexual practice (1) <li data-bbox="448 689 1134 757">• Using drugs can lead to financial difficulties (1) potentially resulting in malnutrition (1) <li data-bbox="448 757 1190 824">• Using drugs can damage body tissue (1) leading to altered image/changes in self-image (1) <li data-bbox="448 824 1182 891">• Using drugs can affect ability to work (1) results in unemployment/loss of income/low self-esteem (1) <li data-bbox="448 891 1166 958">• Using drugs may cause a rare reaction e.g. being allergic (1) this may be fatal (1) <li data-bbox="448 958 1209 1025">• Using drugs can negatively affect body organs in different ways (1) this may cause illness/disease (1) <li data-bbox="448 1025 1166 1115">• A person may become dependent on the drug as they are addictive (1) mental ill health conditions may develop (1) <li data-bbox="448 1115 1134 1205">• Drugs may contain toxic ingredients/be unexpectedly pure (1) which may cause illness and/or death (1) <li data-bbox="448 1205 1190 1272">• Excessive drug usage (1) leading to social isolation (1) <li data-bbox="448 1272 1158 1339">• Drugs may make you feel bad about yourself (1) lower self-esteem (1) <p data-bbox="448 1373 938 1406">Accept any appropriate alternatives.</p>	<p data-bbox="1145 1406 1222 1440">2 x 1</p> <p data-bbox="1145 1440 1222 1473">2 x 1</p> <p data-bbox="1246 1440 1297 1473">(4)</p>

Question Number	Indicative content	Mark
8	<p>Do not accept repetition Award one mark for correct identification of lifestyle choices – accept specific examples</p> <ul style="list-style-type: none"> • Diet • Exercise <p>Award one mark for correct positive example/explanation.</p> <ul style="list-style-type: none"> • Reduces obesity • Promotes immune system/prevents disease • Improves stamina • Increases strength • Enhances cardiovascular system • Enhances functions of the digestive system <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2 x 1 2 x 1</p>	<p style="text-align: right;">(4)</p>

Question Number	Answer	Mark
9	<p>Award one mark for correct identification Award one mark for correct justification/elaboration.</p> <p>Any two from:</p> <ul style="list-style-type: none"> • Her recent divorce may have affected her attitude/behaviour (1) as partner no longer influences her smoking (1) • Change in stress levels (1) may affect her motivation positively/negatively (1) (1). • Influence of family/peer group (1) may encourage smoking (1). • May be addicted (1) Suzi may struggle to stop smoking (1). • Lack of a support group (1) reduces chances of success (1). • Example of formal support (1) may offer a support plan/advice/nicotine replacements (1) • Examples of role models/influence of media (1) may have positive/negative influence on stopping smoking (1) • Fear of weight gain/ (1) may become emotional barrier to stopping smoking (1) • Saving money (1) increases motivation to stop (1) <p>Accept reverse</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2 x 1 2 x 1</p>	(4)

Question Number	Answer	Mark
10(a)	<p>Award one mark for the correct identification of good personal hygiene and one mark for the description, up to a maximum of two marks.</p> <p>Any one identification from:</p> <ul style="list-style-type: none"> • Cleanliness/ lack of body odour • Having good dental health • Increased self esteem <p>Any one description from:</p> <ul style="list-style-type: none"> • facilitates social interaction • Confidence in social situations will attract more social communications and experiences • Easier to make friends/socialise <p>Do not accept causes of poor hygiene</p> <p style="text-align: right;">2 x 1</p>	(2)

Question Number	Answer	Mark
10(b)	<p>Award one mark for correct identification Award one mark for correct justification/elaboration.</p> <p>Any two of the following:</p> <ul style="list-style-type: none"> • Not understanding the importance of good personal hygiene (1) the person may have little realisation that they have to improve (1). • Financial barriers (1) not having sufficient money to buy toiletries (1). • Limited/no access to facilities/homelessness (1) meaning that they can't wash • Substance abuse (1) leading to lack of motivation (1) • Obesity/Disability (1) needing support (1) • Mental ill health (1) lack of motivation • Lack of awareness of their problem (1) so no improvements made (1) • Lack of knowledge about personal hygiene processes/equipment (1) so may not take care of themselves (1) • Specific illnesses/allergies (1) so can't use hygiene products (1) <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2 x 1 2 x 1</p>	(4)

Question Number	Indicative content
11	<p>Strategies for Betty to achieve her goal to eat a balanced diet and put on weight: Setting an eating plan Considering using home food delivery services Setting realistic goals for healthy weight gain and maintaining these Seeking formal support/see GP for advice/practice nurse/primary care centers/dietician/occupational therapist Seeking informal support from family members and friends Using 'alternative' foods with a higher calorific value Establishing a routine (accept examples)</p> <p>Potential barriers to Betty achieving her goal to eat a balanced diet and put on weight: The influence of family / friends Self-esteem may be low as she is very much on her own and is not happy about the way she looks May not set realistic targets Physical constraints to go shopping for food Limited understanding of nutritional requirements Potential financial constraints</p>
Level	Descriptor
Level	Descriptor
0 0 marks	No rewardable material
1 1-3 marks	A few key points identified, or one point described in some detail. The answer is likely to be in the form of a list. Only one viewpoint considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question.
2 4-6 marks	Some points identified, or a few key points described. Consideration of more than one viewpoint but there will be more emphasis on one of them. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.
3 7-8 marks	Range of points described, or a few key points explained in depth. All sides of the case are considered and the answer is well-balanced, giving weight to all viewpoints. The majority of points made will be relevant and there will be a clear link to the situation in the question.

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