



Mark Scheme (Results)

Summer 2017

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

Unit 9: Healthy Living  
(20952E)

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Publications Code 20952E\_1706\_MS

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## General Marking Guidance

- 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
1a (i)	C (Eggs)	<b>1x1</b> (1)

Question Number	Answer	Mark
1a (ii)	Any two from the following: <ul style="list-style-type: none"> <li>• Fats</li> <li>• Carbohydrates</li> <li>• Vitamins</li> <li>• Minerals</li> <li>• Fibre</li> <li>• Water</li> </ul>	<b>2x1</b> (2)

Question Number	Answer	Mark
1b (i)	Body Mass Index	<b>1x1</b> (1)

Question Number	Answer	Mark
1b (ii)	B (Height) D (Weight)	<b>2x1</b> (2)

Question Number	Answer	Mark
1c (i)	<p>Award one mark for the correct identification of each health risk associated with obesity for a person's physical health, up to a maximum of two marks.</p> <p>Increased risk of:</p> <ul style="list-style-type: none"> <li>• Type 2 diabetes</li> <li>• Cardiovascular disease</li> <li>• Coronary heart disease</li> <li>• Reduced mobility</li> <li>• Breast cancer</li> <li>• Bowel cancer</li> <li>• Joint and back pain/Osteoarthritis</li> <li>• Liver disease</li> </ul> <p>Accept any appropriate alternatives. Do not accept diabetes on its own. Only accept related cancers. Accept two <b>different</b> cardiovascular diseases.</p>	<b>2x1</b> (2)

Question Number	Answer	Mark
1c (ii)	<p data-bbox="347 304 1225 365">Award one mark for the correct description of each benefit and a further mark for an appropriate extension/justification.</p> <p data-bbox="347 434 480 461">Emotional</p> <ul data-bbox="395 499 1230 689" style="list-style-type: none"> <li>• Increased confidence (1) that she has overcome addiction (1)</li> <li>• Improvement in self-esteem/self-image (1) that she has made a positive lifestyle choice (1)</li> <li>• Less worries about finances (as she does not spend her money on cigarettes (1)</li> </ul> <p data-bbox="347 725 427 752">Social</p> <ul data-bbox="395 790 1241 949" style="list-style-type: none"> <li>• Able to pay for more social activities/holidays (1) as she will have more disposable income (1)</li> <li>• Increased involvement at social gatherings (1) as no longer leaves to go out to smoke (1)</li> <li>• May make new friends (1) due to reduced social stigma (1)</li> </ul> <p data-bbox="347 1014 836 1041">Accept any appropriate alternatives.</p> <p data-bbox="1246 1081 1305 1108" style="text-align: right;"><b>2x2</b></p>	<b>(4)</b>

Question Number	Answer	Mark
1c (iii)	<p data-bbox="347 1265 1273 1326">Award one mark for each correct identification of a possible effect of an irregular sleeping pattern on physical health and wellbeing.</p> <ul data-bbox="395 1364 871 1520" style="list-style-type: none"> <li>• Fatigue</li> <li>• Reduced energy levels</li> <li>• Increased risk of accident/injury</li> <li>• Bowel disorders</li> <li>• Headaches</li> </ul> <p data-bbox="384 1559 948 1585">Accept any other appropriate alternatives</p> <p data-bbox="1246 1592 1305 1619" style="text-align: right;"><b>1x2</b></p>	<b>(2)</b>

Question Number	Answer	Mark
1d (i)	<p>Award one mark for the correct identification of each form of birth control up to a maximum of two marks.</p> <ul style="list-style-type: none"> <li>• Caps</li> <li>• (contraceptive) pill</li> <li>• (contraceptive) implant</li> <li>• (contraceptive) injection</li> <li>• (contraceptive) patch</li> <li>• diaphragms</li> <li>• intrauterine device/system (IUD) (IUS)/coil</li> <li>• natural family planning (withdrawal/rhythm method)</li> <li>• vaginal ring</li> </ul> <p>Do not accept male/female condoms.</p> <p style="text-align: right;"><b>2x1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
1d (ii)	<p>Award one mark for a brief description and a further one mark for correct justification/elaboration of how using contraception to delay parenthood could maintain a close emotional relationship.</p> <ul style="list-style-type: none"> <li>• Demonstrates respect for each other (1) by taking each other's wishes into account (1).</li> <li>• More trusting /respectful relationship (1) Making a responsible decision (1)</li> <li>• Reduces the worry of unexpected/unplanned pregnancy (1) more relaxed physical relationship (1)</li> </ul> <p>Accept any other appropriate alternatives.</p> <p style="text-align: right;"><b>1x2</b></p>	<b>(2)</b>

Question Number	Answer	Mark
1d (iii)	<p>Award 1 mark for each correct explanation and a further mark for an appropriate extension/justification.</p> <ul style="list-style-type: none"> <li>• Shows the consequences of pregnancy (1) affecting finance and lifestyle (1)</li> <li>• Portrayal of contraception use as normal (1) empowers Jodie and Adam to use it (1)</li> <li>• Portrayals of deferred parenthood as normal (1) as media shows people focusing on careers (1)</li> <li>• The media may portray having children early as stressful/difficulty in coping (1) therefore damage the relationship (1)</li> </ul> <p>Accept any appropriate alternatives. Accept reverse arguments. Do not accept both sides of the same argument.</p> <p style="text-align: right;"><b>2x2</b></p>	<b>(4)</b>

Question Number	Answer	Mark
1e (i)	<p>Award 1 mark for each correct explanation and a further mark for an appropriate extension/justification.</p> <ul style="list-style-type: none"> <li>• May discuss different concepts/ideas (1) as he has support from housemates with work (1)</li> <li>• increase in grades (1) due to higher attendance as he lives near the university (1)</li> <li>• financial management (1) he has to manage household bills/shopping</li> <li>• Learning new skills (1) having to cook, clean, wash clothes, iron, etc. (1)</li> <li>• increase in knowledge (1) due to better access to resources (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2x2</b></p>	<b>(4)</b>
1e (ii)	<p>Award 1 mark for each correct explanation and a further mark for an appropriate extension/justification.</p> <ul style="list-style-type: none"> <li>• lower self-esteem (1) due to disengagement with studies (1)</li> <li>• lack of motivation (1) due to financial worries (1)</li> <li>• anxiety/worry (1) because missing his parents (1)</li> <li>• poor self-image (1) Concerns over unbalanced diet/weight gain</li> <li>• low mood/mental health issues (1) alcohol being a depressant</li> </ul> <p>Accept any other appropriate alternatives</p> <p style="text-align: right;"><b>1x2</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2a (i)	<p>Award one mark for correct identification of a source of formal support.</p> <p>Any one from:</p> <ul style="list-style-type: none"> <li>• Doctor/GP (1)</li> <li>• Health specialist (1)</li> <li>• Practice/Specialist nurse (1)</li> <li>• Pharmacist (1)</li> <li>• Counsellors (1)</li> <li>• Support groups (1)</li> <li>• Social worker (1)</li> </ul> <p>Award one mark for correct identification of a source of informal support.</p> <p>Any one from:</p> <ul style="list-style-type: none"> <li>• Family (1)</li> <li>• Friends (1)</li> <li>• Partner/Spouse (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p>Do not credit responses that are about sources of information, e.g. websites, magazines Do not accept rehabilitation as this is a form of treatment not support.</p> <p style="text-align: right;"><b>2x1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2a (ii)	<p>Award one mark for a brief description and a further one mark for correct justification/elaboration of possible barriers to Jamie seeking support.</p> <ul style="list-style-type: none"> <li>• No access to services (1) as he may not be registered with a GP due to being homeless (1)</li> <li>• Unable to contact services (1) as there may be a lack of awareness of help available (1)</li> <li>• Lack of informal support (1) as he has no contact with family</li> <li>• peer group pressure to continue using (1) due to his friends using recreational drugs (1)</li> <li>• Addiction (1) may not feel ready or able to seek help (1)</li> <li>• Lack of motivation (1) due to living/social circumstances (1)</li> <li>• Accept any appropriate alternatives.</li> <li>• Fear/lack of trust (1) Due to legal implications</li> </ul> <p style="text-align: right;"><b>2x2</b></p>	<b>(4)</b>



Question Number	Answer	Mark
2b (i)	<p>Award one mark for the correct identification of each form of support up to a maximum of two marks.</p> <ul style="list-style-type: none"> <li>• Listening (1)</li> <li>• Empathy (1)</li> <li>• Motivation/Encouragement (1)</li> <li>• Guidance/Help/Advice on exercise/diet/target setting(1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2x1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2b (ii)	<p>Award one mark for the correct identification of a lifestyle choice that could contribute to Heng being overweight.</p> <ul style="list-style-type: none"> <li>• Excessive alcohol use</li> <li>• Lack of regular exercise</li> </ul> <p style="text-align: right;"><b>1x1</b></p>	<b>(1)</b>

Question Number	Answer	Mark
2b (iii)	<p>Award one mark for the correct identification of an alternative support strategy.</p> <ul style="list-style-type: none"> <li>• Healthy lifestyle plan</li> <li>• Hypnotherapy</li> <li>• Acupuncture</li> <li>• Medication</li> <li>• Surgery</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>1x1</b></p>	<b>(1)</b>

Question Number	Answer	Mark
2b (iv)	<p>Award one mark for a brief description and a further one mark for correct justification/elaboration of possible barriers to Heng reaching his weight loss goal.</p> <ul style="list-style-type: none"> <li>• Setting unrealistic weight loss targets (1) therefore lack commitment when little progress is made (1)</li> <li>• Lack of motivation (1) as he might have low self-esteem (1)</li> <li>• Financial issues (1) therefore cannot afford to attend classes (1)</li> <li>• Lack of nutritional knowledge (1) therefore unable to provide healthy meals (1)</li> <li>• Family/peer pressure (1) to continue to eat a poor diet (1)</li> <li>• Predetermined commitments (1) therefore unable/unwilling to take time to exercise (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>1x2</b></p>	<b>(2)</b>

Question Number	Indicative content	
2 C	<p><b>Strategies</b></p> <ul style="list-style-type: none"> <li>• Formal support</li> <li>• Counselling</li> <li>• Informal support</li> <li>• SMART targets</li> <li>• Reward progress</li> <li>• Opt out of rounds when out with friends</li> <li>• Alternate soft drinks with alcohol</li> <li>• Reduce potential situations that could encourage Veronica to drink alcohol/don't keep alcohol in the house (avoid temptation)</li> <li>• Take up hobbies</li> <li>• Exercise</li> <li>• Medication</li> <li>• Complementary therapies</li> </ul> <p><b>Barriers</b></p> <ul style="list-style-type: none"> <li>• Stress</li> <li>• Still grieving for her brother</li> <li>• Addiction</li> <li>• Low self-esteem</li> <li>• Lack of access to support</li> <li>• Lack of understanding</li> <li>• Motivation</li> <li>• Influence of media</li> <li>• Influence of family/friends</li> <li>• Unrealistic goals</li> </ul>	
Level	Mark	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.

