



Mark Scheme (Results)

June 2014

NQF BTEC Level 1/Level2 Firsts in  
Health & Social Care

Unit 9: Healthy Living (20952E)

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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.
- 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.

<b>Question Number</b>	<b>Answer</b>	<b>Mark</b>
1(a)	C (Increased risk of accident) E (Increased fatigue levels)	<b>2 x 1 (2)</b>

<b>Question Number</b>	<b>Answer</b>	<b>Mark</b>
1(b)	<p>Award one mark for correct identification of each factor that can negatively affect sleep patterns, up to a maximum of two marks.</p> <p>Any two from:</p> <ul style="list-style-type: none"> <li>• menopause (1)</li> <li>• puberty (1)</li> <li>• hormonal changes (1)</li> <li>• pregnancy (1)</li> <li>• disease/illness (1)</li> <li>• reduced need for sleep in older age (1)</li> <li>• prostatic conditions for men (1)</li> <li>• employment-related factors (1)</li> <li>• stress (1)</li> <li>• relationship problems (1)</li> <li>• family problems (1)</li> <li>• working shift/unsocial hours (1)</li> <li>• environmental/external noise (1)</li> <li>• drugs/solvent use (1)</li> <li>• alcohol use (1)</li> <li>• dementia (1)</li> <li>• external temperature/humidity (1)</li> <li>• poor housing conditions (1)</li> <li>• lack of routine (1)</li> </ul>	<b>2 x 1 (2)</b>

<b>Question Number</b>	<b>Answer</b>	<b>Mark</b>
2(a)	A (Emphysema) C (Lung cancer)	<b>2 x 1 (2)</b>

Question Number	Answer	Mark
2(b)	<p>Award one mark for correct identification of a short-term effect of smoking on a person's physical health.</p> <p>Any one from:</p> <ul style="list-style-type: none"> <li>• cough (1)</li> <li>• yellow fingers (1)</li> <li>• bad breath (1)</li> <li>• general smell on hair/clothing (1)</li> <li>• cravings (1)</li> <li>• breathlessness (1)</li> <li>• increased heart rate (1)</li> <li>• increased blood pressure (1)</li> <li>• increased incidence of colds (1)</li> <li>• suppresses appetite (1)</li> <li>• increases metabolism (1)</li> </ul> <p><b>Do not</b> accept coronary heart disease or other long-term effects nor effect on stress levels/emotional health.</p> <p style="text-align: right;"><b>1 x 1 (1)</b></p>	

Question Number	Answer	Mark
3	<p>Award one mark for correct identification of each effect on either health or wellbeing, up to a maximum of two marks.</p> <p>Any two from:</p> <ul style="list-style-type: none"> <li>• contract disease eg. virus, bacterial infection (1)</li> <li>• contract illness (1)</li> <li>• skin infection (1)</li> <li>• poor self-care (1)</li> <li>• body odour (1)</li> <li>• social isolation (1)</li> <li>• difficulty in gaining friends/partner (1)</li> <li>• loss of friends/partner (1)</li> <li>• bullying (1)</li> <li>• unemployment (1)</li> <li>• poor self-esteem/self-image (1)</li> <li>• tooth decay (1)</li> <li>• gum infection/disease (1)</li> <li>• reduced access to education/opportunities (1)</li> <li>• unhappiness/depression (1)</li> </ul> <p><b>Do not</b> accept responses that mention development without giving specific examples.</p> <p style="text-align: right;"><b>2 x 1 (2)</b></p>	

Question Number	Answer	Mark
4	<p>Award one mark for the identification of each physical benefit of a regular exercise routine, up to a maximum of two marks.</p> <p>Any two from:</p> <ul style="list-style-type: none"> <li>• toned figure/physique (1)</li> <li>• physically fit (1)</li> <li>• maintenance of healthy weight (1)</li> <li>• appropriate weight loss (1)</li> <li>• increased energy levels (1)</li> <li>• improved flexibility/strength (1)</li> <li>• reduce likelihood of disease or illness (1)</li> <li>• healthy body systems eg. respiratory (1)</li> <li>• improved sleep patterns (1)</li> <li>• reduced risk of obesity (1)</li> <li>• positive hormonal effect eg release of endorphins (1)</li> </ul> <p><b>Do not</b> accept answers about emotional health.</p> <p><b>Do accept</b> answers that list specific illnesses or diseases <b>except</b> cancer or arthritis.</p> <p style="text-align: right;"><b>2 x 1 (2)</b></p>	

Question Number	Answer	Mark
5(a)	<p>Award one mark for correct identification of how excessive alcohol consumption can lead to having an accident.</p> <p>Award one mark for each correct justification/elaboration.</p> <ul style="list-style-type: none"> <li>• Can impair judgment (1) leading to misuse of operating machinery/car (1)</li> <li>• Can affect the chemical balance in the brain (1) leading to increased risk taking (1)</li> <li>• Balance centre in the brain/ears affected (1) and so a person could easily fall over (1)</li> <li>• Jayne may trust others around her who are also drunk (1) therefore putting herself in danger (1)</li> <li>• Unsafe sexual practice (1) leading to unplanned pregnancy or disease (1)</li> <li>• Change of behaviour (1) leading to unforeseen event (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1 (2)</b></p>	

Question Number	Answer	Mark
5(b)	<p>Award one mark for identifying what Jayne's family can do.</p> <p>Award one mark for a description of the support given.</p> <ul style="list-style-type: none"> <li>• Being a good role model to Jayne (1) by setting a good example on how much to drink/when to drink (1)</li> <li>• Be blunt and honest (1) and point out an example of the potential impact of Jayne's drinking on her health eg cirrhosis of the liver (1)</li> <li>• Advise Jayne to seek formal support (1) by going to her doctor/counsellor to seek help and advice (1)</li> <li>• Providing Jayne with ongoing support (1) by helping her to keep to an agreed plan (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
6(a)	<p>D (Obese)</p> <p style="text-align: right;"><b>1 x 1</b></p>	<b>(1)</b>

Question Number	Answer	Mark
6(b)	<p>Award one mark for identification of a limitation of only using BMI.</p> <p>Award one mark for a description of the limitation.</p> <ul style="list-style-type: none"> <li>• It is not always an accurate reflection of a person's physical health (1) as it only takes into consideration height and weight (1)</li> <li>• It does not take into account differences in body shape or structure (1) leading to inaccurate categorisation (1)</li> <li>• It doesn't assess fat/muscle composition (1) and so isn't a true reflection of someone's physical health (1)</li> <li>• Inaccurate in younger ages (1) due to effects of growing (1)</li> </ul> <p><b>Do not</b> accept responses about emotional health and wellbeing.</p> <p><b>Do accept</b> answers that refer to limitations based on boundaries between BMI ratings eg. underweight to normal, overweight to obese</p> <p style="text-align: right;"><b>1x2</b></p>	<b>(2)</b>

Question Number	Answer	Mark
7(a)	<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>• Dietician (1)</li> <li>• Nutritionist (1)</li> <li>• doctor/GP (1)</li> <li>• support group eg. WeightWatchers (1)</li> <li>• fitness adviser/personal trainer (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> <li>• work colleagues (1)</li> <li>• internet forums (1)</li> <li>• helplines (1)</li> </ul> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
7(b)	<p data-bbox="408 293 1257 322">Award one mark for correct identification of the possible effect.</p> <p data-bbox="408 356 1278 421">Award one mark for correct justification/elaboration of the effect on Guy's emotional health and wellbeing.</p> <ul data-bbox="459 454 1299 936" style="list-style-type: none"> <li data-bbox="459 454 1299 546">• Guy might be embarrassed (1) and so may withdraw from social contact/display overcompensated behaviour (class clown) (1)</li> <li data-bbox="459 551 1299 616">• Guy may have low self-esteem (1) which could lead to absence at college/lower academic achievement (1)</li> <li data-bbox="459 620 1299 712">• Guy's mental health and wellbeing may be affected (1) which could lead to more serious mental health conditions eg. depression/self-harming (1)</li> <li data-bbox="459 716 1299 808">• Guy's self-concept may be negative (1) and this could lead to him feeling like he is different to others and he doesn't fit in, which could lead to loneliness (1)</li> <li data-bbox="459 813 1299 878">• Guy may be teased/bullied (1) and this could lead to Guy feeling suicidal or actually committing suicide (1)</li> <li data-bbox="459 882 1299 936">• Guy may have a negative body image (1) due to media pressure which creates stereotyping (1)</li> </ul> <p data-bbox="408 969 1246 999">Accept any appropriate alternatives, including positive effects.</p> <p data-bbox="1238 1032 1315 1061" style="text-align: right;"><b>2 x 1</b></p> <p data-bbox="1238 1066 1315 1095" style="text-align: right;"><b>2 x 1</b></p>	<b>(4)</b>

Question Number	Answer	Mark
8	<p>Award one mark for correct identification of a physical health issue.</p> <p>Award one mark for correct justification/elaboration of the effect.</p> <ul style="list-style-type: none"> <li>• Prolonged use of recreational drugs leads to increased tolerance (1) and as a result Lucy may be tempted to take more, which could lead to an accidental overdose (1)</li> <li>• Lucy's prolonged use of drugs from different sources increases the risk of contamination (1) and this could lead to infection/adverse reactions/organ failure/death (1)</li> <li>• Shared use of drug paraphernalia increases the risk of cross infection (1) leading to increased risk of transmission of diseases such as abscesses, HIV, Hepatitis C or collapsed veins (1)</li> <li>• Lucy may engage in unsafe sexual practice under the influence of drugs (1) which may lead to contracting sexually transmitted diseases eg. syphilis, gonorrhoea, chlamydia and unwanted pregnancies/infertility (1).</li> <li>• Lucy could become involved in criminal activity (1) which could result in physical harm (1)</li> <li>• Prolonged drug use can interfere with Lucy's nutritional absorption (1) leading to malnutrition (1)</li> <li>• There could be changes to Lucy's appetite (1) as the drugs may suppress her appetite, leading to malnutrition (1)</li> <li>• Effect on central nervous system (1) leading to altered gait (1)</li> <li>• Altered perception (1) leading to increased risk of accident (1)</li> <li>• Drowsiness (1) leading to accident (1)</li> <li>• Loss of interest in other activities (1) leading to lack of physical fitness (1)</li> </ul> <p>Accept any appropriate alternatives, including responses that refer to solvents.</p> <p style="text-align: right;"><b>2 x 1</b> <b>2 x 1</b></p>	<p style="text-align: right;"><b>(4)</b></p>

Question Number	Answer	Mark
9	<p>Award one mark for correct identification of a lifestyle choice.</p> <p>Award one mark for correct justification/elaboration of the negative effect of that lifestyle choice.</p> <ul style="list-style-type: none"> <li>• A poor diet lacking nutrients may lead to poor concentration levels (1) which can impact negatively on intellectual tasks, eg. working out a budget, problem-solving (1)</li> <li>• A diet high in fat could lead to obesity and this could lead to feelings of low self-esteem/depression (1) this could lead to negative consequences in their career (1)</li> <li>• Physical activity can result in injury (1), which can impact on their intellectual development and ability, eg. brain damage/spinal injury (1)</li> <li>• Irregular sleep patterns could leave a person fatigued and unable to stay awake during daylight hours (1) meaning that study/work could be affected negatively (1)</li> <li>• Inactive lifestyle (1) leading to poor mental stimulation (1)</li> <li>• Excessive alcohol intake (1) leading to brain damage (1)</li> <li>• Long-term smoking (1) leading to degeneration of blood vessels leading to impairment of brain function (1)</li> <li>• Choice of social group (1) leading to peer pressure causing a negative attitude to learning (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p><b>Do not</b> accept responses that refer to recreational drugs or emotional health and wellbeing.</p> <p style="text-align: right;"><b>2 x 1</b> <b>2 x 1</b></p>	<b>(4)</b>

Question Number	Answer	Mark
10	<p data-bbox="411 293 1278 322">Award one mark for correct identification of a potential difficulty.</p> <p data-bbox="411 356 1198 421">Award one mark for correct justification/elaboration of this difficulty.</p> <ul data-bbox="459 454 1294 875" style="list-style-type: none"> <li data-bbox="459 454 1294 551">• Ruby is a student with limited financial resources (1) and so she may not be able to afford to join an exercise class / gym or similar (1)</li> <li data-bbox="459 551 1294 616">• As a student Ruby may have little free time (1) and not enough time for exercise (1)</li> <li data-bbox="459 616 1294 680">• Geographical location of fitness facilities (1) could be far away and not convenient to use (1)</li> <li data-bbox="459 680 1294 808">• Peer group pressure (1) could impact on Ruby's ability to stick to her exercise plan by trying to persuade her to spend her free time out with them rather than exercising (1)</li> <li data-bbox="459 808 1294 875">• Ruby may lose her motivation (1) as exercise can be tougher than she thought (1)</li> </ul> <p data-bbox="411 909 895 938">Accept any appropriate alternatives.</p> <p data-bbox="1238 943 1310 972" style="text-align: right;"><b>2 x 1</b></p> <p data-bbox="1238 972 1310 1001" style="text-align: right;"><b>2 x 1</b></p>	<p data-bbox="1342 972 1390 1001" style="text-align: right;"><b>(4)</b></p>

Question Number	Answer	Mark
11(a)	<p>Award one mark for correct identification of overcrowding on a person's emotional health and wellbeing.</p> <p>Award one mark for correct justification/elaboration.</p> <ul style="list-style-type: none"> <li>• There is a negative effect on a person's emotional health and wellbeing (1) due to the lack of privacy/excessive noise/lack of space/stress (1)</li> <li>• A negative effect of overcrowding could be depression (1) due to feelings of helplessness/inability to escape (1)</li> <li>• A person's emotional health and wellbeing may be affected negatively if he/she is in an overcrowded home environment (1) he/she may become tearful and upset because of arguments and disagreements (1)</li> <li>• A person may feel a lack of personal ownership (1) as there is no clear demarcation of people's belongings (1)</li> </ul> <p>Or</p> <ul style="list-style-type: none"> <li>• Overcrowding can have a positive effect on a person's emotional health and wellbeing (1) by creating a sense of security (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
11(b)	<p data-bbox="408 293 1278 353">Award one mark for correct identification of an effect on physical health.</p> <p data-bbox="408 389 1171 450">Award one mark for correct justification/elaboration with examples.</p> <ul data-bbox="459 517 1305 965" style="list-style-type: none"> <li data-bbox="459 517 1257 613">• Overcrowding could affect physical health (1) due to increased susceptibility to contracting diseases eg. noro virus, measles, salmonella or e-coli (1)</li> <li data-bbox="459 613 1294 741">• Worsening of underlying health conditions (1) eg. living in a home where there is more dust may mean someone's asthma/allergic rhinitis is made worse and his/her physical health would be affected (1)</li> <li data-bbox="459 741 1305 801">• Physical illness eg high blood pressure (1) caused by stress (1)</li> <li data-bbox="459 801 1299 862">• Environmental conditions affect quality of sleep (1) leading to negative effects on physical health (1)</li> <li data-bbox="459 862 1299 965">• A person may be encouraged to go out more to escape the overcrowding (1) leading to exercise which would affect physical health (1)</li> </ul> <p data-bbox="408 1003 1235 1064">Accept any appropriate alternatives, including responses that explain positive effects.</p> <p data-bbox="1238 1066 1315 1126" style="text-align: right;"><b>2 x 1</b> <b>2 x 1</b></p>	<b>(4)</b>

Question Number	Indicative content	
12	<p><b>Strategies for Ravi to control/stop smoking:</b></p> <ul style="list-style-type: none"> <li>• Stop smoking plan/setting realistic goals</li> <li>• Seeking formal support/continue to see the GP for advice/practice nurse/primary care centres/local stop smoking group/counselling</li> <li>• Seeking informal support from family members, friends and work colleagues</li> <li>• Using 'alternative' nicotine products/electronic cigarettes/sprays/gums/patches</li> <li>• Changing social activities where he might have smoked to doing something where he is unable to smoke</li> <li>• Start to do some basic exercise, eg. swimming.</li> </ul> <p><b>Potential barriers to Ravi achieving stopping smoking:</b></p> <ul style="list-style-type: none"> <li>• The motivation to change (his internal motivation)</li> <li>• Time constraints to plan and to take up alternative activities</li> <li>• The influence of partners/family/friends/customers (Ravi has many influences around him who may also smoke)</li> <li>• Self-esteem may be low as he is feeling unwell</li> <li>• Lack of education/understanding, he hasn't established healthy patterns/routines, he may not actually understand healthy lifestyle choices</li> <li>• May not set realistic targets</li> <li>• Addictive activity – hard to break.</li> </ul> <p><b>Conclusion:</b> Conclusion for whether the stop smoking target set is realistic or not, with a justification/rationale. <b>Answers must relate to smoking and not other lifestyle choices.</b></p>	
Level	Mark	Descriptor
	0	No rewardable material
<b>Level 1</b>	1–3	A few key points identified, <b>or</b> 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.
<b>Level 2</b>	4–6	Some points identified, <b>or</b> 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.
<b>Level 3</b>	7–8	Range of points described, <b>or</b> 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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