

**Pearson BTEC Level 3 National Certificate, Extended Certificate,  
Foundation Diploma, Diploma, Extended Diploma**

Please check the examination details below before entering your candidate information

Candidate surname	Other names
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Centre Number	Learner Registration Number
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**Time** 1 hour 30 minutes

**Paper  
reference**

**31490H**

**Health and Social Care**  
**UNIT 1: Human Lifespan Development**

**You do not need any other materials.**

Total Marks

**Instructions**

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

**Information**

- The total mark for this paper is 90.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

**Advice**

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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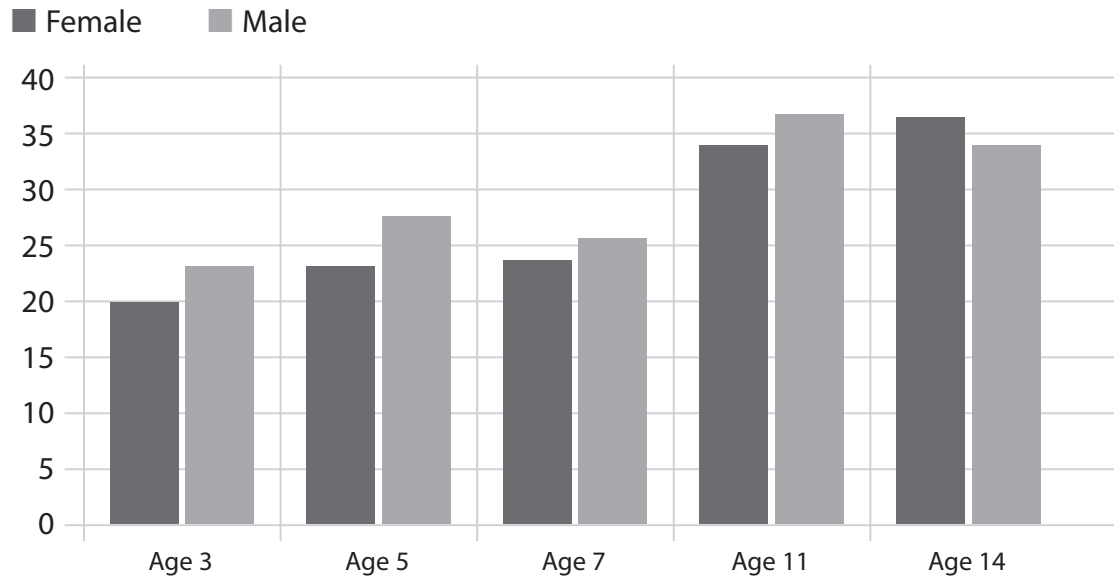


Answer ALL questions. Write your answers in the spaces provided.

Afia lives with Rab and their three children. Blessing, aged 18 months, Ade, aged five years and Mosi, aged 13 years.

**“Stark increases in excess weight” between ages 7 and 11**

Percentage of UK children who are obese or overweight



(Source: Millennium Cohort Study, Centre for Longitudinal Studies)

1 (a) Identify, using the data from the graph:

(i) the age boys are least likely to be overweight

(1)

(ii) the age girls are more likely than boys to be overweight.

(1)



(b) Outline the differences between fine motor skills in infancy and fine motor skills in early childhood.

(4)

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Ade has started primary school. The teacher of his class is worried that Ade is being bullied.

(c) Outline **two** ways bullying may impact on an individual's self-concept.

(4)

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Mosi, aged 13, attends a local secondary school. His parents are worried that he is mixing with students who are a bad influence on him. Mosi has joined a book club at school.

(d) Describe **two** ways peer pressure may have a positive impact on development in adolescence.

(4)

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Mosi's brother, Ade, is mixing well with other children at his primary school.

(e) Describe **three** stages of play that children will pass through.

(6)

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(f) Evaluate the impact of the changes experienced in adolescence on individual self-concept.

(10)

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**(Total for Question 1 = 30 marks)**



Afia has started working at her local sixth form college where she teaches sociology. Afia's mother, Nia, was recently diagnosed with type 2 diabetes.

2 (a) Outline what is meant by a 'genetic predisposition'.

(2)

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(b) Describe how **two** conditions caused by genetic inheritance or genetic predisposition may impact an individual's development.

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Nia attends regular check-ups at local healthcare services.

(c) Explain why some individuals may have trouble accessing health and social care services.

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Nia regularly meets her friends and enjoys a glass of wine with her lunch when they go out.

(d) Evaluate the impact of alcohol consumption on an individual's health and wellbeing. (10)

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In England, Cardiovascular disease (CVD) causes one in four deaths, which equates to one death every four minutes.

(Source: Public Health England)

Cardiovascular disease is a major cause of premature death in the UK.

(e) To what extent do environmental and social factors impact on the likelihood of premature death?

(10)

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(Total for Question 2 = 30 marks)



As Nia is retired, she is finding it difficult to pay for repairs to her house.

3 (a) Describe how poor housing conditions may affect an individual's health.

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Afia has entered the menopause.

(b) Describe the effects of **three** physical changes experienced during the menopause.

(6)

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After a discussion with Afia, Nia has moved into a care home. However, she is not mixing well with other residents who live there and rarely leaves her room.

(c) Evaluate why people in later adulthood may stop socialising on a regular basis.

(10)

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**(Total for Question 3 = 30 marks)**

**TOTAL FOR PAPER = 90 MARKS**



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