

Mark Scheme (Results)

January 2012

Principal Learning
Society, Health and Development
(SH106) Paper 01
Health, Wellbeing and Lifestyle

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Publications Code DP030866

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Question Number	Answer	Mark															
1(a)(i) & (ii)	1 mark for each correctly placed cross. Subtract 1 mark for each wrong answer <table border="1" style="margin-left: 40px;"> <thead> <tr> <th>Lifestyle Choices</th> <th>Positive</th> <th>Negative</th> </tr> </thead> <tbody> <tr> <td>Eating fast food</td> <td></td> <td>X</td> </tr> <tr> <td>Swimming regularly</td> <td>X</td> <td></td> </tr> <tr> <td>Not smoking cigarettes</td> <td>X</td> <td></td> </tr> <tr> <td>Binge drinking</td> <td></td> <td>X</td> </tr> </tbody> </table>	Lifestyle Choices	Positive	Negative	Eating fast food		X	Swimming regularly	X		Not smoking cigarettes	X		Binge drinking		X	(4)
Lifestyle Choices	Positive	Negative															
Eating fast food		X															
Swimming regularly	X																
Not smoking cigarettes	X																
Binge drinking		X															

Question Number	Answer	Mark
1(b)	Binge drinking or eating fast food	(1)

Question Number	Answer	Mark
1(c)	IDENTIFY any ONE of the following / similar: Improves physical health / tones the body / tones the muscles / weight loss / increases stamina / keeps joints mobile / promotes wellbeing by reducing depression / improves self esteem / good form of exercise.	(1)

Question Number	Answer	Mark
2(a)(i)	1 mark for each of the following: <ul style="list-style-type: none"> • Walks to work • Swimming 	(2)

Question Number	Answer	Mark
2(a)(ii)	IDENTIFY any ONE of the following: Teaching / Reading / Yoga	(1)

Question Number	Answer	Mark
2(a)(iii)	IDENTIFY any TWO of the following: Working as a teacher Drinking beer with his friends Swimming with Jane 1 mark for each identified to a maximum of 2 marks	(2)

Question Number	Answer	Mark
2(a)(iv)	<p>1 mark for identification of activity plus: 1 mark for brief outline of effect or 2 marks for amplification of effect</p> <p>IDENTIFY the following ACTIVITY: Swimming</p> <p>OUTLINE of effect: Bonding with each other / spending time together / feel closer / wanted / needed / feel good about themselves together / special time together / or similar</p> <p>Possible response (for 2 marks): Spending time together (1) And therefore feeling closer and happier (1)</p>	(3)

Question Number	Answer	Mark
2(b)	<p>Explain ONE effect of Yoga on Jane's Physical health for 2 marks max, effects to include: Increased flexibility / toned muscles / healthy joints / supports mobility</p> <p>PLUS</p> <p>Explain ONE effect of Yoga on Jane's Emotional wellbeing for 2 marks max, effects to include: de-stressed / increased self-esteem / yoga is her time / feel good about herself</p> <p>If only 1 effect explained then a max of 2 marks only</p>	(4)

Question Number	Answer	Mark
3(a)	<p>1 mark for partial description 2 marks for fuller description / amplification MUST BE POSITIVE EFFECT ON AMBERS SOCIAL HEALTH AND WELLBEING ONLY</p> <p>Answer to include: Meeting new people / making friends / development of communication skills / learning how to mix with people from different backgrounds / secondary socialization</p> <p>Possible response (for 2 marks): Making friends (1) Sharing new experiences together (1)</p>	(2)

Question Number	Answer	Mark
3(b)	<p>1 mark for partial description 2 marks for fuller description / amplification MUST BE POSITIVE EFFECT ON ELLIOTT'S PHYSICAL HEALTH AND WELLBEING ONLY Answer to include: Become fitter / development of stamina / less likely to become obese / less likely to get overweight as he grows / development of strength / improved co-ordination / good form of exercise.</p> <p>Possible response (for 2 marks): Become fitter (1) Because muscles become stronger (1)</p>	(2)
Question Number	Answer	Mark
3(c)	<p>1 mark for partial description 2 marks for fuller description / amplification MUST BE POSITIVE EFFECT ON RUBYS INTELLECTUAL HEALTH AND WELLBEING ONLY Answer to include: Improved concentration / new cognitive connections made in brain / learning something new / a new skill / improvement on ability to learn / increased vocabulary</p> <p>Possible response (for 2 marks): Learning something new (1) Improves memory (1)</p>	(2)

Question Number	Answer	Mark
4(a)	<p>ONLY ON THE CHILDREN (NOT RUTH)</p> <p>1 mark for the identification of the activity Ruth does with her grandchildren: Activity: Taking the grandchildren to the park</p> <p>And then: 1 mark for a brief outline on the effect to the children's physical health and wellbeing or 2 marks for a fuller description / amplification on the effect</p> <p>To include: Improved physical fitness / because of running around / going on slides and swings etc/ burning off fat so keeping chances of becoming obese or overweight reduced / going to the park means the children are not sitting watching TV or playing computer games so benefits them physically / strengthens muscles</p> <p>Possible response (for 2 marks): Improved physical fitness (1) because of running around (1)</p>	(3)

Question Number	Answer	Mark
4(b)	<p>ONLY ON RUTH</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Development of a new language &/or communication skills / learning about different foods / learning about different cultures / trying out new things develops the brain / similar positive answers</p> <p>Possible response (for 2 marks): Learning about new places (1) gaining new experiences (1)</p>	(2)

Question Number	Answer	Mark
4(c)	<p>IDENTIFY any ONE of the following: Working in local charity shop / shopping with friends</p>	(1)

Question Number	Answer	Mark
4(d)	<p>ONLY ON MARY 1 mark for partial description 2 marks for fuller description / amplification Answer to include: More likely to get ill / liver damage / cancer / high blood pressure / heart disease / may get overweight / may get too skinny as drinking rather than eating / physically unable to do things safely when drinking too much, so physically unsafe</p> <p>Possible response (for 2 marks): More likely to get ill (1) Example of illness, e.g. liver damage (1)</p>	(2)

Question Number	Answer	Mark
4(e)(i)	<p>ONLY ON RUTH ONE Positive effect of looking after her grandchildren 1 mark for partial description 2 marks for fuller description / amplification Answer to include: Any of PIES health and wellbeing e.g. spending more time with grandchildren / bonding with grandchildren (emotional) / more active / physical fitness (physical) / meeting people through doing things with her grandchildren (social) / learning new activities / reading books to her grandchildren (intellectual) / or similar</p> <p>Possible response (for 2 marks): Spending more time with grandchildren (1) Bonding with grandchildren (1)</p>	(2)

Question Number	Answer	Mark
4(e)(ii)	<p>ONLY ON RUTH ONE Negative effect of looking after her grandchildren 1 mark for partial description 2 marks for fuller description / amplification Answer to include: Any of PIES health and wellbeing e.g. less time for herself (emotional) / feeling tired and worn out (physical) / missing out on her own social activities and relationships (social) / or similar</p> <p>Possible response (for 2 marks):</p>	(2)

	Less time for herself (1) Missing out on her own social life (1)	
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Question Number		Indicative Content
4(f)		<p>Answers to be on the effects on health and wellbeing of Ben and Jane ONLY (NOT RUTH and MARY) Effects can be positive and negative</p> <p>Positive, e.g.</p> <ul style="list-style-type: none"> • More help with children • closer relationships / more bonding • advice on child rearing / supportive • more help around the house with housework <p>Negative, e.g.</p> <ul style="list-style-type: none"> • getting in the way / too many people around at the wrong time can cause stress • more expenses can lead to stress • Ruth and Mary's problems will be stressful for Ben and Jane e.g. Mary drinking too much alcohol • Ruth &/or Mary may try to be in charge <p>or similar</p>
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Brief description of one or two effects on Ben and Jane's health and wellbeing
2	3-4	Full description of more than one effect on Ben and Jane's health and wellbeing For full marks MUST include both positive and negative effects

Question Number	Answer	Mark
5(a)	<p>IDENTIFY any TWO PRACTITIONERS (NOT FAMILY MEMBERS) from the following:</p> <p>Paramedic / ambulance crew member / doctor / radiologist / nurse / plaster room staff / GP / practice nurse / teacher / teaching assistant / school nurse / counsellor or similar</p>	(2)

Question Number	Answer	Mark
5(b)	<p>DESCRIBE TWO effects of having a broken arm on AMBER's health and wellbeing ONLY Maximum of 2 marks for each effect. 1 mark for partial description of effect 2 marks for fuller description / amplification 2x2 marks available</p> <p>Any of PIES to be included e.g. Physical – less physical ability / unable to join in with certain games and activities e.g. PE / painful / heavy arm / unable to do normal physical things with right arm e.g. clean her teeth, write, colour / Intellectual – may fall behind a little in studies as unable to write with right hand / may have to miss certain lessons e.g. Games and PE / Emotional – feeling down as not being able to join in with everything as normal / feeling left out / feeling sorry for herself / Social – not able to play out as much with friends / restrictions in playground and in lessons</p> <p>Possible response: She cannot write with her right hand (1) May fall behind with school work (1)</p>	(4)

Question Number	Answer	Mark
5(c)	<p>DESCRIBE ONE way RUBY CAN HELP AMBER ONLY 1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Carrying things for her / putting things away / being kind and considerate / showing her she cares / being normal and playing with each other but taking extra care / looking out for her at school / or similar</p> <p>Possible response: Carrying things for her (1) Example, such as school bag (1)</p>	(2)

Question Number	Answer	Mark
6(a)	<p>IDENTIFY TWO of the following: Observation / interviews / talking with the patient</p>	(2)

Question Number	Answer	Mark
6(b)	One mark for each of the following <ul style="list-style-type: none"> • Measuring height • Measuring weight • Calculation i.e. weight / height² • Measures whether Ruth falls into a healthy weight range for her height / 19 – 25 	(4)

Question Number	Indicative Content	
7	<p>ANSWERS TO BE ON RUTH’S HEALTH AND WELLBEING ONLY. MUST INCLUDE HER CURRENT HEALTH STATUS AND SUGGESTIONS ON HOW SHE COULD IMPROVE IT.</p> <p>Ruth’s current health status – answers may include:</p> <ul style="list-style-type: none"> • Looks after her grandchildren a lot – this is positive but it may be that that she is spending too much time with them and doesn’t have enough time to herself • very tired and feeling down • comfort eating on snacks high in fat / gaining weight • not sleeping well • travels with friends • enjoys cooking • Gone to the GP for health as she wishes to feel better / she is worried about her health and wellbeing <p>Suggestions for improvement – answers may include:</p> <ul style="list-style-type: none"> • Do more exercise • have more time for herself and what she wants to do rather than the grandchildren • make more friends • take up a hobby • see a counsellor to talk through about feeling down and not sleeping well • see a dietician to get advice on healthy eating • join a slimming group / eat healthy snacks like fruit instead of high fat snacks • have a bed time routine to help her relax e.g. warm bath and a hot drink and a good book this will aid good quality sleep 	
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Only partial / brief assessment of Ruth’s current state of health and wellbeing. None / very weak suggestions for improvement. Credit may be given for some suggestions for improvement without assessment of current health and wellbeing
2	3-4	More detailed assessment of Ruth’s current state of health and wellbeing. Suggestions of improvements are included

		but these are not fully developed
3	5-6	Full assessment of Ruth's current state of health and wellbeing and fully developed improvements are suggested

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Order Code DP030866 January 2012

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