

Mark Scheme (Results)

Summer 2013

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

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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															
1(a)(i) & (ii)	1 mark for each correctly placed cross. Subtract 1 mark for each wrong answer	(4)															
	<table border="1"> <thead> <tr> <th>Lifestyle Choices</th> <th>Positive</th> <th>Negative</th> </tr> </thead> <tbody> <tr> <td>Learning a new language</td> <td>X</td> <td></td> </tr> <tr> <td>Eating a diet high in fat</td> <td></td> <td>X</td> </tr> <tr> <td>Taking regular exercise</td> <td>X</td> <td></td> </tr> <tr> <td>Smoking cigarettes</td> <td></td> <td>X</td> </tr> </tbody> </table>		Lifestyle Choices	Positive	Negative	Learning a new language	X		Eating a diet high in fat		X	Taking regular exercise	X		Smoking cigarettes		X
	Lifestyle Choices		Positive	Negative													
	Learning a new language		X														
	Eating a diet high in fat			X													
	Taking regular exercise		X														
Smoking cigarettes		X															

Question Number	Answer	Mark
1(b)	Either: eating a diet high in fat or smoking cigarettes	(1)

Question Number	Answer	Mark
1(c)	IDENTIFY any ONE of the following / similar: Increased fitness / toned figure / toned physique / physically toned / improved cardio-vascular health / increased mental wellbeing / less likely to be overweight / less likely to become obese / injury may effect health and wellbeing negatively	(1)

Question Number	Answer	Mark
2(a)(i)	IDENTIFY the following: <ul style="list-style-type: none"> • Gardening • Playing bowls 	(2)

Question Number	Answer	Mark
2(a)(ii)	IDENTIFY any ONE of the following: Involved with local church / singing in the choir / singing in the choir with Reg	(1)

Question Number	Answer	Mark
2(a)(iii)	<p>ONLY ON BETTY'S HEALTH AND WELLBEING</p> <p>1 mark for the identification of the INTELLECTUAL activity Betty does: Activity: singing in the choir / reading / crosswords / arranging flowers</p> <p>And then: 1 mark for a brief outline on the effect to Betty's health and wellbeing or 2 marks for a fuller description / amplification on the effect</p> <p>To include: Learning new tunes and songs &/or hymns will increase Betty's cognitive health / reading and crosswords will continue to develop cognitive connections in the brain / reference to 'use it or lose it' / keep Betty interested in the world around her so she is less likely to become uninformed and a decrease in her cognitive ability / feel better about herself / have more to talk to Reg about Example – Singing in the choir means she will be learning new hymns (1) and this will positively affect her cognitive ability (2)</p>	(3)

Question Number	Answer	Mark
2(a)(iv)	<p>ONLY ON REG'S PHYSICAL HEALTH AND WELLBEING</p> <p>1 mark for the identification of the lifestyle choice made by Reg that negatively effects his physical health and wellbeing: Lifestyle choice: smoking cigars</p> <p>And then:</p> <p>1 mark for a brief outline on the effect to Reg's physical health and wellbeing or 2 marks for a fuller description / amplification on the effect</p> <p>To include: Could cause respiratory illnesses and conditions / could get cancer / cancer of throat / cancer of lungs / cancer of mouth / get breathless / unable to do as much physically because of his reduced lung capacity / similar Example – Smoking could affect his physical health by him getting lung cancer (1) and this would mean being very ill and maybe death (2)</p>	(3)

Question Number	Answer	Mark
2(a)(v)	<p>IDENTIFY any ONE of the following: Involved with local church / singing in the choir / singing in the choir with Betty / playing bowls</p>	(1)

Question Number	Answer	Mark
2(b)	<p>Describe ONE effect of singing on Reg and Betty's emotional health and wellbeing for 2 marks max, effects to include:</p> <p>Positive feelings of worth / feelings of belonging / feelings of being valued and useful to the community and each other / being together to enjoy their hobby / a closeness / keeping their marriage and relationship strong / happy / healthy Example – This could make them feel closer together (1) and this could keep their relationship healthy (2)</p>	(2)

Question Number	Answer	Mark
3(a)	<p>MUST BE NEGATIVE EFFECT ON LOUISA'S PHYSICAL HEALTH ONLY</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Can lead to becoming obese / can lead onto other conditions and illnesses / effect joints badly carrying too much weight / could bring on Type-2 Diabetes / more likely to be unfit and therefore not do too much physical activities which has a knock on effect / vicious circle</p> <p>Example – Being overweight could affect Louisa's joints (1) and this could lead onto more serious joint conditions and make her less mobile (2)</p>	(2)

Question Number	Answer	Mark
3(b)	<p>MUST BE POSITIVE EFFECT ON LOUISA'S EMOTIONAL WELLBEING ONLY</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Feelings of worth / to feel needed / bonding with her parents / feeling closer to her parents / feels good about herself for being a help to others</p> <p>Example – Louisa may feel closer to her parents (1) and this would create a stronger bond between them all (2)</p>	(2)

Question Number	Answer	Mark
3(c)	<p>MUST BE POSITIVE EFFECT ON LOUISA'S SOCIAL HEALTH AND WELLBEING ONLY</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Meet lots of new people e.g. parents and children and other key workers / make new friends / make new work contacts for potential new job opportunities</p> <p>Example – Louisa would meet lots of new people (1) and this could lead to new opportunities for Louisa (2)</p>	(2)

Question Number	Answer	Mark
4(a)(i)	<p>IDENTIFY any ONE of the following: Working as a school receptionist / yoga / walking</p>	(1)

Question Number	Answer	Mark
4(a)(ii)	<p>ONLY ON TARIQ</p> <p>1 mark for the identification of the activity Tariq does: Activity: cycling / triathlon / studying to be a children's personal trainer</p> <p>And then: 1 mark for a brief outline on the benefit to Tariq's future career or 2 marks for a fuller description / amplification on the benefit</p> <p>To include: Increase his personal fitness to be able to cope with working in the fitness industry / make contacts within the industry he may get a job within in the future / studying develops knowledge and skills which may benefit Tariq when he wishes to apply to be a Children's Personal Trainer in the future / Tariq may gain necessary qualifications to apply for a specific job in the future</p> <p>Example – Studying to be a Children's Personal Trainer would increase his skills (1) this could make him more employable in the future (2)</p>	(1 + 2)

Question Number	Answer	Mark
4(b)(i)	<p>ONLY ON ZARA'S PHYSICAL HEALTH</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Increased muscle strength / help with co-ordination skills / less likely to get overweight or obese / keeps her body active and healthy / may fall off and hurt herself / injury</p> <p>Example – Zara would develop her muscles (1) this would increase her muscle strength (2)</p>	(2)

Question Number	Answer	Mark
4(b)(ii)	<p>ONLY ON ZARA'S SOCIAL HEALTH AND WELLBEING</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Development of Zara's social skills / make new friends / get to know more people e.g. teachers / positive effect / development of social boundaries / development social norms and values</p> <p>Example – Zara would meet lots of other children (1) and through this she would develop her social skills (2)</p>	(2)

Question Number	Answer	Mark
4(b)(iii)	<p>ONLY ON ZARA'S EMOTIONAL HEALTH AND WELLBEING</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Develop feelings of love and caring / feelings of belonging and friendship / bonding / makes Zara happy to be with Harry her cat playing and cuddling etc. / positive feelings of self worth develop</p> <p>Example – Zara will develop feelings of love and caring (1) this will continue to develop over time and make Zara feel happy (2)</p>	(2)

Question Number	Answer	Mark
5(a)	<p>ONLY NEGATIVE EFFECT ON BETTY'S SOCIAL HEALTH AND WELLBEING</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Not wanting to go out as much to see friends / not able to do her hobbies as much as she used to / could become isolated and withdrawn</p> <p>Example – Not wanting to go out as much (1) so she wouldn't get to see her friends as often (2)</p>	(2)

Question Number	Answer	Mark
5(b)	<p>ONLY NEGATIVE EFFECT ON BETTY'S EMOTIONAL WELLBEING</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: Upset her / not able to do her hobbies as much as she used to / could become isolated and withdrawn / frustrations that she can't do her flower arranging as well as she used to</p> <p>Example – This could upset her (1) and affect her long term as she wouldn't feel she could do as much anymore (2)</p>	(2)

Question Number	Answer	Mark
5(c)	<p>ONLY NEGATIVE EFFECT ON REG'S EMOTIONAL HEALTH AND WELLBEING</p> <p>1 mark for partial description 2 marks for fuller description / amplification</p> <p>Answer to include: May make Reg feel down too seeing his wife so unlike her usual self / worried about Betty / upset and anxious / may not feel like going out as much himself either so he can be with Betty more / feelings of not being of any use to help Betty</p> <p>Example – Reg may feel sad for Betty (1) and this could develop into a deeper anxiety and worry for his wife (2)</p>	(2)

Question Number	Answer	Mark
5(d)(i)	Describe the effect of Louisa's support on Reg and Betty's physical health for 2 marks, effects to include: Get Reg and Betty out of the house more e.g. take them out in her car shopping/maintain their mobility / Louisa can ensure Reg and Betty are getting a balanced diet essential for good physical health / could take them to the Dr's or any other appointment regarding their physical health e.g. optician/ensuring they take their medication	(2)

Question Number	Answer	Mark
5(d)(ii)	Describe the effect of Louisa's support on Reg and Betty's emotional wellbeing for 2 marks, effects to include: Effects can be positive or negative. Feeling loved / feeling cared for / feeling wanted / continued parental and child bonding / someone to turn to when times get tough is reassuring / less likely to get depressed/feeling frustrated/not wanting to lose independence May be upset(1) that they are dependant on their daughter (2 marks) Or similar	(2)

Question Number	Answer	Mark
6(a)	Explanation of any of the following: 1 mark for partial explanation 2 marks for fuller explanation / amplification Answer to include: To gain insight &/or understanding of Betty's symptoms / to help make a diagnosis of what is wrong with Betty / to get Betty's version of what has been happening and not just Louisa's version of events Example – To get to know how Betty is feeling (1) and from this try to make a diagnosis of what is wrong so he can try to help Betty get better (2)	(2)

Question Number	Answer	Mark
6(b)(i)	<p>DEFINITION may include the following points</p> <p>Any two from the following list for one mark each:</p> <ul style="list-style-type: none"> • Measures whether Betty falls into a healthy BMI range • Betty can have it done at the doctors / by a nurse or Betty can do it herself at home if she desires • BMI assesses whether someone's height and weight are healthily in tune with each other / the relation between someone's height and weight • The normal range is between 18.5 – 24.9 • below 18.5 someone is assessed as being underweight • over 24.9 someone is assessed as being overweight, higher readings indicate levels of obesity • The Dr would talk through his findings with Betty 	(2)

Question Number	Answer	Mark
6(b)(ii)	<p>DEFINITION may include the following points</p> <p>Any two from the following list for one mark each:</p> <ul style="list-style-type: none"> • Peak Flow measures exhaled air • It measures the (maximum) speed at which air is exhaled • Peak Flow assesses whether someone's lungs/respiratory system are healthy 	(2)

Question Number		Indicative Content
6(b)(iii)		<p>DESCRIPTION may include any four of the following points</p> <ul style="list-style-type: none"> • The GP would get Betty to take in a deep breath and hold this breath briefly • With her mouth (lips) tightly over the end of the Peak Flow tube Betty would blow as hard and for as long as she can until the GP tells her to stop. • The GP would take a reading from the Peak Flow meter. • The GP would get Betty to do this for a total of 3 times and then he would calculate the average reading to get Betty's Peak Flow measurement to assess betty's lung capacity / health • The Dr would talk through his findings with Betty
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Only partial / brief description of the process using up to two of the points
2	3-4	More detailed description of the process using up to 4 of the points For full marks would need to be in the correct order

Question Number		Indicative Content
7		<p>ANSWERS TO BE ON BETTY'S HEALTH AND WELLBEING ONLY. MUST INCLUDE HER CURRENT HEALTH STATUS AND SUGGESTIONS ON HOW SHE COULD IMPROVE IT.</p> <p>Betty's current health status – answers to include: Enjoys a few hobbies, but these are being affected by her Asthma and the pains in her fingers when she is flower arranging / feeling down / overweight / breathless at times / tiredness</p> <p>Suggestions for improvement – answers to include: Do more exercise / have more time for herself and what she wants to do rather than Reg and other members of her family / see a counsellor to talk through about feeling down / 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 and hopefully reduce tiredness / take Asthma medication and pain reducing medication when needed to help her with her flower arranging</p>
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Only partial / brief assessment of Betty's current state of health and wellbeing. None / very weak suggestions for improvement
2	3-4	More detailed assessment of Betty's current state of health and wellbeing. Detailed suggestions of improvements but these are not fully developed
3	5-6	Full assessment of Betty's current state of health and wellbeing and fully developed improvements are suggested For full marks improvements suggested should be linked to assessment.

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