

Mark Scheme (Results)

Summer 2012

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

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Question Number	Answer	Mark															
<b>1 (a) (i) &amp; (ii)</b>	1 mark for each correctly placed cross.																
	<table border="1"> <thead> <tr> <th>Lifestyle Choices</th> <th>Positive</th> <th>Negative</th> </tr> </thead> <tbody> <tr> <td>Eating a balanced diet</td> <td>X</td> <td></td> </tr> <tr> <td>Smoking cigarettes</td> <td></td> <td>X</td> </tr> <tr> <td>Taking a countryside walk</td> <td>X</td> <td></td> </tr> <tr> <td>Drinking more than the recommended amount of alcohol</td> <td></td> <td>X</td> </tr> </tbody> </table>		Lifestyle Choices	Positive	Negative	Eating a balanced diet	X		Smoking cigarettes		X	Taking a countryside walk	X		Drinking more than the recommended amount of alcohol		X
	Lifestyle Choices		Positive	Negative													
	Eating a balanced diet		X														
	Smoking cigarettes			X													
Taking a countryside walk	X																
Drinking more than the recommended amount of alcohol		X															
		<b>(4)</b>															

Question Number	Answer	Mark
<b>1 (b)</b>	<b>IDENTIFY</b> either <b>ONE</b> of the following: Smoking cigarettes or drinking more than the recommended amount of alcohol	<b>(1)</b>

Question Number	Answer	Mark
<b>1 (c)</b>	<b>IDENTIFY</b> any <b>ONE</b> of the following / similar: Maintains a stable correct weight / weight loss / promotes wellbeing / keeps you healthy / improves self esteem / less likely to get ill as getting required nutrients / look well / feel well / more energy	<b>(1)</b>

Question Number	Answer	Mark
<b>2 (a) (i)</b>	<b>IDENTIFY</b> any <b>TWO</b> of the following: Gardening / cycling / stopped smoking / eats right type of food	<b>(2)</b>

Question Number	Answer	Mark
<b>2 (a) (ii)</b>	<b>IDENTIFY</b> any <b>ONE</b> of the following: Stressful job / gardening with her husband	<b>(1)</b>

Question Number	Answer	Mark
<b>2 (a) (iii)</b>	1 mark for identification of social factor plus: 1 mark for brief outline of effect or 2 marks for amplification of effect  <b>IDENTIFY ONE the following SOCIAL FACTORS:</b>	<b>(3)</b>

	<p>She feels she can't go out with friends or enjoys gardening with Stefan or has a job</p> <p><b>OUTLINE of effect:</b>          Make her feel more depressed (vicious circle) / feel isolated / feel left out as if she has no friends / emotionally stressful / may eventually effect her physical health more          Or          Makes her feel included and involved with someone / more time with Stefan / knock-on effect to physical health and wellbeing as less stressed</p> <p><b>Possible response (2 marks):</b>          She doesn't want to go out with friends (1)          This will make her feel left out (1)</p>	
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Question Number	Answer	Mark
<b>2 (a) (iv)</b>	<b>IDENTIFY</b> any <b>ONE</b> of the following: Take up a new sport / join a gym / start running / or similar	<b>(1)</b>

Question Number	Answer	Mark
<b>2 (b)</b>	<p>Describe <b>TWO</b> effects of retiring on <b>MARNI'S</b> health and wellbeing <b>ONLY</b>            Maximum of 2 marks for each effect            Maximum of 2 marks only if only one effect given            1 mark for a partial description of each effect            2 marks for a detailed description of each effect</p> <p>Effects may include:</p> <ul style="list-style-type: none"> <li>• Less money so may affect her negatively as she won't be able to afford as many luxuries etc...</li> <li>• her health may improve as she is no longer doing a stressful job</li> <li>• more time to do what she would like to do</li> <li>• more time to spend with family</li> <li>• lack of intellectual stimulation</li> <li>• lack of contact with work friends</li> <li>• might get bored</li> <li>• more time to take up a new sport</li> <li>• more time to concentrate on her health and wellbeing</li> </ul>	<b>(4)</b>

Question Number	Answer	Mark
<b>3 (a)</b>	Playing cards with friends or computer lessons at	<b>(1)</b>

	college	
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Question Number	Answer	Mark
<b>3 (b)</b>	<b>IDENTIFY</b> the following: Swimming	<b>(1)</b>

Question Number	Answer	Mark
<b>3 (c)</b>	<p>1 mark for partial description 2 marks for fuller description / amplification <b>MUST BE POSITIVE EFFECT ON ROSES EMOTIONAL HEALTH AND WELLBEING ONLY</b> Answer to include: Feeling wanted / feeling loved / feeling included / feeling settled and safe / that there is someone there for her / if she is taken ill / or similar</p> <p><b>Possible response (2 marks):</b> Feeling that there is someone there for her (1) if she is taken ill (1)</p>	<b>(2)</b>

Question Number	Answer	Mark
<b>3 (d)</b>	<p><b>ONLY ON ROSE</b> 1 mark for the identification of the activity <b>IDENTIFY</b> any <b>ONE</b> of the following: Learning how to use a computer or playing cards</p> <p>And then: 1 mark for a brief outline on the effect on her intellectual health and wellbeing of either or 2 marks for a fuller description / amplification on the effect</p> <p>Learning how to use a computer to include: Increased knowledge and skills / keeps cognitive ability going / keep up to date and current / keep cognitively healthy / less likely to suffer with cognitive debilitating conditions</p> <p>Or</p> <p>Playing cards to include: Keeps cognitive ability going / keep cognitively healthy / less likely to suffer with cognitive debilitating conditions /</p> <p><b>Possible response (3 marks):</b> Learning how to use a computer (1) Increases knowledge and skills (1)</p>	<b>(3)</b>

	Keeps her brain active (1)	
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Question Number	Answer	Mark
4 (a) (i)	Playing Rugby	(1)

Question Number	Answer	Mark
4 (a) (ii)	<p><b>ONLY ON ZAC</b></p> <p>1 mark for the identification of the activity  <b>IDENTIFY</b> any <b>ONE</b> of the following:  Learning to drive or studying the Diploma or having a part-time job</p> <p>And then:</p> <p>1 mark for a brief outline on the benefit for his future employment of either or 2 marks for a fuller description / amplification on the benefit</p> <p>Learning how to drive may include:  Future job may require that he drives / increased knowledge and skills / could open other opportunities because he can drive</p> <p>Or</p> <p>Studying the Diploma may include:  Gaining qualifications for a job / learn a new subject area / develop his knowledge and skills / be able to pass exams and get a qualification</p> <p>Or</p> <p>Having a part-time job may include:  Giving him work experience / life skills / employability skills</p>	(3)

Question Number	Answer	Mark
4 (b) (i)	<p><b>ONLY ON ZAC</b></p> <p>Maximum of 2 marks for each effect  Maximum of 2 marks in total if only one effect described</p> <p>1 mark for partial description  2 marks for fuller description / amplification</p> <p>Effects can be positive and/or negative</p> <p>Effects on Zac's health and wellbeing could be:</p>	(4)

	<ul style="list-style-type: none"> <li>• Emotionally Zac may feel closer to Ellie at her place</li> <li>• able to be himself</li> <li>• not worry about his parents being around</li> <li>• no rules and regulations</li> <li>• sexual health and wellbeing issues</li> <li>• may make friends with Ellie's house mates</li> <li>• may have more of a social life</li> <li>• feels good about himself</li> <li>• more grown up etc.</li> <li>• able to fend for himself</li> <li>• may miss his parents</li> <li>• not as homely and so affecting his emotional health</li> <li>• may miss Rose and feel he should be at home for her more just in case he is needed</li> </ul> <p>or similar</p> <p><b>Possible response (for 2 marks):</b>  Staying near fast food outlets (1)  May mean eating too much unhealthy food (1)</p>	
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Question Number	Answer	Mark
<b>4 (b) (ii)</b>	<p>1 mark for partial description  2 marks for fuller description / amplification  <b>MUST BE EFFECT ON MARNI'S HEALTH AND WELLBEING ONLY</b>  Answer to include:</p> <ul style="list-style-type: none"> <li>• Feeling less needed and wanted</li> <li>• feeling unloved</li> <li>• feeling excluded</li> <li>• feeling unsettled</li> <li>• missing her only son</li> <li>• empty nest feelings</li> <li>• feeling old</li> <li>• more free time to herself and Stefan</li> <li>• more spare money available</li> <li>• not as much of a demand for her time</li> <li>• worried about Zac</li> <li>• feeling lonely</li> </ul> <p>or similar</p> <p><b>Possible answer:</b>  Missing her only son (1)  Feeling not needed (1)</p>	<p>(4)</p>

Question Number	Indicative Content	
4 (c)	<p><b>Answers to be on the effects of eating fast food on the health and wellbeing of ZAC ONLY</b></p> <p>Eg.</p> <ul style="list-style-type: none"> <li>• High saturated fat content can lead to ill health both short and long term</li> <li>• links to high blood pressure / heart disease / diabetes / lacking in nutrients / high in salt which can be harmful to Zac / gain weight / become obese / poor skin / poor concentration levels</li> <li>• won't learn to cook healthy food as fast food too easy to buy and consume</li> <li>• can become addictive</li> <li>• can be expensive leaving less money for other important things</li> <li>• can be convenient and leaves time for other activities</li> </ul>	
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	For a brief description of one or two effects on Zac's health and wellbeing
2	3-4	For a fuller description of more than one effect on Zac's health and wellbeing For full marks MUST include more than one of PIES health and wellbeing

Question Number	Answer	Mark
5 (a)	<p>1 mark for partial description 2 marks for fuller description / amplification <b>MUST BE EFFECT ON STEFAN'S HEALTH AND WELLBEING ONLY</b> Answer may include:</p> <ul style="list-style-type: none"> <li>• he may not be sleeping well</li> <li>• worried about his wife</li> <li>• stressed</li> <li>• he may feel like he can't do the right thing for Marni</li> <li>• may make him unwell in the long term</li> <li>• may affect their relationship</li> </ul> <p><b>Possible response:</b> Worrying about his wife (1) Is making him stressed (1)</p>	(2)

Question Number	Answer	Mark
5 (b)	<b>EXPLAIN how TWO of Marni's lifestyle choices may have a NEGATIVE effect on MARNI'S health and wellbeing ONLY</b>	

	<p>Maximum of 2 marks for each negative effect.  1 mark for partial description of effect  2 marks for fuller description / amplification  2 x 2 marks</p> <p>Lifestyle choices could include:  Snacking on crisps and chocolate or watching a lot of television or not talking to anyone</p> <p>Negative effects may include:</p> <ul style="list-style-type: none"> <li>• Gaining weight, and associated illnesses</li> <li>• Lack of exercise</li> <li>• Feeling isolated</li> <li>• Lack of social life</li> <li>• No friends</li> <li>• Low self esteem / self image</li> </ul>	<b>(4)</b>
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Question Number	Answer	Mark
<b>6 (a)</b>	<p>1 mark for partial explanation  2 marks for fuller explanation / amplification</p> <p>Answer to include:  To assess her health / to find out how she is feeling / to find out what she feels about her own health / to find out what might be worrying her</p> <p><b>Possible response:</b>  To find out how Marni is feeling (1)  To assess her health / find out what's wrong (1)</p>	<b>(2)</b>

Question Number	Answer	Mark
<b>6 (b) (i)</b>	<p>Blood Pressure ONLY  1 mark for partial outline  2 marks for full outline</p> <p>Any one of the following / or similar for 1 mark and any two of the following / or similar for 2 marks:</p> <ul style="list-style-type: none"> <li>• BP is the force that makes the blood go round the body</li> <li>• BP is the force that the blood has on the walls of the arteries</li> <li>• BP can tell a doctor or nurse when a person is unwell because the BP might be too high (or too low)</li> <li>• BP is measured by using a machine with an inflating cuff around the arm, it is blown up and the machine can tell the reading e.g. 120 / 80 mmHg</li> <li>• BP is very important for the human body – when it is wrong it can be very dangerous</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>6 (b) (ii)</b>	<p>Body Mass Index ONLY            1 mark for partial outline            2 marks for full outline</p> <p>Any one of the following / or similar for 1 mark            and any two of the following / or similar for 2 marks:</p> <ul style="list-style-type: none"> <li>• BMI – Body Mass Index</li> <li>• BMI indicates a person's amount of body fat based on their height and weight</li> <li>• BMI healthy range is any number between 19 and 25</li> <li>• this indicator of health is used a lot by health practitioners to assess a person's health</li> <li>• BMI is calculated by dividing a person's weight by their height squared</li> </ul>	<b>(2)</b>

Question Number	Answer	Mark
<b>6 (c)</b>	<p>1 mark for partial description            2 marks for fuller description / amplification</p> <p>Answer may include:</p> <ul style="list-style-type: none"> <li>• To assess her diet</li> <li>• to assess how her diet is affecting her health</li> <li>• to find out how she is feeling</li> <li>• to find out what she feels about her own diet &amp; health</li> <li>• to find out what might be worrying her</li> <li>• give her some of her own time to concentrate on her needs</li> <li>• to confide in the Dietician</li> <li>• for guidance on how she can make her own diet choices based on her needs and preferences</li> </ul> <p><b>Possible response:</b>            To find out about her diet (1)            And give advice (1)</p>	<b>(2)</b>

Question Number		Indicative Content
7		<p><b>ANSWERS TO BE ON MARNI'S HEALTH AND WELLBEING ONLY. MUST INCLUDE HER CURRENT HEALTH STATUS AND SUGGESTIONS ON HOW SHE COULD IMPROVE IT.</b></p> <p>Marni's current health status – answers may include:</p> <ul style="list-style-type: none"> <li>• Under a lot of stress due to her job</li> <li>• she has Type 2 Diabetes</li> <li>• she tries to eat the right diet for a diabetic but it seems that she sometimes doesn't stick to this because she snacks on fast food and this will have a negative effect on her health and wellbeing</li> <li>• good that she has stopped smoking</li> <li>• she has a healthy time doing the gardening with Stefan which is a positive aspect of her health and wellbeing</li> <li>• often feels depressed</li> <li>• feels she can't go out with her friends</li> <li>• she doesn't do much sport or exercise</li> <li>• she has her mum living with her which could be a good thing or a bad thing at different times so this could affect Marni's health and wellbeing</li> <li>• she might worry that Zac is spending more and more time at Ellie's</li> <li>• feeling very tired of late</li> <li>• doesn't feel very well</li> <li>• has gained weight</li> <li>• feels depressed</li> </ul> <p>Suggestions for improvement – answers may include:</p> <ul style="list-style-type: none"> <li>• Reduce stress by definitely retiring from her job</li> <li>• take on board what the dietician recommends regarding her diet as a diabetic</li> <li>• take more exercise</li> <li>• take up a hobby</li> <li>• join a club</li> <li>• spend more time in the garden with Stefan</li> <li>• talk through her worries about Zac</li> <li>• get more sleep</li> <li>• learn to meditate</li> <li>• learn relaxation techniques</li> <li>• lose weight by take up yoga / go cycling more</li> </ul> <p>or similar</p>
Level	Mark	Descriptor
	0	No rewardable material
1	1-2	Only partial / brief assessment of Marni'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
<b>2</b>	<b>3-4</b>	More detailed assessment of Marni's current state of health and wellbeing. Suggestions of improvements are included but these are not fully developed
<b>3</b>	<b>5-6</b>	Full assessment of Marni's current state of health and wellbeing and fully developed improvements are suggested



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