

Pearson Edexcel GCSE

Health and Social Care

Unit 3: Promoting Health and Wellbeing

Controlled Assessment

Valid from September 2014 to May 2015

Paper Reference

5HS03/01

You do not need any other materials.

This controlled assessment task is valid from September 2014 to May 2015.

- For assessment in Summer 2015 centres must submit their moderation sample(s) by 15 May 2015.

Please note that this controlled assessment task will **ONLY** be valid for submission in the Summer 2015 session.

Teachers must ensure that students are completing the correct task for a particular year.

Further guidance can be found on the Edexcel website (www.edexcel.com).

Turn over ►

W44447A

©2014 Pearson Education Ltd.

1/1/1



PEARSON

Information

This task must be completed under controlled conditions. 22.5 hours is suggested for report writing. This does not include any time spent on research and investigation.

- All work, including any research, must be completed under direct supervision.
- The candidate is allowed to access information and resources determined by the teacher during the research.
- Candidates are allowed to work in groups. The teacher will have to ensure that the contributions of individual candidates are recorded accurately.

Background information

You are a health promotion specialist. Your job includes assessing clients' health and wellbeing and designing health improvement plans to meet their needs.

You have been asked by the management team of a newly formed band to assess the health and wellbeing of some band members before the band starts its tour. The tour will involve late nights, travelling and not many opportunities for regular exercise.

Service User Profiles

Rani Shah: Aged 25

Rani is the band's lead singer. She smokes heavily, and has recently had a lot of throat infections. Rani is worried about the long-term damage to her voice. She tries to eat healthily but is often too tired to cook. When on tour she skips meals and binges on junk food.

Rani is feeling self-conscious as she has put on weight and her clothes do not fit. This is affecting her self-esteem.

She is keen to do more exercise. Rani likes swimming, but knows that she has to fit any exercise around the tour schedule.

Todd Baker: Aged 30

Todd is the drummer in the band and suffers from asthma. He smokes 50 cigarettes a day. He does not sleep well and has been diagnosed with insomnia. He often stays up after a gig has finished and plays on his games console.

He does very little exercise apart from weight training. Todd also takes steroids and has recently started to drink heavily.

Todd is keen to change his lifestyle for the better.

Steve West: Aged 47

The band's tour manager is called Steve. Part of his job is to help the band members move their stage equipment, which sometimes involves heavy lifting. Steve has recently suffered a minor heart attack and has been told to change his lifestyle and eating habits.

Steve knows that he needs to do more exercise and change to eating a healthier diet, as he tends to snack rather than eat regular meals.

He drinks alcohol regularly to relieve stress and anxiety. Steve knows that he needs to relax more and improve his health and wellbeing if he is to cope with the demands of the band's tour.

As the health promotion specialist, you have carried out a series of health assessments for Rani, Todd and Steve.

Health Measurements Data

	Rani Shah	Todd Baker	Steve West
Age	25	30	47
Height	1.75 m	1.83 m	1.93 m
Weight	78 kg	98 kg	112 kg
Cholesterol level	5.2 mmol/l	5.8 mmol/l	6.2 mmol/l
Resting pulse rate	72 BPM	75 BPM	83 BPM
Blood pressure	120/82 mmHg	144/92 mmHg	155/105 mmHg
BMI	25.47	29.26	30.07

BMI

Less than 18.5 = underweight

18.5–24.9 = healthy weight

25–29.9 = overweight

30 or greater = very overweight or obese

Controlled Assessment Task

The candidate should select **one** of the service users outlined in the service user profiles and produce a report.

The report should include the production of a health plan for improving or maintaining the health and wellbeing of the client you have selected.

The report should include:

- An explanation of the different ways in which health and wellbeing may be defined.
- An identification and explanation of the factors influencing the individual's health and wellbeing and the effects of these factors.
- An assessment of the individual's current health and wellbeing status, including the use of physical health measures.
- The design of a plan to improve the individual's health and wellbeing, including realistic short and long term targets.
- Reference to appropriate health promotion materials to motivate the individual and to support the health and wellbeing improvements.
- An assessment of the difficulties the individual may experience in implementing the plan.
- The support that the individual could access when implementing the plan.