

# Pearson Edexcel GCSE

## Health and Social Care

### Unit 3: Promoting Health and Wellbeing

Controlled Assessment

**Valid from September 2015 to May 2016**

Paper Reference

**5HS03/01**

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

This controlled assessment task is valid from September 2015 to May 2016.

- For assessment in Summer 2016 centres must submit their moderation sample(s) by 15 May 2016.

Please note that this controlled assessment task will **ONLY** be valid for submission in the Summer 2016 session.

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

Further guidance can be found on the Pearson website ([qualifications.pearson.com](http://qualifications.pearson.com)).

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### **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 personal trainer and health promotion specialist. Your work includes:

- assessing clients' health and wellbeing
- designing health improvement plans to meet their needs.

The following clients are awaiting assessment of their health and wellbeing.

## Service User Profiles

### **Emily Charles: Aged 29**

Emily is getting married in July 2016. She has lost weight quickly following a diet and fitness regime which has taken over her life.

She knows that she is addicted to exercise and that she needs help to manage this obsession. She is tired all the time. Her skin and hair are in poor condition. Emily often binges on food when she feels stressed.

Her fiancé Scott is a keen athlete who is very committed to a healthy lifestyle.

### **Milos Dudek: Aged 45**

Milos works as a porter in the local hospital. He is overweight and has been suffering from a bad back for some time. He smokes 20 cigarettes a day and his diet consists of fast food or snacks.

Milos has trouble breathing when walking for any length of time. He likes to play snooker but he has been unable to do so because of his back problems.

He wishes to improve his lifestyle and exercise more regularly.

### **Carol Jones: Aged 62**

Carol has just retired as an office manager. She is a widow with no children.

Carol worries about how she will spend her retirement and in particular what kind of social life she will have.

She had a minor stroke 6 months ago and also suffers from heart problems. Carol drinks up to five bottles of red wine a week to help her relax.

Carol knows that she needs to become healthier.

As the health promotion specialist, you have carried out a series of health assessments for Emily, Milos and Carol.

	Emily Charles	Milos Dudek	Carol Jones
<b>Age</b>	29	45	62
<b>Height</b>	1.67 m	1.90 m	1.62 m
<b>Weight</b>	50 kg	116 kg	78.5 kg
<b>Cholesterol level</b>	4.8 mmol/l	6.4 mmol/l	5.8 mmol/l
<b>Resting pulse rate</b>	68 BPM	76 BPM	80 BPM
<b>Blood pressure</b>	90/60 mmHg	135/90 mmHg	150/92 mmHg
<b>BMI</b>	17.9	32.1	29.9

### **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 background information and produce a report.

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

Your report should include:

- An explanation of the different ways that health and wellbeing may be defined.
- 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 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.