

Write your name here

Surname

Other names

Centre Number

Candidate Number

Edexcel GCSE

Health and Social Care

Unit 4: Health, Social Care and Early Years in Practice

Tuesday 25 June 2013 – Morning
Time: 1 hour 15 minutes

Paper Reference
5HS04/01

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 70.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*
- Questions labelled with an **asterisk** (*) are ones where the quality of your written communication will be assessed
– *you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.*

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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PEARSON

Answer ALL questions. Write your answers in the spaces provided.

1 Ellie is 15 years of age and lives with her parents and three younger brothers. She is a happy adolescent who has many friends and is progressing well at school.

(a) Identify **two** emotional needs of Ellie.

(2)

1

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2

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(b) Ellie exercises every day at her local gym, 'Physically Phitt', as she is determined to obtain a place in the county hockey team.

Describe how the gym may meet Ellie's social needs.

(4)

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(c) Explain how Ellie's exercise programme may affect her emotional wellbeing.

(6)

A series of horizontal dotted lines for writing the answer.



2 During training Ellie tore the hamstring muscle in her leg. Ellie's injury may be viewed as an unexpected life course event.

(a) Define what is meant by an unexpected life course event.

(2)

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(b) Describe **two** types of informal support that Ellie may receive to help her cope with her hamstring injury.

(4)

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(c) Ellie's physiotherapist is called Jacob and she sees him twice a week. Ellie finds it difficult to communicate with Jacob who is quiet and says very little.

Explain how the relationship between Jacob and Ellie may affect her recovery.

(4)

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3 The personal trainers at 'Physically Phitt' are very aware of the need to encourage teenage girls to take part in regular exercise. The gym has decided to hold an open day to raise awareness of the health improvement programmes available for teenage girls.

(a) State **two** reasons why raising awareness is important in health promotion.

(2)

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(b) The gym is using a healthier lifestyle approach in its work with teenage girls.

Explain how this approach may benefit teenage girls.

(4)

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(d) Describe **two** ways the personal trainers could build the self-esteem of the teenage girls through their individualised training programmes.

(6)

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(Total for Question 3 = 26 marks)

TOTAL FOR PAPER = 70 MARKS

