

Examiners' Report/ Lead Examiner Feedback

January 2015

NQF BTEC Level 1/Level 2 Firsts in
Health and Social Care

Unit 9: Healthy Living (20952E)

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January 2015

Publications Code BF040411

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1. LEAD EXAMINER'S REPORT

General Comments

The external assessment process was carried out effectively without any significant issues to report.

The paper performed well, with the full range of marks able to be accessed by students in each question item. Overall the paper differentiated well between the students who sat the paper.

Most learners evidenced knowledge and understanding the unit content; healthy living; factors that contribute to healthy and unhealthy lifestyles; the effects of factors on health and wellbeing, and ways of improving health and wellbeing. Some students misinterpreted or misread some of the questions on occasions, leading to inappropriate responses.

Students sometimes failed to offer descriptions, explanations or discussions where the question asked them to do so, showing misunderstanding of the command verb in the question. This limited the marks they were able to be awarded since a number of questions required understanding of these requirements for higher marks to be awarded.

Individual Questions

Question 1

Targeted Specification Area: Learning Aims A2 & A3

This question was correctly answered by most learners and the effects of regular exercise on health were accurately identified. Some learners had given answers that were off the point of the question, for instance referring to time management issues, or giving answers that did not relate to exercise.

0 marks awarded

Identify **two** effects of regular exercise on a person's health.

- 1 That they can look after themselves.
- 2 They can eat the healthy food

2 marks awarded

Identify **two** effects of regular exercise on a person's health.

- 1 Higher energy levels
- 2 Healthy weight maintenance

Question 2
2(b)

Targeted Specification Area: Learning Aims A2 & A3

This question required students to identify two long-term health risks associated with excessive consumption of alcohol. Most learners provided at least one correct answer, and many identified two different risks successfully. Some learners had given answers that were too general to be awarded a mark or were off the point of the question, for instance looking at social consequences rather than health issues.

1 mark awarded

(b) Identify **two** long-term health risks associated with excessive alcohol consumption. (2)

- 1 you may suffer with a bad liver.
- 2 you will be seriously unfit.

2 marks awarded

(b) Identify **two** long-term health risks associated with excessive alcohol consumption. (2)

- 1 If you have alot of alcohol then you might have renal failure.
- 2 You could also have heart disease.

Question 3
3(b)

Targeted Specification Area: Learning Aims A1, A2 & A3

This question required students to explain two reasons why a balanced diet is important to the maintenance of a healthy lifestyle. A number of students associated a balanced diet with weight loss, or weight maintenance. Some misunderstood the question and gave answers about the effects of a healthy lifestyle. Only a few answered in terms of the provision of nutrients required by the body. Few students gained all four marks available for this question.

1 mark awarded

(b) Explain **two** reasons why a balanced diet is an important part of maintaining a healthy lifestyle. (4)

- 1 Healthy life style will decrease risks of illness.
- 2 Healthy life style will ~~be~~ give you ~~good~~ positive self esteem which will decrease risk of depression, self harming and obesity.

3 marks awarded

(b) Explain **two** reasons why a balanced diet is an important part of maintaining a healthy lifestyle. (4)

- 1 Eating a balanced diet is important for your physical development as your body needs different types and different numbers for all different things like growth and Repa
- 2 Eating a balanced diet will also make a person feel a lot more happier as their energy levels and motivation will be a lot better than a person who doesn't have a balanced diet.

(Total for Question 3 = 6 marks)

Question 4

Targeted Specification Area: Learning Aim A3

This question required students to identify two physical benefits of having a regular sleep routine. Common correct answers were having more energy, and not being tired. Some students misunderstood the question and gave answers about the problems associated with the lack of a regular sleep routine. A number of students gave answers that were about intellectual or emotional, and on occasions about social benefits. Most students gave one correct answer to this question.

0 marks awarded

4 Identify **two** physical benefits of having a regular sleep routine.

1 Not be able to sleep, because of your routine changing

2 You will be overtired with yourself, not be able to communicate with others because your sleep pattern will be overpowered - you'll be tired all the time.

(Total for Question 4 = 2 marks)

2 marks awarded

4 Identify **two** physical benefits of having a regular sleep routine.

1 you'll wake up with the energy

2 you won't be constantly tired all day

(Total for Question 4 = 2 marks)

Question 5
5(a)

Targeted Specification Area: Learning Aim A3

This question required students to describe one way that Kevin and Tracy using contraception could lead to them developing a close emotional relationship. A number of students focused on the threat to a close emotional relationship that they felt would be posed by having a baby. Most correct answers focused on the bond that they could develop by being able to have sex as part of a fulfilled married life without the risk, or with a much reduced risk, of Tracy becoming pregnant. Few answers considered the idea that coming to a mutual decision over contraception could strengthen their emotional relationship.

0 marks awarded

5 Kevin and Tracy recently got married. They do not wish to start a family straight away and are considering whether or not to use contraception.

(a) Describe **one** way using contraception could lead to them developing or maintaining a close emotional relationship.

(2)

by using contraception they can get angry very easily and they can come up with arguments for them. In this way ~~to~~ they will not be happy.

2 marks awarded

5 Kevin and Tracy recently got married. They do not wish to start a family straight away and are considering whether or not to use contraception.

(a) Describe **one** way using contraception could lead to them developing or maintaining a close emotional relationship.

(2)

One way in which using contraception could lead to this is that they will build ^{and maintain} trust in their relationship and agreeing and making a mutual decision over something they both want over a major situation will also build understanding between the couple through communication.

5(b)

Targeted Specification Area: Learning Aims A4 and B2

This question required students to describe one way that Kevin and Tracy's decision to use contraception could be influenced by the media. Some learners focused their answer on the dangers of contracting an STI, which was not expected to be an issue for a married couple. Some students answered in terms of the role of the media as a provider of information that would give the couple facts about the different methods available. Some answers showed a misunderstanding of the question being asked.

0 marks awarded

(b) Describe **one** way the media could influence Kevin and Tracy's decision on their use of contraception.

(2)

The media has a lot about families, for example picnics or BBO. If they see an advert about Family BBO, emotionally they will feel so loved and wish to have that moment of being with your own family.

2 marks awarded

The media could ^{advertise} ~~advertise~~ some ~~quality~~ good quality of contraception which does not break ~~whilst~~ whilst in use, this could make them want to buy it as they ~~don't~~ ~~don't~~ ~~don't~~ ~~don't~~ don't want to have kids.

Question 6

Targeted Specification Area: Learning Aims A2 and A3

This question required students to explain two ways that Kiera's emotional well-being may be affected by excessive weight loss. Most students scored at least one mark on this question. A number of students saw excessive weight loss as a positive thing and gave answers about increased self-esteem and self confidence. This perception, on Kiera's part, was awardable within the mark scheme. Many answers focused on stress, and lack of confidence brought about by undesirable changes in appearance.

0 marks awarded

Explain **two** ways that excessive weight loss may affect Kiera's emotional wellbeing.

- ~~1. When~~ she may have been called fat which lead to being bullied. So she may feel very low & depressed.
2. Her own self esteem and self image would be really low so she is thinking she needs to loose weight.

4 marks awarded

Explain **two** ways that excessive weight loss may affect Kiera's emotional wellbeing.

1. She may be really pleased with the weight she has lost, she may be feeling happy and comfortable with her new body. This will mean her self esteem has boosted and emotionally she feels great
2. On the other hand, losing an excessive amount of weight can leave her with great amounts of excessive skin which is loose, meaning that emotionally she will feel upset and embarrassed as well as concious.

(Total for Question 6 = 4 marks)

Question 7
7(a)

Targeted Specification Area: Learning Aim A4

This question required students to identify two sources of formal support that could provide advice on recreational drugs. Many students gave correct answers to this question, with GPs and councillors being very common responses. Some gave informal sources of support, such as friends, family, or on occasions drug users themselves.

0 marks awarded

(a) Identify **two** sources of **formal** support that could provide advice on recreational drugs. (2)

- 1 A friend advising someone that it's not the right thing to be doing.
- 2 Family member telling someone it's not what they need.

2 marks awarded

(a) Identify **two** sources of **formal** support that could provide advice on recreational drugs. (2)

- 1 speaking to a counsellor about their reasons for doing drugs
- 2 go to their doctor and ask for advice to stop.

7(b)

Targeted Specification Area: Learning Aim A2 and A3

This question required students to explain two risks to health and well-being of using recreational drugs. The question was generally quite well answered with most students gaining one or more marks. Increased danger of accident and the possibility of an overdose were common correct answers. Lower scoring answers were usually vague references to physical damage that could be caused by drug use.

1 mark awarded

(b) Explain **two** risks to health and wellbeing of using recreational drugs.

(4)

1. It will destroy ^{organs / parts of} ~~the organs~~ ~~in~~ your body which will effect your health and wellbeing which is a major risk as it may even lead to death if you carry on taking them

2. Taking recreational drugs can also make you very ill which will effect your health and wellbeing this may also lead to diseases. If you get ill this is going to effect your physical, ~~mental~~ intellectual, Emotional, and Social on a day to day basis.

4 marks awarded

(b) Explain **two** risks to health and wellbeing of using recreational drugs.

(4)

1. Using recreational drug increase the level of getting accidents, injury and unsafe sexual practice. When using a drug they may lose their focus when driving and can met accident. If two partners use drug and have sex then in future they may get unwanted pregnancy that can disturb their relation.

2. Lack of friends and family support ~~relationship~~
People who use drug have few friends and their friends may not ward them in their group. They may do a bullying or social isolation so that they left that group. They may loss their friends and family.

Question 8

Targeted Specification Area: Learning Aims A1 and A3

This question required students to explain two examples of how lifestyle choices can have a positive effect on physical health. This question was generally well answered by students. Many responses gave examples involving exercise and diet. Some answered in terms of giving up unsafe practices, such as smoking or drinking excessive alcohol. Some students had misunderstood the question requirements and given answers that concerned emotional, intellectual or social well-being.

0 marks awarded

Explain **two** ways, using examples, in which lifestyle choices have a positive effect on physical health.

1. It has a ~~to~~ positive effect because you are doing different lifestyle choices make you fitter physically.

2. you will able to do more different kinds of lifestyle choices and to the physical side of it you can do more activities / different stuff when you try to get fitter

4 marks awarded

physical health.

1. By choosing to go to the gym could have a positive effect as you would be doing regular exercise allowing you to maintain a good healthy weight. If you weren't a good weight going to the gym would also help to loss weight.

2. By choosing to eat healthy would have a positive effect as it would decrease your chances of developing an eating disorder or health issues such as Type 2 diabetes, eating healthy would also help your body to function properly due to eating the correct foods, for example fibre and carbohydrates.

Question 9

Targeted Specification Area: Learning Aim B1

This question required students to explain two possible influences that could affect Suzi in giving up smoking. Most students scored one or more marks on this question and it was generally well answered. Many mentioned the influence of her recent divorce and the stress this would cause. The influence of peers and family was also often given. Some students misunderstood the question and gave reasons why giving up smoking would affect her health and well-being.

0 marks awarded

Explain **two** possible influences that may affect Suzi in stopping smoking.

1 Stopping smoking can make Suzi look better to another people. If Suzi wants to improve her health and wellbeing, stopping smoking is a good thing to start with. Because it damages our lungs and can give us cancer.

2 Suzi might want to find someone to live with her. It will be easier to find someone who will like her if she's healthy and have a good personal hygiene.

4 marks awarded

Explain two possible influences that may affect Suzi in stopping smoking.

1. Suzi may be influenced by the media to stop smoking. This is because the media release television adverts to inform people about the dangerous effects smoking can have on someone's health. As a result, it ~~may~~ may make Suzi realise that what she is doing to her body, is wrong and can cause her some serious harm.

2. Also, family members and friends may have an affect on Suzi, and her decision to stop smoking. This is because she may have friends that don't smoke, and she may be able to see the different things they can do, but she can't. e.g. exercise. Her family and friends may influence her by telling her what it can cause, and that her health would be better off, if she was to do something else. e.g. exercise.

Question 10
10(a)

Targeted Specification Area: Learning Aims A2 and A3

This question required students to describe one effect of good personal hygiene on Kate's social life. Most students gained marks by mentioning improved chances of social interaction and increased ease in social situations. Some students misunderstood and looked at other areas such as physical improvements.

0 marks awarded

(a) Describe **one** effect of good personal hygiene on Kate's social life.

(2)

She is less likly to catch disease because
she is clean which means her health will be
also better than someone who has bad hygiene

2 marks awarded

(a) Describe **one** effect of good personal hygiene on Kate's social life.

(2)

She will be confident and have lots of
friends because she is clean and doesn't
doesn't have a bad odor.

10(b)

Targeted Specification Area: Learning Aims A4, B2 and B3

This question required students to explain two possible barriers for people who need to improve their personal hygiene. Many learners answered this question well and gained two or more marks. Lack of money for toiletries and lack of facilities through poverty or homelessness were commonly given. Some students misunderstood the question and answered about the barriers, usually social, faced by people who have bad personal hygiene.

0 marks awarded

(b) Explain **two** possible barriers for people who need to improve their personal hygiene.

(4)

1 Making new friends may be a barrier because people will not want to be friends with people who look dirty or smell and they will not want to be around them because they could be embarrassed to be seen with them.

2 Getting a job may be a barrier because an employer would not want to hire someone that doesn't take care of themselves as it makes the company look bad and unprofessional.

4 marks awarded

(b) Explain **two** possible barriers for people who need to improve their personal hygiene.

(4)

1. One barrier may be that they can't afford to buy nice products to wash with so that they smell and look nice and fresh and clean. They may even be a lot more less fortunate and not even have anywhere to clean themselves.

2. Another barrier could be that they don't even know that their personal hygiene is bad because everyone acts normal around them and no one tells them the truth about how they look and smell, meaning that they'll never realise and won't know any different.

Question 11

Targeted Specification Area: Learning Aims A4, B1, B2 and B3

This question included a case study about Betty, an 83 year old woman who needed to put on weight. The case study gave information about Betty and her situation, and students were asked to discuss strategies that Betty could use in achieving her goal of putting on weight, and potential barriers she may face. The question expected students to produce a piece of extended writing to form their answer. A number of strategies were looked at, including informal support from family and friends and formal support from her GP and carers. A number of students suggested delivered meals and having her shopping delivered. Some suggested that she could seek admission to a residential home. Barriers mentioned included her age and frailty, the lack of family nearby and possible financial constraints. Most answers lacked good balance, though overall this question was fairly well answered.

2 marks awarded

Discuss strategies Betty could use in achieving her goal to eat a balanced diet and put on weight, and the potential barriers she may face.

To improve her diet, Betty might want to use the SMART strategy as it helps her to measure her intakes, achieve what she is trying to achieve. It can also help her to be realistic and set time for herself, state the time it could take to ~~it~~ put on weight and achieve her goal. She might find it difficult to do all this as she is old and might have to brain to think or the straight to move.

8 marks awarded

Betty could ask her family to bring her food when they can so she can achieve her goal. She can also contact her local authority to find out help she could get with from volunteers or healthcare assistants with everyday tasks that she is struggling with. Betty could look into a home delivery service like www.wiltshirefarmfoods.com which delivers healthy and nutritious ready made food weekly and all she has to do is microwave or put it in the oven. She ~~also~~ has three children and could perhaps go stay over their houses and that way she will be sure to get a balanced diet. Betty may feel that asking her family to assist might disturb their lives and end up not seeking help. Since she has lived

on her own for a years she might not be keen on volunteers or anyone coming into her house and move things around. She might feel as that her privacy will be invaded by strangers. Another potential barrier might be the time the local authority take to respond and send someone to assess her needs before actually authorising someone to come out and assist her with her daily duties. Betty could look into an exercise class that she can take with her friends instead of playing cards. Her social needs will be met and at the same time her physical needs will be met. Exercise will give her more energy and build her confidence to achieve her weight gain goal.

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