Mark Scheme (Results)

January 2018

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

Unit 9: Healthy Living
(20952E)

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General Marking Guidance

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- All marks on the mark scheme should be used appropriately.
- All marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if a candidate's response is not worthy of credit according to the mark scheme.
- Where some judgment is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt about applying the mark scheme to a candidate's response, the team leader must be consulted.
- Crossed-out work should be marked UNLESS the candidate has replaced it with an alternative response.
- Phonetic spelling should be accepted.

Question Number	Answer		Mark
1a (i)	One mark for the correct identification of each effect of a balanced diet on physical health and wellbeing. Any two from the following. • Maintenance of a healthy weight (1) • Higher energy levels (1) • Healthy cardiovascular system (1) • Strong bones (1) • Healthy immune/digestive/nervous system (1) • Reduced chance of illness (1) • Healthy growth (1) • Reduced chance of type 2 diabetes (1) Do not accept diabetes in its own. Accept any other appropriate answer.	2x1	2

Question Number	Answer		Mark
1a (ii)	**C** Beans	1x1	1

Question Number	Answer		Mark
1a (iii)	• Fat • Carbohydrates • Proteins • Vitamins • Minerals • Water	1x1	1

Question Number	Answer		Mark
1a (iv)	Award one mark for the correct identification of each health risk associated with a diet lacking in fibre, up to a maximum of two marks. Any two from • Constipation (1) • Appropriately related cancer (especially cancer of colon) (1) • Diverticulitis (1) • Accept bowel disease Accept any appropriate alternatives. Do not accept 'cancer' on its own Do not accept irritable bowel syndrome.	2x1	2

Question Number	Answer	Mark
1b (i)	**C** Showering regularly 1x1	1

Question Number	Answer	Mark
1b (ii)	One mark for the correct identification of the effect of poor personal hygiene on physical health and wellbeing. • Contraction/spread of disease/illness • Body odour Accept any appropriate alternatives. 1x1	1

Question Number	Answer	Mark
1b (iii)	One mark for each correct identification of the effect of poor personal hygiene on emotional and social health and wellbeing. Social • Social isolation (1) • Loss of friends (1) • Reduced chance of gaining new friends (1) • Unemployment (1) Emotional • Bullying (1) • Low self-esteem/self-image/confidence (1) • Embarrassment (1) • Reduced chance of forming intimate relationships (1) Accept any appropriate alternatives. 2x1	2

Question Number	Answer	Mark
1c	Award one mark for the correct identification of how using recreational drugs could lead to accidental death. • Substance too strong/pure (1) • Accidental overdose (1) • Mixed with poison/dangerous substance. (1) • Altered judgement leading to risky behaviour (1) • Poor coordination leads to increased risk of accidents (1) Accept any appropriate alternatives. 1x1	1

Question Number	Answer	Mark
1d	Award one mark for the correct identification of each form of reducing the risk of contracting a sexually transmitted disease. • Male/female condoms (1) • Health screening (1) • Abstinence/celibacy (1) • Limit the number of sexual partners (1) Accept any appropriate alternatives. 2x1	2

Question Number	Answer	Mark
1e (i)	Award one mark for each correct identification of the maximum recommended weekly consumption of units of alcohol in the UK. • 14 units (1) 1x1	1

Question Number	Answer	Mark
1e (ii)	Award one mark for the correct identification of how Susan can support Jamal to reduce or stop drinking alcohol. • Listening (1) • Empathy (1) • Advice and guidance (1) • Encourage other activities (1) • Suggest professional advice (1) Accept other words to that effect. 1x1	1

Question Number	Answer	Mark
1e (iii)	Award one mark for each correct description and one mark for each justification or expansion of how Evie and Ben's home environment may affect their health and wellbeing. • Increase chance of illness (1) as diseases spread easily in crowded homes (1) • Unable to have friends around (1) due to lack of privacy (1) • Unable to study (1) due to lack of personal space (1) • Increased social life (1) as they may be friends with others in the house (1) • Effect on personal hygiene (1) due to shared facilities (1) • Balanced diet (1) and could share food and cook with other families (1) • Anxiety (1) due to conflict (1) • Poor sleep (1) due to noisy environment (1) Accept any other relevant answers including possible reverse arguments (if appropriate). 2x2	4

Question Number	Answer	Mark
1e (iv)	Award 1 mark for each correct explanation and a further mark for an appropriate extension/justification. **Physical** • Malnutrition/obesity (1) as there may be a lack of money to buy healthy food (1) • Increased chance of illness (1) due to lack of access to services/ facilities (1) • Increased chance of poor personal hygiene (1) unable to pay for hot water/toiletries (1) • Risk of accident (1) from lack of money to maintain/repair home (1) • Inability to improve fitness (1) due to lack of money to pay for equipment/activities (1) Accept any appropriate alternatives. 1x4	4

Question Number	Answer	Mark
1e (v)	**Social** • Negative effect on family relationships (1) due to tension and stress regarding finances (1) • Social isolation (1) due to stigma of their circumstances (1) • Lack of social excursions/ holidays (1) due to no disposable income (1) Accept any appropriate alternatives. 1x4	4

Question Number	Answer	Mark
2a (i)	Award one mark for correct identification of a source of formal support. Any one from • Doctor/GP (1) • Health specialist (1) • Practice / specialist Nurse (1) • Personal trainer (1) • Support groups (1) Do not accept weight loss groups. Award one mark for correct identification of a source of informal support. Any one from • Family (1) • Friends (1) • Partner/spouse (1) • Work colleagues (1) Accept any appropriate alternatives. Do not credit responses that are about sources of information, e.g. websites, magazines. 2x1	2

Question Number	Answer	Mark
2a (ii)	Award one mark for each correct identification of a difficulty Andrew may face when trying to start and keep to a regular exercise regime. • Not setting realistic goals (1) • Lack of support (1) • keeping motivated (1) • Difficulties balancing exercise and other commitments (1) • Lack of finances/resources (1) Accept any appropriate alternatives. 2x1	2

Question Number	Answer	Mark
2a (iii)	Award one mark for the correct identification of one effect of regular exercise on physical health and wellbeing. • Maintenance of healthy weight/weight loss (1) • Increased energy levels (1) • Impact on flexibility (1) • Increased strength (1) • Increased stamina (1) • Reduced chance of cardiovascular disease (1) • Reduced chance of respiratory disease (1) • Improve sleep patterns (1) • Reduced chance of type 2 diabetes (1) Do not accept increased immune system. Accept any appropriate alternatives. 1x1	2x1

Question Number	Answer	Mark
2b (i)	Award one mark for the correct definition of a genetically inherited disorder. • A condition, trait or characteristic passed down to a person through their parents' genes. Answer must contain a reference to genes or DNA. Accept any appropriate wording. 1x1	1

Question Number	Answer	Mark
2b (ii)	Award one mark for the correct identification of how having a predisposition to heart disease may affect a person's lifestyle choice. Awareness of **appropriate** inclusion/exclusion of lifestyle choices (1) Examples: • Smoking • Drinking • Diet • Exercise • Drugs Accept any appropriate alternatives. 1x1	1

Question Number	Answer	Mark
2c (i)	Award one mark for the correct identification of how access to resources and support how could impact on Anne losing weight. • Lack of access to sports facilities (1) • No weight loss clubs nearby (1) • Availability of fresh healthy food (1) • Access to walking routes (1) • Access to professional support (1) • Inclusion/exclusion of encouragement/guidance (1) Accept reverse arguments and any appropriate alternatives. 1x1	1

Question Number	Answer	Mark
2c (ii)	Award one mark for each correct explanation of how the media may affect Anne's decision to lose weight and one mark for each appropriate extension/justification. • May motivate Anne (1)Portrayal of a role model (1) • May influence her method of weight loss (1) Celebrity endorsed diets/exercise plans (1) • May inspire Anne (1)Weight loss stories (1) • Anne may be encouraged (1) by positive portrayal of plus size models (1) • May confuse Anne (1) due to conflicting information (1) Accept reverse arguments and any appropriate alternatives. 2x2	4

Question Number	Answer	Mark
2c (iii)	Award one mark for the correctly identifying how losing weight could affect Anne's self-esteem and one mark for a linked explanation. • Raise her self-esteem (1) could feel good/proud of herself (1) • Lower her self-esteem (1) Unhappy with how she looks now she has lost weight (1) Accept any appropriate alternatives. 1x2	2

Question Number	Indicative content
2d	Answers should include examples of: **Strategies** - Formal support - Counselling - Informal support - SMART targets - Reward progress - Reduce potential situations that could encourage Stephen to smoke - Take up hobbies - Exercise - Medication - Complementary therapies - Nicotine replacement therapy **Barriers** - Addiction - Lack of access to support - Lack of understanding - Motivation - Influence of media - Influence of family/friends - Unrealistic goals - Finances Please accept appropriate alternatives.

Level	Mark	Descriptor
0	0 marks	No rewardable material
1	1-3 marks.	A few key points identified, or one point described in some detail. The answer is likely to be in the form of a list. Only one viewpoint considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question
2	4-6 marks	Some points identified, or a few key points described. Consideration of more than one viewpoint but there will be more emphasis on one of them. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.
3	7-8 marks	Range of points described, or a few key points explained in depth. All sides of the case are considered and the answer is well-balanced, giving weight to all viewpoints. The majority of points made will be relevant and there will be a clear link to the situation in the question.