



Mark Scheme (Results)

June 2018

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

Unit 9: Healthy Living 20952E

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Unit 9: Healthy Living

General marking guidance

- All learners must receive the same treatment. Examiners must mark the first learner in exactly the same way as they mark the last.
- Marking grids should be applied positively. Learners must be rewarded for what they have shown they can do, rather than be penalised for omissions.
- Examiners should mark according to the marking grid, not according to their perception of where the grade boundaries may lie.
- All marks on the marking grid should be used appropriately.
- All the marks on the marking grid are designed to be awarded. Examiners should always award full marks if deserved. Examiners should also be prepared to award zero marks, if the learner's response is not rewardable according to the marking grid.
- Where judgement is required, a marking grid will provide the principles by which marks will be awarded.
- When examiners are in doubt regarding the application of the marking grid to a learner's response, a senior examiner should be consulted.

Specific marking guidance

The marking grids have been designed to assess learner work holistically. Rows in the grids identify the assessment focus/outcome being targeted. When using a marking grid, the 'best fit' approach should be used.

- Examiners should first make a holistic judgement on which band most closely matches the learner's response and place it within that band. Learners will be placed in the band that best describes their answer.
- The mark awarded within the band will be decided based on the quality of the answer, in response to the assessment focus/outcome and will be modified according to how securely all bullet points are displayed at that band.
- Marks will be awarded towards the top or bottom of that band, depending on how they have evidenced each of the descriptor bullet points.

Question Number	Answer	Mark
1(a) (i)	<p>Award one mark for the correct identification of one of the following:</p> <p>reduced chance of illness (1) healthy body systems (1) healthy weight maintenance (1) improved fitness (1) higher energy levels (1)</p> <p style="text-align: right;">1 x 1</p>	(1)

Question Number	Answer	Mark
1(a) (ii)	<p>One mark for the correct identification of a diet-related illness.</p> <p>C obesity</p> <p style="text-align: right;">1x1</p>	(1)

Question Number	Answer	Mark
1(b)(i)	<p>Award one mark for the correct identification of food groups up to a maximum of two marks.</p> <p>Fats (1) Carbohydrates (1) Proteins (1) Vitamins (1) Minerals (1) Fibre (1) Water (1)</p> <p style="text-align: right;">2x1</p>	(2)

Question Number	Answer	Mark
1(b)(ii)	<p>Award one mark for the correct identification of each effect of a balanced diet on a person's health and wellbeing up to a maximum of two marks.</p> <p>Maintain weight (1) High energy levels (1) Prevent diet-related illness (1) Increase self-esteem (1) Improved sleeping pattern (1) Improved mood (1) Increased concentration levels (1)</p> <p>Accept appropriate identified illnesses. Accept any other relevant answers.</p> <p style="text-align: right;">2x1</p>	(2)

Question Number	Answer	Mark
1(c)(i)	Award one mark for correct identification of B - Increased fatigue levels (1)	(1)
	1x1	

Question Number	Answer	Mark
1(c)(ii)	Award one mark for each correct identification of a factor that can affect a person maintaining a regular sleep pattern up to a maximum of two marks. Age (1) Shift work (1) Stress levels (1) Regular exercise (1) Balanced diet (1) Sated appetite (1) Environmental factors (noise, hot/cold, light levels) (1) Influence of partner/family/friend (1) Mental illness (1)	(2)
	Accept any appropriate alternatives.	
	2x1	

Question Number	Answer	Mark
1(d)(i)	One mark for each correct identification of how alcohol consumption could lead to a person having an accident or injury. Up to a maximum of two marks. Unsteady gait / poor balance (1) Increase in risky behaviour (1) Impaired judgement (1) Altered consciousness levels (1) Changes in perception (1) Slower reaction time (1)	(2)
	Accept any appropriate alternatives.	
	2x1	

Question Number	Answer	Mark
1(d)(ii)	<p>Award one mark for each correct identification of how excessive alcohol consumption could lead a person to put on weight, up to a maximum of two marks.</p> <p>Alcohol is high in calories (1) Excessive alcohol can stimulate appetite (1) Poor diet choices when drunk (1) Alcohol lowers self-control (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">1x1</p>	(1)

Question Number	Answer	Mark
1(e)	<p>Award one mark for each correct identification of how a person's home environment can affect their intellectual wellbeing up to a maximum of two marks.</p> <p>No personal space to study/designated study area (1) Family/partner values (1) Poor attendance due to environmental illness (1) Levels of conflict detract concentration (1) Noise levels affecting concentration (1) Family commitments (1)</p> <p>Accept any appropriate alternatives. Accept reverse answers.</p> <p style="text-align: right;">2x1</p>	(2)

Question Number	Answer	Mark
1(f) (i)	<p>Award one mark for the correct identification of the effect of smoking on physical and emotional health and wellbeing.</p> <p>Physical Cardiovascular disease (1) Respiratory disease (1) Gastrointestinal disease (1) Loss of bone density (1) Change in appearance (1) Specific related cancers (1)</p> <p>Emotional Addiction (1) Comfort (1) Helps keep her calm (1) Enjoyment/satisfaction (1) Anger/guilt (1) Low self-esteem / self-image (1) Low in mood /anxiety (1)</p> <p>Accept any appropriate other wording. Do not accept 'cancer' alone.</p> <p style="text-align: right;">2x1</p>	(2)

Question Number	Answer	Mark
1(f)(ii)	<p>Award one mark for correctly stating each barrier to giving up smoking.</p> <p>People around her may smoke (1) She may crave nicotine/addiction (1) Lack of support (1) Lack of education (1) Motivation (1) Fear of weight gain (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x1</p>	(2)

Question Number	Answer	Mark
1(f)(iii)	<p>Award one mark for each correct identification and a further mark for a correct expansion/justification of how formal support could help Margot stop smoking, up to a maximum of four marks.</p> <p>A doctor (1) could prescribe medication (1)</p> <p>A pharmacist (1) could advise on nicotine replacement therapies (1)</p> <p>A nurse (1) could provide advice and guidance (1)</p> <p>A group/clinic (1) could provide understanding and support (1)</p> <p>A counsellor (1) could suggest copying mechanisms (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x2</p>	(4)

Question Number	Answer	Mark												
1(f)(iv)	<p data-bbox="416 264 1187 389">Award one mark for each correct identification and a further mark for a correct expansion/justification of how informal support could help Margot stop smoking, up to a maximum of four marks.</p> <table border="1" data-bbox="416 421 1171 943"> <thead> <tr> <th data-bbox="416 421 794 456">Informal support</th> <th data-bbox="794 421 1171 456">Expansion/justification</th> </tr> </thead> <tbody> <tr> <td data-bbox="416 456 794 510">Family (1)</td> <td data-bbox="794 456 1171 510">highlight the dangers (1)</td> </tr> <tr> <td data-bbox="416 510 794 609">Friends (1)</td> <td data-bbox="794 510 1171 609">provide support/guidance (1)</td> </tr> <tr> <td data-bbox="416 609 794 707">Partner (1)</td> <td data-bbox="794 609 1171 707">encourage her to seek formal support (1)</td> </tr> <tr> <td data-bbox="416 707 794 943" rowspan="3">Work colleagues (1)</td> <td data-bbox="794 707 1171 806">giving up smoking with her (1)</td> </tr> <tr> <td data-bbox="794 806 1171 860">create distractions (1)</td> </tr> <tr> <td data-bbox="794 860 1171 943">highlighting financial benefits (1)</td> </tr> </tbody> </table> <p data-bbox="416 1070 1150 1137">Family/friends could highlight the dangers of smoking (1) therefore encouraging her to quit (1)</p> <p data-bbox="416 1167 1091 1234">Family/ friends could also give up smoking (1) so Margot does not feel alone in her efforts (1)</p> <p data-bbox="416 1263 1182 1330">Friends/family could distract Margot (1) to help her deal with her cravings (1)</p> <p data-bbox="416 1359 1139 1426">Friends/family could suggest a reward scheme (1) to keep Margot motivated (1)</p> <p data-bbox="1129 1458 1187 1487" style="text-align: right;">2x2</p>	Informal support	Expansion/justification	Family (1)	highlight the dangers (1)	Friends (1)	provide support/guidance (1)	Partner (1)	encourage her to seek formal support (1)	Work colleagues (1)	giving up smoking with her (1)	create distractions (1)	highlighting financial benefits (1)	(4)
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Question Number	Answer	Mark
2(a) (i)	<p>Award one mark for the correct identification of a type of exercise that would improve Adam's flexibility.</p> <p>Swimming (1) Yoga (1) Pilates (1) Walking (1) Stretching (1) Chair exercises (1) Tai Chi (1)</p> <p>Accept appropriate alternatives. Do not accept going to the gym.</p> <p>1x1</p>	(1)

Question Number	Answer	Mark
2(a)(ii)	<p>Award one mark for each correct identification of a positive effect of regular exercise.</p> <p>Any two from:</p> <p>Maintenance of healthy weight/weight loss (1) Increased energy levels (1) Increased endurance/stamina (1) Increased strength (1) Increase endorphins (1) Balance/coordination (1) Increased cardiovascular health (1) Increased respiratory function (1) Improve mobility (1) Improve sleep (1)</p> <p>Accept any examples of the above.</p> <p style="text-align: right;">2x1</p>	(2)

Question Number	Answer	Mark
2(b)(i)	<p>Award one mark for the correct identification of a sexually transmitted infection.</p> <p>Any one from:</p> <p>Chlamydia (1) Gonorrhoea (1) HIV/AIDS (1) Herpes (1) Genital warts (1)</p> <p>Accept any other appropriate answers.</p> <p style="text-align: right;">1x1</p>	(1)

Question Number	Answer	Mark
2 (b)(ii)	<p>Award one mark for each identification and a further one mark for each expansion/justification of each possible effect of unsafe sexual practices on an individual's physical and emotional wellbeing.</p> <p>Physical</p> <p>Increase risk of chlamydia (1) may lead to infertility (1)</p> <p>Higher chance of HPV infection (1) may increase risk of cervical cancer (1)</p> <p>Increase risk of pregnancy (1) may cause morning sickness (1)</p> <p>Increase risk of HIV (1) may compromise immune system (1)</p> <p>Increase risk of (any named STD) (1) may cause physical health complications (1)</p> <p>Emotional</p> <p>Feelings of being anxious/upset/angry (1) because they are putting themselves at risk (1)</p> <p>A person could have low self-esteem/self-image (1) because they have made a poor decision (1)</p> <p>May feel ashamed (1) because of the stigma of having a STI (1).</p> <p>May feel embarrassed (1) and therefore avoid socialising (1)</p> <p>May feel that they mistrust their partner (1) because they did not inform them of their STI (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x2</p>	(4)

Question Number	Answer	Mark
2(c)(i)	<p>Award one mark for each correct identification of how poor personal hygiene leads to social isolation, up to a maximum of two marks.</p> <p>Embarrassment (1) Withdrawal (1) Body odour / smell (1) Due to bullying (1) Stigma (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x1</p>	(2)

Question Number	Answer	Mark
2(c) (ii)	<p>Award one mark for each identification and a further mark for each correct expansion of how low income could prevent Helen from having good personal hygiene.</p> <p>Unable to afford hot water for bathing/showering etc. (1) to prevent poor body odour (1)</p> <p>Unable to afford to wash clothes (1) to reduce bacteria (1)</p> <p>Unable to afford soap/shower gel/deodorant (1) to remove dirt (1)</p> <p>Do not accept perfume as an answer.</p> <p style="text-align: right;">1x2</p>	(2)

Question Number	Answer	Mark
2(d)	<p>Award one mark for an identification and a further mark for a relevant expansion.</p> <p>Media - any one from:</p> <p>Pictures of thin/size zero/perfect models (1) may influence someone to view their body in a negative way (1)</p> <p>Depictions of celebrity culture/lifestyle (1) may lower self-esteem (1)</p> <p>Copying positive role models in the media (1) may raise self-esteem (1)</p> <p>Family - any one from:</p> <p>Effect of supportive relationships (1) which may improve self-esteem (1)</p> <p>Influence of family role models/authority figures (1) could inspire (1)</p> <p>Lack of family finances (1) may lower self-esteem (1)</p> <p>Accept any appropriate alternatives. Accept reverse arguments.</p> <p style="text-align: right;">2 x 2</p>	(4)

Question Number	Indicative content	Mark
2 (e)	<p>Strategies</p> <p>Formal support Counselling Informal support SMART targets Reward progress Medication Complementary therapies Housing support</p> <p>Barriers</p> <p>Lack of access to support Lack of understanding Motivation Depression Influence of family/friends Unrealistic goals Addiction Financial Low self esteem Living environment</p>	(8)
Level	Marks	Descriptors
	0	No rewardable material.
1	1-3	A few points identified, or one point described in some detail. The answer is likely to be in the form of a list. Only one aspect considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question.
2	4-6	Some points identified, or a few points described. Consideration of more than one aspect 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	Range of points described, or a few points explained in depth. All aspects of the case are considered and the answer is well-balanced, giving weight to all areas. The majority of points made will be relevant and there will be a clear link to the situation in the question.

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