



Mark Scheme (Results)

January 2019

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

Unit 9: Healthy Living
20952E

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Question Number	Answer	Mark
1a(i)	B Vitamins C Water	2

Question Number	Answer	Mark
1a(ii)	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Higher levels of concentration • Improved memory • More focus • Increased attention span • More alert • Clearer thinking <p>Accept other appropriate answers.</p>	1

Question Number	Answer	Mark
1a(iii)	<p>Award one mark each for identifying an effect of an unbalanced diet, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Type II Diabetes • Weight changes • Lower energy levels/fatigue • Weakened immune system • GI cancers • Risk of coronary heart disease • Risk of cardiovascular disease such as <ul style="list-style-type: none"> ○ Stroke (CVA) ○ Mini stroke (TIA) ○ High blood pressure ○ Atherosclerosis ○ Hyperlipidaemia/cholesterol ○ Myocardial infarction ○ Congestive cardiac failure ○ Angina ○ Peripheral vascular disease <p>Accept any generic terms for the above and any other appropriate alternative answer.</p> <p>Do not accept 'diabetes' on its own or 'diabetes type I'.</p> <p>Do not accept 'cancer' on its own or any unrelated cancers (i.e. lung cancer)</p> <p>Do not accept eating disorders eg anorexia.</p>	2

Question Number	Answer	Mark
1b	C increased stamina	1

Question Number	Answer	Mark
1c(i)	<p>Award one mark for each of the following correct answers and one for each justification/expansion up to a maximum of four marks:</p> <p>Physical</p> <ul style="list-style-type: none"> • Change to person appearance (1) due to dehydration and reduced absorption of nutrients (1) • Weight gain (1) as alcohol contains a lot of calories (1). • Weight loss/malnutrition (1) as alcohol can sate appetite (1). • Higher risk of accident/injury (1) due to poor coordination (1). • Unsafe sexual practices (1) due to impaired judgements (1). • Liver disease (1) damage to cells when breaking down alcohol. • GI disturbances* (1) due to the body trying to eliminate toxins (1). • Brain damage (1) due to changes of brain structure (1). • Cardiovascular disease (1) as alcohol increases blood pressure (1). • Heart failure (1) due to muscle damage (1). • Hangover (1) due to the toxic effect of alcohol (1). <p>*GI disturbances could be expressed as vomiting; diarrhoea; stomach ulcers, etc.</p> <p>Accept any appropriate alternatives</p>	4

Question Number	Answer	Mark
1c(ii)	<p>Award one mark for the correct identification</p> <p>B – 14 units</p>	1

Question Number	Answer	Mark
1c(iii)	<p>Award one mark each for the identification of one formal support and one informal support</p> <p>Formal</p> <ul style="list-style-type: none"> • Support groups • Doctor • Nurse • Counsellor • Human Resources • Rehabilitation centre <p>Informal</p> <ul style="list-style-type: none"> • Family • Friends • Partner • Work colleague <p>Accept any other valid response. Do not accept websites and leaflets as they are sources of information – not support.</p> <p>Do not accept teachers or youth workers as Jakub is 38 years old.</p>	2

Question Number	Answer	Mark
1c(iv)	<p>Award one mark for the correct answer of any of the following</p> <ul style="list-style-type: none"> • Listening • Empathy • Encouragement • Advice • Guidance <p>Accept any examples of the above answers.</p>	1

Question Number	Answer	Mark
1d(i)	<p>Cancer Emphysema COPD Chronic bronchitis</p> <p>Accept any appropriate alternatives.</p> <p>Do not accept asthma, smoking could trigger attacks but would not be the cause.</p>	2

Question Number	Answer	Mark
1d(ii)	<p>Award one mark for the correct intervention</p> <p>Nicotine replacement therapy (patches, sprays, lozenge etc.) Medication Aversion therapy Reward therapy Natural therapy (hypnosis, acupuncture etc.) Vaping/e-cigarette</p> <p>Accept any appropriate alternatives</p>	2

Question Number	Answer	Mark
1d(iii)	<p>Award one mark for each correct barrier and one further mark for each justification/extension up to a maximum of four marks</p> <p>Lack of motivation (1) as he does not feel he has anything to give up for (1).</p> <p>Lack of will power (1) as friends/ family may smoke (1).</p> <p>Lack of knowledge (1) as he does not know how to give up (1).</p> <p>Unable to access support (1) as he does not know supportive services that could help (1).</p> <p>He is addicted (1) therefore may crave nicotine (1).</p> <p>Accept any appropriate alternatives</p>	4

Question Number	Answer	Mark
1e(i)	<p>Award one mark for the correct identification of the effect with one further mark for a correct/associated explanation/justification up to a maximum of two marks</p> <p>May learn new skills (1) as the jobs may require a different skill set (1)</p> <p>Increase knowledge (1) may need to attend courses (1)</p> <p>Accept any appropriate alternatives and <u>inverted responses</u>.</p>	2

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Question Number	Answer	Mark
1e(ii)	<p>Award one mark for the correct identification of the effect with one further mark for a correct/associated explanation/justification up to a maximum of four marks</p> <p><u>Positive</u></p> <p>Greater levels of happiness (1) as she may earn more money Increased self-confidence (1) as she was successful at interview (1) Improved self-esteem (1) as she wanted a new job Anxiety/ stress levels are reduced (1) due to positive impact on her wellbeing (1)</p> <p><u>Negative</u></p> <p>Lower levels of happiness (1) As she may miss her work colleagues (1) Reduced self-confidence (1) as she may not know what she must do in her new job (1) Lower self-esteem (1) as she may feel she is not as good in this job as her old one (1) Increased anxiety and stress (1) as she may have made the wrong decision (1)</p> <p>Accept any appropriate alternatives</p>	4

Question Number	Answer	Mark
2a(i)	<p>Award one mark for the correct identification of how sexually transmitted diseases may be reduced up to a maximum of two marks</p> <p>Using a barrier contraception (1) Participation in sexual health screening (1) Limit/reduce number of sexual partners (1) Celibacy (1)</p> <p>Accept any generic terms or examples of the above</p>	2

Question Number	Answer	Mark
2a(ii)	<p>Award one mark for the correct identification of each sexually transmitted infection up to a maximum of two marks</p> <p>Chlamydia (1) Gonorrhoea (1) HIV/AIDS (1) Herpes (1) Syphilis (1) Trichomonas (1) Genital warts (1) Pubic Lice (1)</p> <p>Accept any common terms for the above and any other appropriate alternative answer</p>	2

Question Number	Answer	Mark
2b(i)	<p>Award one mark for the correct identification of why Gita could be obese</p> <p>Unbalanced diet (1) Overeating (1) Lack of exercise (1) Drinking too much alcohol (1)</p> <p>Accept other appropriate answers.</p>	1

Question Number	Answer	Mark
2b(ii)	<p>Award one mark for each correct influence on Gita's ability to lose weight and one mark for each justification/expansion; up to a maximum of four marks</p> <p>Time restrictions (1) due to managing a home (1) Self-esteem levels (1) as she may not believe she can do it (1) Target setting (1) as these may be unrealistic (1) Temptation (1) due to fatigue (1) Education understanding (1) as she may not know how to lose weight (1) Financial (1) as she may not be able to afford a healthy diet (1)</p> <p>Accept other appropriate answers.</p>	4

Question Number	Answer	Mark
2b(iii)	<p>Award one mark for each correct benefit on Gita's emotional wellbeing of losing weight and one mark for each justification/expansion; up to a maximum of four marks</p> <p>Increased happiness (1) as she is improving her health (1) Increased self-confidence (1) as she is achieving her goals (1) Increased pride (1) as she is as she is making positive changes (1) Increase self-esteem (1) as she is changing her body shape (1)</p> <p>Accept other appropriate answers.</p>	4

Question Number	Answer	Mark
2c	<p>Award one mark for the correct definition.</p> <p>Answers must be pertaining to The ability to adapt to stressful situations or crises.</p> <p>Accept examples</p>	1

Question Number	Indicative content	Mark
2d	<p>Responses may include the following.</p> <p>Barriers</p> <ul style="list-style-type: none"> • Motivation • Influence of family • Peer group pressure • Media influences • Lack of education and understanding • Addiction • Availability of negative choices • Lack of support <p>Strategies</p> <ul style="list-style-type: none"> • Target setting • Influence of family • Peer group support • Media influences • Professional support • Coping mechanisms <p>Accept any other valid responses.</p>	8
Level	Descriptor	
0 marks	No rewardable material	
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.	
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.	
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.	



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