



Mark Scheme

January 2020

NQF 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 and not according to their perception of where the grade boundaries may lie.
- All marks on the mark scheme should be used appropriately.
- All the 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 the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of 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.

BTEC Next Generation Mark Scheme Template

Health and Social Care Unit 9

Question Number	Answer	Mark
1 a (i)	<p>Award one mark for each correct identification of the negative physical effects of drinking too much alcohol, up to a maximum of two marks.</p> <p>A – Increased weight (1) C – Damaged liver (1)</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
1 a (ii)	<p>Award one mark for each correct identification of the negative emotional effects of drinking alcohol up to a maximum of two marks.</p> <p>Low self-esteem (1) Negative self-image (1) Anxiety/stress (1) Depression/sadness (1) Anger/aggression (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
1 b (i)	<p>Award one mark for the correct identification of each form of birth control up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Caps (1) • (contraceptive) Pill (1) • (contraceptive) Implant (1) • (contraceptive) Injection (1) • (contraceptive) Patch (1) • Diaphragms (1) • Intrauterine device/system (IUD) (IUS)/coil (1) • Natural family planning (1) (withdrawal/rhythm method) • Abstinence (1) <p>Accept any common terms. Do not accept male/female condoms.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
1 b (ii)	<p>Award one mark for each correct identification of a sexual transmitted infection up to maximum two marks.</p> <ul style="list-style-type: none"> • Chlamydia (1) • Gonorrhoea (1) • HIV/Aids (1) • Herpes (1) • Syphilis (1) • Genital warts (1) • Pubic lice (1) • Trichomoniasis (1) <p>Accept any alternative answers. Accept any common terms.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
1 b (iii)	<p>Award one mark for each correct identification of reasons for delaying becoming parents, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Financial position (1) • Effect on career (1) • Impact on social life (1) • Not feeling ready (1) • Religious/cultural beliefs (1) <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">1x2</p>	2

Question Number	Answer	Mark
1 c (i)	<p>Award one mark for the correct identification of the positive effect of a balanced diet on a person's health and wellbeing, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Weight maintenance/loss (1) • Increase energy levels (1) • Less chance of illnesses (1) • Healthier looking skin (1) • Improved digestive system (1) • Reduced chance of CVD (1) • Reduced chance of obesity (1) • Reduced chance of diabetes (1) • Improved sleep (1) <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">1x2</p>	2

Question Number	Answer	Mark
1 c (ii)	<p>Award one mark for each correct identification up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Happy (1) • High self-esteem (1) • Good self-image (1) • Pride (1) <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
1 c (iii)	<p>Award one mark for each correct identification and one further mark for an appropriate extension/justification, up to a maximum of four marks.</p> <ul style="list-style-type: none"> • Temptation/lack of willpower/motivation (1) unable to resist junk food (1) • Lack of support (1) friends and family influences (1) • Time restrictions (1) due to work and relationships (1) • Financial barriers (1) unable to afford the gym membership (1) • Lack of knowledge (1) unable to make correct healthy choices (1) • Setting unrealistic goals (1) leads to failure (1) <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x2</p>	4

Question Number	Answer	Mark
1 d (i)	<p>Award one mark for each correct identification of the ways in which exercise can help improve a person's intellectual health and wellbeing, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Clearer thinking (1) • Improved concentration (1) • More alert (1) • Improved focus (1) • Improved memory (1) <p>Accept any acceptable alternatives.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
1 d (ii)	<p>Award one mark for each correct identification and one further mark for an appropriate extension/justification, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Make new friends (1) by socialising with other members. (1) • Maintain relationships (1) by exercising with friends (1) <p>Accept any appropriate alternatives</p> <p style="text-align: right;">1x2</p>	2

Question Number	Answer	Mark
1 d (iii)	<p>Award one mark for each correct identification and one mark for an appropriate extension/justification, up to a maximum of four marks.</p> <ul style="list-style-type: none"> • Breakdown in the relationship (1) as they spend time apart (1) • They could drift apart (1) leading to arguments (1) • So they do not have sex (1) Brett is tired from going to the gym (1) • Less disposable income (1) Brett spends money on the gym (1) <p>Accept any appropriate alternatives.</p> <p style="text-align: right;">2x2</p>	4

Question Number	Answer	Mark
2 a (i)	<p>Award one mark for each correct identification of the effects of moving into a smaller home, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Arguments (1) • Frustrated/stress (1) • No personal space/feel enclosed (1) • More/less sociable (1) • Improved finance (1) • Keep their independence (1) • Isolated (1) <p>Accept any appropriate answers. Answers can be positive or negative.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
2 a (ii)	<p>Award one mark for each correct identification of informal support and one mark for each correct identification of formal support offered, up to a maximum of two marks.</p> <p>Any one from informal support:</p> <p>Friends (1) Family (1) Neighbours (1) Faith-based organisations (1)</p> <p>Any one from formal support:</p> <p>Social services (1) Health care assistants (1) Nurse (1) Doctor (1) Support groups (1) Occupational Therapist (1) Physiotherapist (1) Dietician (1)</p> <p>Accept any other appropriate answers. Accept specific examples.</p> <p>Do not accept 'Therapist' on its own.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
2 a (iii)	<p>Award one mark for each correct identification and one further mark for an appropriate extension/justification, up to a maximum of four marks.</p> <ul style="list-style-type: none"> • Social isolation/reduced social interaction (1) as they do not know the area (1) • Loss of friends (1) as they will not see friends (1) • Less contact with family (1) as they no longer live near (1) • Increased social interaction (1) new neighbours and making new friends (1) <p>Accept appropriate alternative and inverted answers.</p> <p style="text-align: right;">2x2</p>	4

Question Number	Answer	Mark
2 b	<p>Award one mark for each correct descriptive point up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Feels irritable/angry (1) • Lack of concentration (1) • Stress/anxiety (1) • Low mood (1) • Reduced immune system (1) • Higher risk of accidents (1) • Low energy levels (1) • Fatigued/feeling tired (1) <p>Accept any appropriate answers.</p> <p style="text-align: right;">2x1</p>	2

Question Number	Answer	Mark
2 c (i)	<p>Award one mark for each correct identification of effect of smoking on social health and wellbeing, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Not included in non-smoking events/places (1) • Missing out on conversation due to smoking (going outside to smoke) (1) • Lack of engagement due to concerns over passive smoking/smell (1) • Make new friends with other smokers (1) <p>Accept any appropriate answers.</p>	2

Question Number	Answer	Mark
2 c (ii)	<p>Award one mark for each correct identification and one further mark for an appropriate extension/justification. Up to a maximum of four marks.</p> <ul style="list-style-type: none"> • Increase risk of illness (1) due to increase contact with bacteria (1) • Social isolation (1) due to body odour (1) • Possible low mood/depression (1) due to lowering of standards (1) • Possible low self-esteem (1) due to being excluded from social events (1) • Possible low self-image (1) due to comments made by others (1) <p>Accept any appropriate answers.</p> <p style="text-align: right;">2x2</p>	4

Question Number	Indicative content	Mark
2d	<p>Discuss the strategies that could help Alex stop smoking and the barriers that may prevent her stopping smoking. Responses may include the following.</p> <p>Strategies:</p> <ul style="list-style-type: none"> • Reduce smoking/cutting down • Access formal/informal support • Use intervention strategies • Take up hobbies/distractions • Improve her fitness/join the gym • Alternative therapies • Holistic therapies • Reward strategies • SMART targets • Nicotine replacement therapy <p>Barriers:</p> <ul style="list-style-type: none"> • Access to services • Enjoyment • Motivation • Stress • Family commitments • Work commitments • Dependency/addiction • Worries about weight gain • Family members/friends who smoke <p>Accept any other valid responses.</p>	8

Level	Mark	Descriptor
	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.



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