

Examiners' Report Lead Examiner Feedback

January 2021

Pearson BTEC Firsts In Health and Social Care (20952E) Unit 9: Healthy Living



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Introduction

This lead examiner report should be read in conjunction with the question paper and the published mark scheme. We attempt to provide insight and examples of good and not so good responses. Centres could use this with learners to ensure they understand how marks are awarded. We hope this will help you to prepare your learners for future examination series.

Introduction to the Overall Performance of the Unit

As in previous series, the paper differentiated well with learners scoring a wide range of grades from the questions. Some questions had blank responses. This was particularly identified in the short answer questions. From the responses seen, it appears that some learners are not familiar with the requirements of the different command verbs. Learners were generally able to show an understanding of healthy living and investigate the factors that affect health and wellbeing and how they are interrelated.



Individual Questions

Question 1

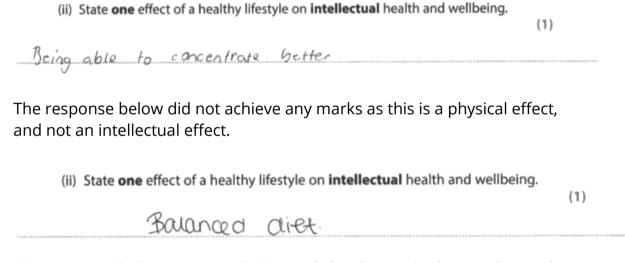
1ai

The majority of learners were able to answer the two-mark multi choice question. They were able to identify two physical effects of drinking alcohol on an individual's health and wellbeing.

1aii

A large number of learners gave physical and emotional responses to this question and not an intellectual effect. There were some learners who were able to respond with an intellectual effect.

The response below achieved 1 mark, linked to improved concentration on the mark scheme.



The response below was awarded 1 mark for clearer thinking in the mark scheme.

(ii) State one effect of a healthy lifestyle on intellectual health and wellbeing.

better thinking-doing yoursob wer.

(1)



1bi

Some learner responses were not related to the scenario and were not in context with the age of Amos.

Lack of flexibility has not been awarded a mark for the second response below as Amos is only 16. It was felt that lack of flexibility is not seen as an age appropriate answer.

Amos is 16 years old and does not exercise regularly.	
(b) (i) State two physical effects of Amos not exercising regularly.	(2)
1 Decreased heart rate	
2 Lack of flexibility	

The response below achieved full marks. 2 marks were awarded for weight gain and coronary heart disease. The majority of learners were able to give one physical effect of Amos not exercising regularly.

Amos is 16 years old and does not exercise regularly.	
(b) (i) State two physical effects of Amos not exercising regularly.	(2)
1 Weight gain	***************************************
2 Cardiorasculum issues	



1bii

This was a well answered question. Most learners were able to gain full marks on this question. The response below achieved full marks.

Amos wants to join the Army, so he needs to reduce his body mass index (BMI).	
(ii) Give two sources of formal support to help Amos reduce his BMI.	
	(2)
1 GP/Doctor	
2 Dietition/nutritionist	145444111111111111111111111111111111111

There were some responses that gave therapist as a source of formal support. Therapist, as a response, is too generic, as there are many types of therapists. For example, physiotherapist, occupational therapists.

	Amos wants to join the Army, so he needs to reduce his body mass index (BMI).	
	(ii) Give two sources of formal support to help Amos reduce his BMI.	
l	(2	2)
	1 Therapist	
l		
	2	

A common mistake was that some learners gave informal sources of support in their response. In the example response below, the second answer achieved 1 mark for doctors/GP, however, this response did not achieve a mark for their first answer as it is an informal source of support.

Amos wants to join the Army, so he needs to reduce his body mass index (BMI).

(ii) Give **two** sources of **formal** support to help Amos reduce his BMI.

(2)

(2)



1biii

Most learners were able to identify one type of exercise that could help Amos reduce his BMI. However, not all learners were able to give a description on how the exercise could help Amos' BMI.

The response below achieved 1 mark for responding with using a treadmill. The use of a treadmill is linked to walking or running on a treadmill which is aerobic.

(iii) Describe one type of exercise that can help Amos reduce his BMI.

14	.)
One type or are exercise would be using a treadmit	
One type or ever exercise would be using a treadmin.	
It was help his beight decrease and lower his BMI as the	
•	
body mass will decrease when his heart rave increases. me	854
to cersises can help reclude bedy menys.	

The response below achieved full marks for describing running as a type of exercise that can help Amos reduce his BMI as it burns calories.



1biv

their responses.

Many learners were able to identify two barriers that may prevent Amos reducing his BMI, however, not all were able to expand on their answer by giving an explanation as to how the barrier prevented Amos from reducing his BMI.

The response below was awarded 2 marks. The two marks were awarded for identifying temptation which is a barrier to achieving a healthy lifestyle. The influence of family and friends is also a barrier to achieving a healthy lifestyle. No further marks were awarded as the learner did not expand on

Lack of access to formal support can be a barrier to reducing BMI.

(iv) Explain two other barriers that may prevent Amos reducing his BMI.

(4)

1 B borner which can provent amos reducing 13Hi 13 beropotion new conting to borners.

Exercise Eal Good as he has "cant be borners":

2 La support we prevent amos reducing his BMI.

(4)

2 La support we prevent amos reducing his BMI.

(4)

5 La support we prevent amos reducing his BMI.

(4)



The response below was awarded 3 marks. The response identified two barriers, time, and motivation. Time limitations and motivation to change are highlighted as barriers to achieving a healthy lifestyle on the mark scheme. The response then went on to give more explanation in the first response that he was busy with his schoolwork.

Lack of access to formal support can be a barrier to reducing BMI.

(iv) Explain two other barriers that may prevent Amos reducing his BMI.	
(ii) Explain the value value in the interpretation in the interpre	(4)
1 Time, Anos may be busy with send	100
work and on her and the time	,
2 Motivation Amos may not be ment	ord
enagh and wu not care to	
impore he By	



1ci

Some learners answered this question from the angle of physical health and wellbeing, rather than intellectual. However, most learners were able to give one way lack of sleep could affect Gabriel's intellectual health and wellbeing.

The response below achieved 1 mark for reduction in learning, however, the learner gave the same answer in the second response therefore a mark was not awarded for this.

Amos has a brother, Gabriel, who is at university.
Gabriel stays up late studying for exams.

(c) (i) Give **two** ways lack of sleep could affect Gabriel's **intellectual** health and wellbeing.

					,		(2)	
1 He	May	not	be able	to 1	retain a	1 mud	infor-	
i i		cl	······································	y l	/-	0.1	nd of sleep Lited,	
Which	May	nake	him	not	want	to si	ludy.	
	U							



The response below achieved full marks as it was related to intellectual health and wellbeing. The response gave two ways lack of sleep could affect Gabriel's intellectual health and wellbeing. The responses lack of focus and inability to think clearly were identified on the mark scheme.

	_ I
Amos has a brother, Gabriel, who is at university.	
Gabriel stays up late studying for exams.	
(c) (i) Give two ways lack of sleep could affect Gabriel's intellectual health and wellbeing.	
	(2)
1. lack of socus ou he went goin in	somation
poper y.	
2 lack of concentration as he will for	eu
0000p vi 12500.	

1cii

This question was not as well answered. Although this was a valid question linked to the unit specification, some learners were not able to describe one way that peer pressure could affect Gabriel's physical health and wellbeing.

The response below was not awarded any marks as the response did give an explanation, however, they did not respond with an identification. The explanation in the response, leading to him drinking or taking drugs was not preceded by a physical effect. For example, increased risk of illnesses or disease. Therefore, no marks were awarded.

(ii) Describe one way that near pressure could affect Gabriel's physical health

Gabriel has moved into shared accommodation at University.

		and wellbeing.	y that peer pr	coone cou	a arrect	oubliels p	ily Sicul i i c	arerr		
									(2)	
Pee	ζ	pressure	could	lead	to	hin	dring	ung	00	
tai	in	g drugs	mea	ring	his	5600	lies	and		
9	۲a	des wi	· fall						MARA + (4 +)	
				>>>>>=================================	100401304019000000000000	.,,,,				

Some learners did achieve full marks, like the response below. The learner gave increased risk of illness as a physical effect and then moved onto

(2)



expand that this could lead to drinking alcohol. Therefore, the response achieved full marks.

Gabriel has moved into shared accommodation at University.

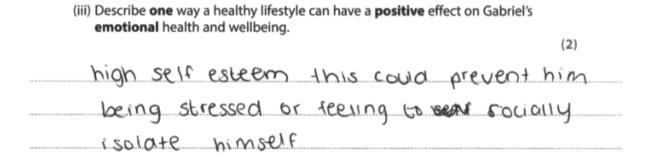
(ii)	Describe one way that peer	pressure could	affect Gabriel's	physical health
	and wellbeing.			

people lung with him could pressue him into alcohol, drugs or smaking, which can cause illnesses or he discose from exessive

1ciii

The identification part to this question was well answered, however, learners did not describe how the healthy lifestyle identified can have a positive effect on an individual's emotional health and wellbeing.

The response below achieved one mark for high self-esteem. The learner did not expand on their response to achieve full marks.



The following response achieved the full 2 marks. Gained confidence was awarded a mark for the identification, and a second mark was awarded for looking after himself as the expansion.



(iii) Describe one way a healthy lifestyle can have a positive effect on Gabriel's emotional health and wellbeing.	
Chronoma realth and wellocing.	(2)
If you are eating and skeping well a	-nd
have a good healthy balance then &	Zin
will cause you to do more with	SOU
day, being healthy is feeling healthum so self confidence will improve.	, his

The response below also achieved the full 2 marks. The learner was awarded a mark for happier and another mark for providing a description of Gabriel taking control of his life.

(iii) Describe **one** way a healthy lifestyle can have a **positive** effect on Gabriel's **emotional** health and wellbeing.

boother healthier thinking turning all your food and hobbies Into Something Will que you a better aspect on like and make your self better about yourself



Some learners provided a response from the angle of physical health and being, rather the emotional health and wellbeing, as seen in the example response below. This response was not awarded any marks.

(iii) Describe **one** way a healthy lifestyle can have a **positive** effect on Gabriel's **emotional** health and wellbeing.

(2)

maintaining a healthy dut and exacting regularly increase the release of humanes to the brevin



1civ

This question was well answered with responses identifying two positive effects that moving into shared accommodation could have on Gabriel's social health and wellbeing, however, not all responses were able to expand on their identification points.

There were some learners who identified a positive effect on Gabriel's social health and wellbeing, however, their expansion was not linked to shared accommodation therefore a second mark could not be awarded. For example, in the response below, 1 mark was awarded for identifying increased socialisation, but a further mark was not awarded for the expansion as the response was not linked to shared accommodation.

(iv) Explain two positive effects that moving into shared accommodation could

have on Gabriel's social health and wellbeing.	
1 one positive effect will be the always	D. S. D. D. ST. ST. ST. ST. ST. ST. ST. ST. ST. ST
has someone he hour can have no about his	
feeling 5 so he went be keeping them to	
hinself so much	
2 Anorner positive effect is he has people	
to go our wim and now have in his	;;;:::::::::::::::::::::::::::::::::::
class so he work feel alone	



The response below was not awarded any marks as no reference has been made to positive effects of shared accommodation on social health and wellbeing.

1 Leaning rew curve and religions
Making in caser to socilise won
oner who are differe from his
beices
2 Mainting good relationships,
learning new seil prom more around
him.

The following response achieved 3 marks. The learner has given two identification points, making new friends and increased socialisation, which were awarded 2 marks. The learner then went onto expanding on their second response, improving social skills, which was awarded another mark.

(iv) Explain two positive effects that moving into shared accommodation could have on Gabriel's social health and wellbeing.

(4)

1 Socially active - he will spend more time with the new people he have met Becourse he will go out communicate and leash new things gram they.

2 Develop new knowledge and skulls. As disserent people know disserent things so it will teach him new things so he could make new swends with them to socialise with them and to reep conversation gang. (Total for Question 1 = 23 marks)



Question 2

2ai

Whilst most learners provided three effects for this question, they were very generic in their response. Heart problems and lung problems were not awarded any marks on their own.

The response below achieved 2 marks as the learner gave specific examples of the conditions in their answer. Weight gain/obesity is not a physical effect of smoking; therefore this was not awarded a mark.

Julie is 29 years old and lives with her husband, Aaron, who is also 29 years old.	
Aaron does not like Julie smoking in the house. Julie is spending more time awa from home because of arguments with Aaron.	y
2 (a) (i) State three effects of smoking on Julie's physical health.	(3)
Obesity / Weight gain	······································
Heart Inolinems - Lack or broad flow	
3 lung problems - cancer/asehma	

Some learners gave asthma as a response. This was not awarded a mark as smoking does not cause asthma, it can, however, exacerbate symptoms.

The response below achieved 2 marks for lung cancer and heart disease. A mark was not awarded for asthma.

2 (a) (i) State three effects of smoking on Julie's physical health.	(3)
1 Lung concer	***************************************
2 heart die ase	
3 Asthma.	



The following response did not gain any marks as the answers give are not physical effects of smoking.

2	(a) (i) State three effects of smoking on Julie's physical health.		(2)
1	Nei	gnt change	(3)
		personal hygeine.	
	-	sy I dirry face	1

2aii

Most learners were able to describe two negative effects of an unhealthy lifestyle on Julie's social development. Social isolation and reduced socialisation were the main identification points seen from learners and these were awarded marks. Some learners were able to expand on their identification to describe the negative effects on Julie's social development.

The first response below has only given one identification point, socially isolated, which was awarded 1 mark. No further marks were awarded as they are not linked to the mark scheme or an appropriate alternative.

social development.	(4)
1 socially isolated from the cre	23 STO
laves son as Aaron one of	\er
sneking habble.	
2 May feel like she can not so	
is cose oner judge her so m	oking
new priend may be difficult	

(ii) Describe two negative effects of an unhealthy lifestyle on Julie's



The response below was awarded 2 marks. The learner identified loss of friend as a negative social effect and then expanded on this to describe that it could cause conflict.

5	social developmer	nt.			(4)	
1 She	may	start	to 10	00se S	riends	
15	there d	on't ac	ree	with	what	
She	\sim	doing.	J			
		V				
2 She	may	loose	her	job i	s she	
is	going	to u	soru	Smeui'n	a of	
ciaa	rettes,	89215	2 This	will	mean	
She	Wont	Commun	icate	with	Pecpie	
CLS	CITLEN					

(ii) Describe two negative effects of an unhealthy lifestyle on Julie's



The response below was awarded 3 marks. The learner identified social isolation as a negative effect and then expanded on this to describe that this could cause conflict, which gained 2 marks. Also, the learner achieved another mark for identifying loss of friends as a negative social effect. However, this was not expanded on as the learner did not describe the effect, therefore a further mark was not awarded.

(ii) Describe two negative effects of an unhealthy lifestyle on Julie's social development.	
	(4)
1 not spending enough time with Adron car	u ettect
her social development as it can make her	ee1
isolated with can affect her relationship of	and
fute entionships	
2 PEODIE may not want to rangout wit	p per
as sher may have bad wreath which co	20
effect her self image and she may is	state
her sell tram people.	



2bi

This question was well answered as most learners were able to identify two physical effects of poor living conditions. However, only some learners went onto describing the impact of the physical effects.

The response below was awarded 3 marks. The learner has identified the chance of illness as an effect and then expanded on this by stating that this is due to unclean facilities, which was awarded 2 marks. The learner gave another identification point, poor sleep, which gained a mark. However, this was not expanded on therefore a further mark was not awarded.

Aaron has separated from Julie. He is now living in a small bedsit flat that is damp and mouldy.

(b) (i) Describe two physical effects of poor living conditions.

(4)

1 Avon may get effect illness and took of energy because he may not get diet food and enough? Sleep by feel unconfotable.



Some learners gave asthma as a response, as seen in the example below. This identification point was not awarded a mark as asthma is not caused by damp conditions. Pollution and hygiene standards has been suggested as causes, but there is not currently enough evidence to know if they do cause asthma.

Depression was also not awarded any marks as this is not a physical effect. The learner did not achieve any further marks for expanding on their answer as the identification points were incorrect.

Aaron has separated from Julie. He is now living in a small bedsit flat that is damp and mouldy.

(b) (i) Describe two physical effects of poor living conditions.

(4)

1 Ashma - Because of the poor living

Conditions this could cause Aaron to have Ashma

because of the damp house

2 Depression - He could start feel depressed as he is living in Such a tight space.



_		•	•
7	h		ı
Z	u		ı

Most learners were able to achieve full marks for this question.

The following response was awarded 2 marks.

Since separating from Julie, Aaron has had many sexual partners.

He is worried he may have caught a sexually transmitted infection (STI).

(ii) State **two** sexually transmitted infections.

1 Chlomydia

Some learners gave HIV and aids as two separate answers, as seen in the example below. Only one mark was awarded here for either of the answers. Both marks cannot be awarded as HIV/Aids are considered the same.

(ii) State **two** sexually transmitted infections.

(2)

1 HW
2 growcow Ads



2biii

Most learners were able to identify one effect of having an STI on a sexual relationship, however, some learners were not able to explain the effect of this on an individual.

The response below was awarded 2 marks, a mark for reduced sexual relationships as an identification point and another mark for the expansion that he does not want to spread the disease.

(iii) Explain one effect of having an STI on Aaron's sexual relationships.

	(2)
Hermay Stop haxing conseprent pariners because	
His sexual relationships may become not continue	
because he could have given them an sti.	

The response below achieved 1 mark for identifying that it would be difficult to develop sexual relationships. The expansion point does not focus on Aaron, therefore a further mark was not awarded.

(iii) Explain one effect of having an STI on Aaron's sexual relationships.	
	(2)
No body will want to nowe served relationships with him	ìe
they know he has an sti and could pass it on to them. He	
therefore might become conery and even yet a back name for	
himself.	



The response below was awarded 2 marks. The learner's response of it being difficult to develop sexual relationship was awarded a mark for identifying an effect. A second mark was awarded for the expansion response of "due to embarrassment".

(iii) Explain one effect of having an STI on Aaron's sexual relationships.

(2)

Getting the a elationship may be hard as amers whence the STI making him feel aloun and addressing his sex-esseem



2c

This question performed well as learners were able to identify and explain how a good work-life balance could improve Jamie's wellbeing.

The response below achieved 4 marks. The learner has given improved selfesteem as an identification point in their first answer and then expanded this to explain how this would mean more involvement with his family. In their second response, the learner has identified lower risk of becoming depressed and expanded on this by stating that he will be able to provide for his family.

Aaron's friend, Jamie, is married with a young family.

Jamie needs to do overtime at work to support his family.

Jamie has asked Aaron for advice because he feels very stressed.

(c) Explain **two** ways that a good work-life balance could improve Jamie's wellbeing.

(4)

- 1 1t can improve his self-esteem because he can spend

 More time with his family and is able to look after them

 whilst still going to work-
- 2 He win have a tower risk of peroming depressed

 peranse he can see his children grow up whilst being

 able to provide for them properly.



The following response achieved 2 marks. The learner has identified motivation in their first response which was awarded a mark, however, a further mark was not awarded for provide for his family as this is not in the context of the identification point. The second response achieved a mark for identifying social inclusion, however, a further mark was not awarded as there was no expansion provided.

(c) Explain two ways that a good work-life balance could improve Jamie's wellbeing. (4)
1 A good work life would make Jamie nave
more motivate because he wants to person
provid for his taminy.
2 would also make him a have a life and time away from family which means him making friends: outside the family:

The following response achieved 2 marks for refreshed (less tired) as an identification point in their first response and then expanding on this to state that he can spend more time with family. The learner has not been awarded a mark for stress in their second response as this is already in the scenario of the question.

(c) Explain	two ways that	t a good work-life bal	ance could impr	ove Jamie's we	ellbeing. (4)
1 Havins		routine	Will	allow	Janie
and	his	family to	have		is time
		ict be s			
2 having		L b	reak f	com L)	>/\sq.
		d de-			



2d

A range of marks were awarded for this question with many learners achieving at least 2-3 marks in the level 1 band.

The response below achieved 4 marks awarded, bottom of band 2. The learner has identified more barriers than strategies, but they have written a response with a clear focus on the case study.

The response has demonstrated some accurate knowledge and understanding of some of the barriers when trying to move to a smaller house, commenting on personal space, access to the children's school and financial concerns. The relevant strategies to support the barriers are not all related to the context. For example they are not able to save money as they are moving to save money.

Jamie and his family are going to move into a smaller house to save money.

(d) Discuss the barriers Jamie and his family may face when trying to move to a smaller house and the strategies they could use to overcome them.

8)

There may not be enough bedrooms in the nouse for his children, they may have to snave a bedroom with each other to overcome the bornier. The children may have to move schools I mussery which could be difficult because the children may not want to move because they have cars of friends there arready so to overcome this, they could take the children to the cocal schools nearby the new nowse so they can look around to become



somular with the Surroundings. There may not be any Shops or essential buisnesses nearby to the howe so they may not be able to walk and instead they may have to drive to the locations, it could effect all of their physical healths but to overcome that they could go for wanted walks as their form of regular excersise. The space in the house may be cramped and it may be hard to be able to do things individually around the house, they could overcome this by taking turns to leave the house for a while so that everyone gets free time.

The moving process may take a cong time so may Jamie will struggle to sove money because of the long work hours and paying key things but he could overcome this by starting to sovey save a citile bit of money each week.



The response below was awarded 3 marks, top of band 1. The learner demonstrated some understanding of the relevant factors of moving to a small house by making a few relevant links to the barriers and strategies, and the responses were within context as the learner has commented on stress, study time, work. Only a few relevant links to strategies have been mentioned. The response was not a balanced argument.

Por Tigine could accor from howing
to snak a bathrom, making it
hard ce wash or even brush-teest
Maring a recei, may neip Jamies
ramily to learn to share time and
Space
snaying/ working may recome
difficult if not left alone on is
ncisy in chames house, hoving and
designated time / place may relp
trose in his family to compre were.
compating usork will also reduce
eres so confintation wont to as
Set bed time if Jamie has yanger
chiden setting a bed time will
allow him and his wife to have
time alone also reducing stress
when setting to go to bed
neiping him suep easier and for his
children to have a rutine wu help
mem be was crowny so the house
had is use saesspull
when laking for a smouter home.
Jamie should mink about oproun



space mis viu gren prem more
space
ream, and pe oble to watch

Their antitoken play in a sere
environment. Having a garden can

help you keep hearth as exercise

and be done constant

thaving autistice space with help will

hearth as trey want to trapped

unside from air and vitimins from



The following response was awarded 2 marks, middle of band 1. The response identified some barriers, however, has not responded in context to the given scenario and did not discuss them. The strategies were limited with few links to the barriers.

The barriers given were listed and not fully discussed to show full understanding of the question. For learners to move into the next level they are required to demonstrate understanding of the relevant barriers and issues.

Jamie and his family are going to move into a smaller house to save money.

(d) Discuss the barriers Jamie and his family may face when trying to move to a smaller house and the strategies they could use to overcome them.

(8)

The barriers may face when trying to move to a smaller house than yours their to can be financial problem. Influence of partner or family, lack of motivation or lack of support all this will be barrier to damie and his family but they can overcome using strategies by seeking help by their friends. Conceller or support groups Also they can use tredying up their struct and ar organising their small house. They one will need to clean and tidy regularly to over come the barriers may face. Also they with may need to seeking help.

house. They one will need to clean and tidy regularly to ower come the barriers may face. Also they with may need to save some money to get better house. Also seeking help will help them to overcome and they will get new ideas to how to life small house as a big family. To sucrome they will need to be realistic a to overcome the barriers may face plso they know that they are moving a small house so they measured it and they can understand how to be avercome all these barriers may face.



Summary

Based on their performance of this paper, learners should:

- Ensure they read the questions carefully and write answers related to the health and wellbeing factors requested and scenario provided.
- Candidates are reminded to pay attention to the command verb used in each question.
- Familiarise themselves with the indicative content of the unit in its entirety.
- Ensure a balanced answer is given when the question requires a discussion on strategies and barriers.
- Extended responses do not attract top marks unless they provide expansion points, as described in the examples above within this report.
- Note that marks are not awarded for repetition of the question.
 Often responses include information that is in the question, but this is not awardable.
- Manage their time effectively to ensure that they can spend enough time on each question.







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