

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Learner Registration Number

Pearson BTEC Level 1/
Level 2 First Award,
Certificate, Extended
Certificate, Diploma

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Monday 11 January 2021

Morning (Time: 1 hour)

Paper Reference **20952E**

Health and Social Care

Unit 9: Healthy Living

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 50.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

- 1 (a) (i) Identify **two** effects of drinking too much alcohol on **physical** health and wellbeing.

(2)

- A Improved self-confidence
- B Decreased socialisation
- C Change in weight
- D Mental illness
- E Liver disease

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

(1)

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Amos is 16 years old and does not exercise regularly.

(b) (i) State **two physical** effects of Amos not exercising regularly.

(2)

1

2

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

2

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

(2)

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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

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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

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2

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Gabriel has moved into shared accommodation at University.

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

(2)

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

(2)

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

(4)

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(Total for Question 1 = 23 marks)

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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 away from home because of arguments with Aaron.

2 (a) (i) State **three** effects of smoking on Julie's **physical** health.

(3)

- 1
- 2
- 3

(ii) Describe **two negative** effects of an unhealthy lifestyle on Julie's **social** development.

(4)

- 1
-
-
-
-
- 2
-
-
-



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

2

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.

(2)

1

2

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

(2)

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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)

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(Total for Question 2 = 27 marks)

TOTAL FOR PAPER = 50 MARKS





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