

Candidate Name	Centre Number					Candidate Number				



GCSE HEALTH AND SOCIAL CARE, AND CHILDCARE

UNIT 1

HUMAN GROWTH, DEVELOPMENT AND WELL-BEING

SAMPLE ASSESSMENT MATERIALS

1 hour 30 minutes

INSTRUCTIONS FOR CANDIDATES

Answer ALL questions.

Write your name, centre number and candidate number in spaces at the top of this page.

Write your answers in the spaces provided in this booklet.

Use black ink or black ball-point pen.

Do not use pencil or gel pen.

Do not use correction fluid.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part question. You are advised to divide your time accordingly.

The total number of marks available is 80.

You are reminded of the need for good English and orderly, clear presentation in your answers. The quality of your written communication, including appropriate use of punctuation and grammar, will be assessed in your answer to question 8(c).

Answer **all** questions.

1. (a) Complete the table below by adding in the missing life stage. [1]

Life stage	Ages
Infancy	0 – 2 years
<i>Childhood</i>	3 – 12 years
Adolescence	13 – 19 years

- (b) Complete the following statement.

The term 'growth' is used to describe an increase in

weight and *height*

[2]

2. Christopher is 3 years old.

In the table below tick **one** box to show the main area of development for **each** of Christopher's actions. [3]

Christopher's Action	Main area of development			
	Physical	Intellectual	Emotional	Social
(a) He catches a ball thrown by his mother.	✓			
(b) When his friend was hurt, he showed concern.			✓	
(c) He asks his father lots of questions about different things.				✓

3. Children follow expected patterns of development which are often referred to as milestones.

Give **one** example for **each** of the developmental milestones that a child will usually have achieved at 2 years old.

- (a) Fine motor skill. [1]

be able to draw on paper with a pencil.

- (b) Social milestone. [1]

Copies other children's behaviour.

- (c) Intellectual milestone. [1]

Starts talking.

4. Individuals benefit from taking part in activities throughout their life.

- (a) Glenda is 76 years old and has chosen to swim every week at her local swimming pool.

(i) Identify Glenda's life stage.

[1]

..... Adulthood (later)

(ii) Explain the possible benefits of swimming to Glenda's physical and mental health.

[4]

..... Glenda's physical health will be good as she will stay healthy and fit, she is also less likely to gain weight. Glenda's mental health will be good because she will feel happier because she is fit and healthy.

- (b) Daniel is ³⁶ years old and has recently been made unemployed. He has chosen to regularly visit his local library and borrow books.

(i) Identify Daniel's life stage.

[1]

..... Adulthood

(ii) Explain the positive effects on his development and well-being of Daniel visiting his local library and borrowing books.

[4]

..... By visiting the local library, Daniel may make new friends and meet new people. He could use the time to use the computer to find a new job and use the books to learn new things to help him keep up to date. As Daniel doesn't have a job, he may enjoy the routine of going to the library every day.

5. Immunisation is important for everyone.

(a) Name the diseases babies are protected against when they are given the:

(i) MMR vaccine.

[1]

Measles and Mumps.

(ii) DTP triple vaccine.

[1]

Tetanus and Polio and diphtheria.

(b) Give **two** benefits of immunisation.

[2]

(i) Stopping diseases being passed on / spread.

(ii) Protecting the body.

(c) Discuss why parents/carers may choose not to have their children immunised.

[4]

Some people do not believe that immunisation works. They may also believe that it may harm their child / baby, like the MMR that was linked to problems with behaviour. Some children are scared of needles too, so their parents don't want to physically hurt their child with a needle.

6. The Davies family have two young children, David who is 6 years old and Elen who is 2 years old.

(a) Elen attends a language and play group as part of the Flying Start programme.

(i) Give **two** other elements of the Flying Start programme. [2]

1. Help and advise for parents.

2. free childcare.

(ii) Explain how Elen's development can be supported by attending a language and play group. [3]

Elen may become more confident -
her language / speech may improve and
she also gets the chance to mix with
other children.

(b) While attending the play group, Elen receives a snack and a drink. Explain how Elen's diet can affect her well-being. [3]

Having a healthy diet can be good because
Elen would stay a healthy weight.
A poor diet would be bad for Elen
because she may have too much sugar
and gain weight - she may also feel tired
and behave badly as she has a 'Sugar Rush'.

(c) David has a long-term condition.

(i) Identify one long-term condition David may have.

[1]

Cancer.

(ii) Discuss the possible effects of this long-term condition on David's development and well-being.

[4]

- ① The cancer would make David feel very unwell - he may lose his hair and not be able to get out of bed. The cancer may make David feel alone as he can't see his friends. ② David may miss out on work and fall behind with work. ③ Socially, David may not be able to leave the house and his friends may forget about him.

(iii) Consider the additional care and support David may need because of his condition.

[4]

David may need to visit his GP lots - the GP may want to do lots of tests on him. He would need his family/friends to help him to move around and to get out and about as he may not feel well enough to drive etc. David may need help from a charity that would give him special equipment to help him move around easier as he is feeling so poorly. David may have a special nurse to visit him.

✓✓✓
PTS

7. Jack is 49 years old.

He has made an appointment for an annual check-up at the well man clinic.
The doctors at the health centre believe that frequent check-ups are important.

- (a) Outline why frequent check-ups are important to good health. [3]

Check ups are good because they can identify a problem before it gets too bad. They are also good because they save the NHS money!
Check ups are good because it may stop someone becoming really ill.

- (b) Define 'Active Participation'. [2]

Active participation is where the individual decides things about their care - for themselves - they take ownership of their own care.

- (c) Jack tries to keep himself healthy at all times.

Explain the benefits to Jack of his 'Active Participation' in decisions relating to his health and well-being. [6]

Jack may feel good because he is making decisions about his care himself - he may be happy because he has control over the situation. His self esteem may be better / higher as he has more independence. Jack will have a better understanding of his needs and the choices he has about his care.

- (d) Attendance at well man/woman clinics is strongly encouraged to promote health and well-being.

Describe one other early intervention/prevention health service currently available for adults in Wales.

[5]

Sex health clinics are available for ^{all} adults in Wales. The clinics provide support on STI's and contraception - they can also do pregnancy tests and blood tests to see if someone has an STI. Sex clinics can also give advice and offer counselling to people that have bad news or need help - they may be able to help people be referred to another service that would help them.

8. Sarah attends university in a large city. She is 19 years old and lives away from home in a small, poorly-maintained flat in a deprived residential area.

To supplement her student grant, Sarah works in a local restaurant most evenings so has little time to socialise with friends, or exercise, which she used to enjoy. She is also finding it difficult to complete her studies and meet coursework deadlines.

- (a) Analyse ways in which Sarah's emotional well-being may be affected by the way she lives. [5]

Sarah may feel that she is a failure as she is not coping with her Uni work as she is spending so much time working as a waitress. Sarah may feel sad because even though she is working, she still doesn't live in a very nice area. She may feel run-down because she doesn't get to exercise or do the things that make her happy. Sarah may feel isolated or lonely because she works so much and doesn't get to spend time with her friends.

- (b) Outline the process of 'mindfulness' and briefly explain how it could help Sarah. [5]

Mindfulness is a way of an individual paying attention to the world around them. It is a way of the mind and the body working together 'in the moment'. Sarah could use mindfulness to help her manage her difficult situation by helping her to look at the positives in her life and not focus on the bad things. It could also help Sarah think of what she could do in the future to make sure she doesn't get more stressed or let things spiral out of control.

- (c) Assess the ways in which poor quality housing and low income could affect Sarah's health and well-being. [10]

1. poor quality housing - health - breathing (asthma)

Sarah's house may be cold as she cannot afford to put the heating on - this may make Sarah unwell. She may not be able to concentrate or do her work as her flat/home is so noisy. Sarah may not want her friends to visit her as she may be embarrassed that her home is so horrible and she may become stressed because the area she lives in is so run down or dangerous. Sarah may feel isolated and lonely and scared to go outside at night or by herself - she may feel so tired that she doesn't want to go to uni and falls further behind in her work.

2. low income - money £!£

Sarah's low income may mean that she has a poor diet as she cannot afford fresh/healthy food. Sarah may gain weight or lose weight as she may not have much choice in what she eats. Because Sarah has no money, she may not be able to afford the right books or stuff she needs to study at uni. She may feel stressed that she doesn't have money and embarrassed and not want to talk about it with her friends or she may become withdrawn from everyone and people may think she is rude - but she's not, she's just upset. Sarah's mental health may become bad as she cannot afford the best clothes or mobile phone - she may fall more behind in her studies because of this.

