



**General Certificate of Secondary  
Education**

*Health and Social Care*

**Unit 3:      The Nature of Health and  
Well-Being**

**Specimen Mark Scheme**

Mark schemes are prepared by the Principal Examiner and considered, together with the relevant questions, by a panel of subject teachers. This mark scheme includes any amendments made at the standardisation meeting attended by all examiners and is the scheme which was used by them in this examination. The standardisation meeting ensures that the mark scheme covers the candidates' responses to questions and that every examiner understands and applies it in the same correct way. As preparation for the standardisation meeting each examiner analyses a number of candidates' scripts: alternative answers not already covered by the mark scheme are discussed at the meeting and legislated for. If, after this meeting, examiners encounter unusual answers which have not been discussed at the meeting they are required to refer these to the Principal Examiner.

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- 1 (a) Negative definition 1 mark
- (b) **Either:**  
 positive definition (1) as achievement/maintenance (1)  
 physical fitness (1)  
 and mental stability (1)  
**Or:**  
 holistic definition (1)  
 continuation AW of (1)  
 physical, intellectual, emotional and social factors (1)  
**max 3** 3 marks
- 2 (a)(i) Ref to  
 protein/fat/carbohydrate/lactose sugar/vitamins/minerals iron/calcium  
**max 3** 3 marks
- (ii) Ref to  
 protein: growth/repair of cells/tissues  
 fat: energy storage/insulation/protection of body  
 sugars: energy  
 vitamins: health  
 minerals: red blood cells/bone formation  
**max 3** 3 marks
- (b) Ref to:  
 will have increased energy needs AW (1)  
 as her body size increases (1)  
 so will need more foods/carbohydrates/fat intake (1)  
 she will also need more protein intake (1)  
 to grow/maintain/repair cells (1)  
 vitamins/minerals needed in increasing amounts (1)  
 fibre/NSP needed in the diet (1)  
 to aid bowel movements (1)  
**max 6** 6 marks
- 3 (a) Ref to:  
 the importance of Winston's blood pressure test is to indicate if he  
 has a normal range reading AW and therefore has no added health risk (1)  
 or may have hypertension AW (1)  
 increased risk of cardiovascular disease/stroke/kidney failure (1)  
 or hypotension AW (1)  
 lower than normal range and treatment may be needed (1)  
 in case of hypertension, may need lifestyle modification (1)  
**max 5** 5 marks
- (b) Diabetes 1 mark
- (c) Ref to:  
 name of test (1)

how performed (2)  
what is being recorded (1)  
what results indicate (1)  
e.g. peak flow (1)  
using peak flow meter (1)  
single/hard blow (1)  
to monitor speed of air exhaled (1)  
indicating conditions such as asthma/chronic bronchitis/emphysema (1)  
or forced vital capacity (1)  
using spirometer (1)  
breathing in/out mouthpiece (1)  
measuring amount of air exhaled with force after deepest inhalation (1)  
indicates if Winston has restrictive problem/lung tissue damage (1)

5 marks

- 4 (a) Ref to:  
haemophilia is a blood condition AW (1)  
where an essential clotting factor is lacking/missing (1)

2 marks

Nisar's blood therefore may be slow to clot/not clot (1)  
may have internal bleeding into joints/muscles/soft tissues (1)  
causing pain (1)  
joint damage/disability (1)

**max 3**

3 marks

- (b) Ref to:  
Nisar having inherited AW (1)  
faulty gene (1)

2 marks

- 5 (a) Ref to:  
possible effects on Beccy of continuing to smoke include increased risk  
to her **physical** health  
in terms of coronary heart disease  
caused by raised blood pressure  
and blocked arteries  
may result in a heart attack  
may also develop circulatory problems  
or have a stroke  
her skin may wrinkle prematurely  
and early menopause  
develop lung/mouth/throat cancer

**max 8**

Mark Ranges

0 marks

No response worthy of credit

1-2 marks

Only 1-3 effects on physical health mentioned, but not reasoned and frequently vague

Answers are superficial, lack structure and may be repetitive. There will be errors in spelling, punctuation and grammar.

3-6 marks

Mentions 3 or more effects on physical health with some reasoning; for 6 marks a direct link should be made between 1 effect and its cause.

Answers are organised but lack precision and there may be errors in spelling, punctuation and grammar. There may be some use of appropriate terminology.

7-8 marks

Answers cover at least 5 effects on physical health in good detail and with sound reasoning; for 8 marks at least 2 direct links between cause and effect should be given.

Answers are well structured, logical and demonstrate good spelling, punctuation and grammar. There is good use of appropriate terminology

(b) Ref to:

Beccy's binge drinking leading to drunkenness AW (1)  
making Beccy vulnerable to accident/harm by others (1)  
as **physical** effects (1)

may lead Beccy into anti-social behaviour AW (1)  
result in criminal activity AW (1)

Beccy may become addicted to alcohol (1)  
may develop liver problems AW (1)  
such as fatty liver/cirrhosis or liver cancer (1)

nerve cell damage (1)  
and/or high blood pressure (1)

strokes (1)

**max 8**

8 marks

6

Ref to:

Calum's long hours in an intellectually challenging job is likely to cause stress

which may cause raised blood pressure/tiredness

as **physical** effects

cause him to be irritable

but may feel sense of achievement

holding down a demanding job

lack of exercise may cause him to gain weight

may depend on how he eats

increased risk of heart disease/weight-related disorders

may enjoy sedentary lifestyle

which contributes to emotional well-being

allow physical effect mark if not previously

given

not changing underclothes for three or four days is poor personal hygiene

may develop body odour

causing social effects

other workers avoid Calum

also increased risk of infection

allow physical mark here if not awarded previously

**max 10**

## Mark ranges

### 0 marks

No response worthy of credit

### 1-3 marks

Only 1-3 points made with statements not reasoned and often vague  
Answers are superficial, lack structure and may be repetitive. There will be errors in spelling, punctuation and grammar.

### 4-7 marks

Makes 3 or more points with some reasoning as to how they cause their effect; for 7 marks answer must include the identification of PES and at least 1 positive aspect.  
Answers are organised but lack precision and there may be errors in spelling, punctuation and grammar. There may be some use of appropriate terminology.

### 8-10 marks

Answers cover at least 5 points in good detail with all PES identified; for 10 marks answer must include a detailed consideration of more than 1 positive aspect and 2 negative aspects.  
Answers are well structured, logical and demonstrate good spelling, punctuation and grammar. There is good use of appropriate terminology

- 7 (a) Ref to:  
noise pollution disturbing sleep (1)  
causing tiredness AW (1)  
may cause hearing problems (1)  
as **physical** effects (1)  
and irritability AW (1)  
as an **emotional** effect (1)  
**max 5**

5 marks

- (b) Ref to:  
long term unemployment reducing self-esteem AW (1)  
lowering self confidence (1)  
making individuals feel down AW (1)  
or depressed (1)  
as emotional effects (1)  
may lack stimulation of work/become bored AW (1)  
as intellectual effect (1)  
**max 5**

5 marks

**Total 70 marks**

**Assessment Objective Grids**
**Unit 3 Specimen Paper**  
 The Nature of Health and Well-Being

<b>Questions</b>	<b>A01</b>	<b>A02</b>	<b>A03</b>	<b>Total</b>
1(a)	1			
1(b)	3			
2(a)	6			
2(b)		6		
3(a)		2	3	
3(b)	1			
3(c)	3	2		
4(a)	2	3		
4(b)	1	1		
5(a)		4	4	
5(b)		4	4	
6		4	6	
7(a)	2	3		
7(b)	2	3		
<b>Totals</b>	<b>21</b>	<b>32</b>	<b>17</b>	<b>70</b>
<b>Percentages</b>	<b>30</b>	<b>45.7</b>	<b>24.3</b>	<b>100.0</b>

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