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Background Information

- Mike is 42 years of age, single and owns a fitness centre.
- Diane is 30 years of age, single and recovering from a serious road traffic accident.
- Anne is 50 years of age and is married.
- George is 66 years of age, retired and is recovering from a hip replacement.
- Dean is 22 years of age and works as an instructor in the fitness centre.



M 2 5 6 6 5 A 0 3 1 6

Answer ALL questions in the spaces provided.

1.

Mike opened the Ever Green Fitness Centre a year ago and although **business was** slow it has gradually picked up and is now thriving.

Mike works long hours and has little time off. He rarely sees his friends because the business takes up so much of his time. Three months ago he ended his long term relationship with his partner, Jenny. Although the break up was upsetting they have remained good friends.

Mike worries about the business, the money invested and if it will succeed.

(a) State Mike’s current life stage.

..... (1)

(b) State Mike’s next life stage.

..... (1)

(c) Mike has developed many different types of relationships. They include:

- Family
- Friends
- Intimate and sexual
- Working

Complete the table.

Relationship	Type of relationship
Mike rarely sees his old school pal, Jimmy.	
Mike has a good relationship with his colleagues at the fitness centre.	
Mike’s parents died many years ago.	
Mike had a partner, Jenny.	

(4)



2.

Diane is 30 years of age and attends the gym three times a week. Diane was involved in a serious road traffic accident a year ago. After a long period in hospital she was discharged and went to live with her parents. A few weeks ago she moved back to her own home and hopes to return to work in the near future.

Diane enjoys attending the gym. She meets new people, gets advice on her exercise regime and is getting fit and strong again.

(a) Identify the **three** life stages Diane has already passed through. Place them in the correct order.

1

2

3

(3)

(b) Here is some information about Diane's growth and development.

- A. She had little mobility following her accident.
- B. She has made new friends at the gym.
- C. She feels supported by her parents.
- D. Since her accident she has had plenty of time to read and paint.

Using the letters, **A**, **B**, **C** and **D**, match each of the statements to Diane's development.

Area of development	Matching statement (A, B, C or D)
Physical development	
Intellectual development	
Social development	
Emotional development	

(4)



(c) Self-concept is a combination of self-image and self-esteem.

(i) Define what is meant by 'self-image'.

.....
(1)

(ii) Explain how Diane's self-image may have been affected after her accident.

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.....
(2)

(iii) Define what is meant by 'self-esteem'.

.....
(1)

(iv) Explain how Diane's self-esteem may have been affected after her accident.

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(2)



3.

Anne is 50 years of age and has been attending the gym for the past three months. Her husband, Peter, encouraged her to join the gym as she was feeling depressed about her increasing weight.

Mike, the centre manager, designed an exercise and diet plan for her to follow. Anne attends the gym three times a week and has lost some weight, dropped a dress size and is feeling much more confident about herself.

Anne and Peter have also become much closer and have joined a rambling club.

(a) State Anne's current life stage.

..... (1)

(b) Complete the following sentences by identifying whether the life events were expected or unexpected.

Going through the menopause will be an life event.

Retiring from work is an life event. (2)

(c) A physical feature associated with Anne's current life stage is the menopause.

Identify **two** symptoms of the menopause.

1
2 (2)



(d) Anne may need help and support to deal with such a life event.

Identify and explain **two** sources of support which may help Anne cope with the menopause.

Identification 1

Explanation

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Identification 2

Explanation

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(6)



(e) Anne is delighted with the progress she is making at the gym.

Discuss how Anne's current lifestyle may affect her development/well-being.

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(6)

Q3

(Total 17 marks)

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4.

George is 66 years of age and a widower. Six months ago, George had his hip replaced. Before having his operation George was in considerable pain and was only able to sleep two hours each night. He now attends the fitness centre's 'Over 55's Club' every Tuesday and Thursday. He does gentle exercises, feels fitter and enjoys the social contact with the other members. One of his new friends is Mildred who is also 66 years of age and recently widowed. Mildred enjoys talking to George as he understands how lonely she sometimes feels since her husband died.

(a) State George's current life stage.

..... (1)

(b) Identify **three** physical features associated with this life stage.

1
2
3 (3)

(c) From the information given, identify and explain **two** positive effects George's hip replacement has had on his health and well-being.

Identification 1

Explanation

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Identification 2

Explanation

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..... (6)



Leave blank

(d) Discuss how Mildred's development may have been affected following her husband's death.

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(6)

(Total 16 marks)

Q4



5.

Dean is 22 years of age and works as a part-time gym instructor. He is currently at university finishing his degree in Sport Studies. He enjoys his work at the gym and has ambitions of one day owning his own gym.

Dean and his girlfriend, Jo, have decided to go travelling for a year when Dean finishes his degree.

(a) People pass through different life stages.

Complete the table.

Life event	Life stage
Goes from crawling to walking	
Gets married/divorced	
Skin loses its elasticity	
Starts school	

(4)

(b) Dean's previous life stage was adolescence.

Identify **two** physical changes that boys are likely to experience in this life stage.

1

2

(2)

(c) Identify **two** physical changes that girls are likely to experience in this life stage.

1

2

(2)



(d) Dean has a positive self-concept at the moment.

Identify and explain **two** possible factors which may account for this.

Identification 1

Explanation

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Identification 2

Explanation

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(6)



Leave blank

(e) Discuss how travelling for a year may affect Dean and Jo's growth and development.

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(6)

(Total 20 marks)

Q5

TOTAL FOR PAPER: 90 MARKS

END

