

Answer ALL questions in the spaces provided.

1.

Arran is 20 years of age and is in his second year at University. He is studying mechanical engineering and would eventually like to work in motor racing. Arran is enjoying his course and finds the topics he is studying interesting but tough.

In his spare time Arran enjoys playing sport and going to the gym. Arran also has a part-time job in a night club which he enjoys as it brings him into contact with lots of different people. The additional money is also useful.

Arran and a group of his friends have just booked a holiday to Cuba which they are all looking forward to.

(a) From the background information, identify **one** physical, social, emotional and intellectual factor that indicates Arran is developing normally.

Physical

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Social

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Emotional

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Intellectual

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(4)

(b) Arran has a positive self-concept. Define what is meant by the term **self-concept**.

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(2)



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blank

(c) Explain the importance of a positive self-concept to Arran's growth and development.

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(4)



(e) Arran enjoys sport, going to the gym and eating healthily.

Discuss the importance of lifestyle factors on Arran's health and well-being.

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(8)

(Total 24 marks)

Q1

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2.

Arran has an older sister called Tammy. She is 26 years of age and has Down's Syndrome. She lives at home with her mum and dad. During the day she attends a social education centre which promotes the learning and development needs of adults with disabilities. Her best friend is Verity who is also 26 years of age. Verity was seriously injured in a car accident 10 years ago which affected her mobility and her memory. She has found it hard to cope with her disability and gets very frustrated from time to time. Both women enjoy their time at the centre as they have been learning computer skills and how to relax by doing yoga. They also get the opportunity to meet other people.

(a) State Tammy and Verity's current life stage.

..... (1)

(b) Verity has a low self-esteem. Explain how her accident may have affected her self-esteem.

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..... (4)



(c) Tammy will develop many different types of relationships during her life time, including:

- Family
- Friends
- Intimate and Sexual
- Working.

Complete the table.

Relationship	Type of Relationship
Tammy's relationship with Arran	
Tammy's relationship with her tutors at the centre	
Tammy's relationship with Verity	
Tammy's parents' relationship	

(4)

(d) A person's health is determined by both their genetics and their environment.

(i) Identify **two** genetic factors which have affected Tammy's growth and development.

1

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2

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(2)

(ii) From the case study, identify **two** environmental factors which could have affected Verity's growth and development.

1

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2

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(2)



(iii) Explain the difference between the terms **genetic** and **environment**.

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(4)



3.

Arran’s mum is called Ruksana. She is 50 years of age and works full-time as a classroom assistant in a primary school. She finds her work enjoyable but stressful. She has little time to socialise with her friends because of her work and also having to look after Tammy. She has lost contact with many of her friends and has recently been feeling very depressed.

Ruksana also tends to drink alcohol heavily, takes very little exercise and has put on a lot of weight. Her husband is worried about her health and has encouraged her to see her GP. Her GP has informed her that she has high blood pressure and has advised her to cut down on her drinking, lose weight and take more exercise.

(a) State, in their correct order, the **three** life stages Ruksana has already passed through.

- 1
 - 2
 - 3
- (3)**

(b) Here is some information about Ruksana’s growth and development.

- A Ruksana has little contact with her friends.
- B Ruksana has high blood pressure and is overweight.
- C Ruksana loves Arran and Tammy very much.
- D Ruksana studied very hard to become a classroom assistant.

Using the letters **A, B, C, D** match each of the statements to the area of Ruksana’s development.

AREA OF DEVELOPMENT	(A, B, C, D)
Physical development	
Intellectual development	
Emotional development	
Social development	

(4)



(c) From the text, identify **two** possible factors which might have contributed to Ruksana's high blood pressure.

1

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2

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(2)

(d) Identify and explain **one** source of formal support Ruksana could use to help her achieve a healthier lifestyle.

Identification

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Explanation

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(3)



4.

Zia is 80 years of age and is Arran's grandfather. Zia is in the early stages of dementia and has difficulty with everyday tasks such as personal care, cooking and opening cans.

Zia's wife Lydia died three years ago. Zia misses her very much and is finding it very difficult to cope alone. He rarely leaves the house and has had suicidal thoughts.

His family are worried about his physical and mental health and they have persuaded Zia to employ a home helper.

(a) State Zia's current life stage.

..... (1)

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

1
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2
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3
..... (3)

(c) Identify **three** effects dementia is having on Zia's development.

1
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2
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3
..... (3)



(d) From the background information, identify and explain **two** factors that show Zia is depressed at the moment.

Identification

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Explanation

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Identification

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Explanation

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(6)



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