

Edexcel GCSE

Health and Social Care

Unit 3: Promoting Health and Well-being

Controlled Assessment

Valid from September 2010 to May 2011

Paper Reference

5HS03/01

You do not need any other materials.

This controlled assessment task is valid from September 2010 to May 2011.

- For assessment in Summer 2011 centres must submit their moderation sample(s) by 15 May 2011.

Please note that this controlled assessment task will ONLY be valid for submission in the Summer 2011 session.

Teachers must ensure that students are completing the correct task for a particular year.

Further guidance can be found on the Edexcel website (www.edexcel.com).

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Information

This task must be completed under controlled conditions. 22.5 hours is suggested for report writing. This does not include any time spent on research and investigation.

- All work including any research must be completed under direct supervision.
- The candidate is allowed to access information and resources determined by the teacher during the research.
- Candidates are also allowed to work in groups. The teacher will have to ensure that the contributions of individual candidates are recorded accurately.

Background information

You are a health promotion specialist working at Westfield Health Centre. Your job includes assessing clients' health and well-being, and designing health improvement plans to meet their needs.

The Morgan family has been referred to you for health improvement advice. There are three family members in the Morgan household:

- Jo Morgan: Jo is a single parent and lives with her daughter Amy and her father Hugh. She is 42 years of age
- Amy Morgan: Amy is 15 years of age
- Hugh Owen: Hugh is 71 years of age.

The Morgan family live in a three bedroom terraced house. Nearby there is a leisure and fitness centre. It has a fitness suite, a swimming pool, and offers a wide range of classes for all ages and abilities.

Westfield Health Centre staff have carried out a series of health assessment measurements for Jo, Amy and Hugh. Background information has also been collected about the family and their individual lifestyles.

The health measurements and the background information are included in this pre-release material.

Service User Profiles

Jo Morgan

Jo is a manager in a local supermarket and gets great satisfaction from her work. She sometimes has to work long hours and can find her job stressful. Jo smokes about 10 cigarettes per day. She wants to stop smoking but finds it difficult to break the habit.

When she gets home Jo often feels tired. Her main relaxation is watching DVDs and she likes to snack on biscuits, chocolate and crisps. She also likes wine and drinks three to four bottles per week.

For lunch, Jo usually grabs a sandwich or pizza. At home, the family tend to eat pre-packaged foods that they can microwave quickly. They often eat take-away meals, including fish and chips, pizza and Chinese food.

Jo says that she has a 'lazy' lifestyle when she is not working. She enjoyed swimming before she had her daughter and has recently started playing badminton.

Amy Morgan

Amy has many friends at school. She spends a lot of time in her room watching television and chatting to friends using her computer.

She likes to snack on sweets, biscuits and peanuts. At school, Amy often misses lunch and buys sweets instead. At home, she eats the pre-packaged microwaved foods and take-away meals that her mother buys.

Amy attends lunchtime sports sessions and plays hockey; however, she has recently started smoking two or three cigarettes a day with some of her schoolfriends.

She is unhappy with her appearance and feels that she is overweight. Amy would like to lose some weight, become fitter and so improve her self-confidence.

Hugh Owen

Hugh has been living with his daughter Jo since he became a widower ten years ago. In the past, he was very active, and enjoyed running, swimming and cycling.

He does not get out much to meet new people and has lost contact with his old friends since moving in with his daughter. Hugh finds that he is often bored at home and spends a lot of his time watching television. He has taken to snacking on biscuits and chocolates.

Over the last few years, Hugh has put on weight. Although he has no significant health problems he says that he feels unfit and is often tired. Hugh drinks more alcohol than he used to and usually has three or four cans of beer each evening.

Health measurements data

	Jo Morgan	Amy Morgan	Hugh Owen
Age	42	15	71
Height	162 cm	167 cm	176 cm
Weight	86 kg	69 kg	88 kg
Average peak flow	420 l/min	460 l/min	540 l/min
Resting pulse rate	86 bpm	70 bpm	76 bpm
Blood pressure	142/92 mmHg	120/70 mmHg	136/85 mmHg

Controlled Assessment Task

The candidate must select **ONE** of the three family members in the Morgan household outlined in the background information and produce a report on that person.

As the Health Promotion specialist, your report should include a health improvement plan that you have designed. The plan should focus on improving the health and well-being of the individual you have selected.

Your report should include:

- an explanation of the different ways that health and well-being may be defined
- identification and explanation of the factors influencing the individual's health and well-being, and the effects of these factors
- an assessment of the individual's current health and well-being status, including the use of physical health measures
- the design of a plan to improve the individual's health and well-being, including realistic short and long-term targets
- reference to appropriate health promotion materials to motivate the individual and to support health and well-being improvements
- an assessment of the difficulties the individual may experience in implementing the plan
- the support that the individual could access when implementing the plan.