

Examiners' Report
June 2013

GCSE Health and Social Care
5HS04 01

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Introduction

This is the synoptic paper for the Double Award GCSE Health and Social Care course. It consists of three questions based on a scenario. Each question is divided into smaller parts, made up of two different types: short answer questions requiring candidates to apply knowledge and extended writing questions which require candidates to formulate their knowledge and apply it in a coherent, balanced argument which reads logically. Examiners are also required to assess the quality of the candidates' written communication. The majority of candidates were well prepared by their centre for this paper as demonstrated by their accurate knowledge of the specification and their extended writing responses.

Question 1 (a)

This was a recall question, which the majority of candidates scored one mark on.

1 Ellie is 15 years of age and lives with her parents and three younger brothers. She is a happy adolescent who has many friends and is progressing well at school.

(a) Identify **two** emotional needs of Ellie.

(2)

1 Love and support

2 Safety and security



ResultsPlus Examiner Comments

Two marks were awarded to this candidate for correctly identifying Ellie's emotional needs.



ResultsPlus Examiner Tip

Ensure that candidates know what the emotional needs are for each of the different life stages.

1 Ellie is 15 years of age and lives with her parents and three younger brothers. She is a happy adolescent who has many friends and is progressing well at school.

(a) Identify **two** emotional needs of Ellie.

(2)

1 having many friends

2 she's happy.



ResultsPlus Examiner Comments

The candidate was awarded one mark for 'having many friends'. The second part of the answer is a repeat of the question stem.

Question 1 (b)

Following question 1(a) and the theme of needs this question centred on Ellie's social needs and asked the candidates how these could be met through the gym that she attends.

(b) Ellie exercises every day at her local gym, 'Physically Phitt', as she is determined to obtain a place in the county hockey team.

Describe how the gym may meet Ellie's social needs.

(4)

By attending her local gym, Ellie may become more socially active as she will meet others who also attend the gym. These people could be of the same age or have similar interests. As ~~Ellie~~ Ellie will be having regular contact with other individuals it prevents social isolation in ~~public places~~ as meeting and conversing with others will help her improve her confidence and self-esteem.



ResultsPlus

Examiner Comments

Full marks (4) were awarded to this candidate for correctly describing how the gym met Ellie's social needs.



ResultsPlus

Examiner Tip

To achieve maximum marks candidates need to identify point/s and then develop an accurate description of them.

(b) Ellie exercises every day at her local gym, 'Physically Phitt', as she is determined to obtain a place in the county hockey team.

Describe how the gym may meet Ellie's social needs.

(4)

The gym meets Ellie's social needs by allowing her to meet new people at the gym. She also can ask friends to go with her and they can talk while exercising.



ResultsPlus

Examiner Comments

One mark was awarded for this answer. The candidate has identified points but the descriptions are not developed.

Question 1 (c)

The focus of this question was the link between an exercise programme and the emotional well-being of an individual. Many candidates struggled with this question as they tended to focus their answer on either exercise or the emotional well-being, failing to make the link between the two.

(c) Explain how Ellie's exercise programme may affect her emotional wellbeing.

(6)

Ellie may be doing too much so she won't see her family enough so they may drift apart and by being focused on going to the gym too much she may fall behind at school and it will cause her to become stressed which will also affect her 3 younger brothers because they should look up to her.



ResultsPlus

Examiner Comments

One mark was awarded for this answer as it failed to explain how exercising may affect a person's emotional well-being.



ResultsPlus

Examiner Tip

It is important for candidates to know how the PIES are affected by different situations.

(c) Explain how Ellie's exercise programme may affect her emotional wellbeing.

(6)

Ellie's exercise may affect her emotional wellbeing positively. This is because when you exercise, your body releases endorphins that make you happy.

Ellie might also start to have more self-confidence as she might start to feel that she is able to make it ~~into~~ onto the hockey team.

This is the same for her self-image. Ellie may have a better self-image and self-esteem about herself as her body may become slimmer and ~~more~~ more toned.

But the exercise programme could also affect her negatively as she may get depressed if her body isn't shaping the way she wants it to be and this could affect her self-confidence negatively.



ResultsPlus
Examiner Comments

Six marks were awarded for this full explanation of how exercise may affect an individual's emotional well-being.

Question 1 (d)

Question 1(d) builds on the theme of exercise, the scenario for this first question. Examiners were looking for responses such as allowing the body to recover and there is more risk of injury if you do not rest. Candidates who only identified points scored marks in level 1 whereas if they had identified points and attempted a discussion they would have been awarded marks in band 2.

* (d) Ellie's coach has advised her to develop a balance between her exercise programme and rest periods.

Discuss the importance of having a good balance between exercise and rest.

(8)

It is very important to her physical, intellectual, ~~or~~ emotional and social health that she has a good balance between her exercise and rest. It is important for her physical health that she has a rest because it will allow her body to recover from the exercise she has done and will reduce her chance of injuring herself. It is important for her intellectual health that she has a good balance because she will need to do enough studying to work towards her goal of becoming a hockey player but still has break and enough time to focus on her school work, and studying. It is important on her emotional health because if she does not have a good balance she may feel stressed and pressured, this may result in her feeling disappointed in herself and having a poor self-concept. If she has a good balance she is likely to achieve more this will result in a good self-concept. It is important socially as she will need breaks in order to make enough time to socialise with people outside of the gym e.g. friends from school.

In conclusion I think that having a good balance between exercise and rest is very important



ResultsPlus
Examiner Comments

A coherent well structured response, which was awarded 7 marks.



ResultsPlus
Examiner Tip

For the eighth mark the conclusion needs to be developed.

*d) Ellie's coach has advised her to develop a balance between her exercise programme and rest periods.

Discuss the importance of having a good balance between exercise and rest.

(8)

The importance of having a good balance between exercise and rest is that your muscles gets all the energy and nutrients it needs for the next round of exercise she may do. A good balance helps her to stay fit and healthy and giving her body to function properly through out her life as it goes by.

Good balance also gives Ellie the mind to keep going to stay more fit. Eating the right food and amount will keep Ellie going through out her exercise and when she gets on to the hockey team. A good balance helps her to have the energy to go for a certain period of which then she has to have a either a routine where her balanced diet should be eaten.

If Ellie takes in consideration of her coaches advised and carry's it out, she won't have any problems with her ~~training~~ training and she may stay fit and healthy without any illnesses.

Promoting a good balance between exercise and rest, gives the body the to have the right function through out the time, it gives the muscle to relax and gain and let the food get digest for Ellie to carry on giving her more energy and not let her drain out ~~out~~ without eating.



ResultsPlus

Examiner Comments

Four marks were awarded for this answer. The candidate has identified points but the discussion is weak.

Question 2 (a)

A straightforward question requiring candidates to define the term 'unexpected life course event'. A challenging question for many of the candidates; they tended to repeat the question stem in their answer.

2 During training Ellie tore the hamstring muscle in her leg. Ellie's injury may be viewed as an unexpected life course event.

(a) Define what is meant by an unexpected life course event.

(2)

an unexpected life a event is a event that you don't expect to happen in your life.



ResultsPlus
Examiner Comments

No marks were awarded for this answer as it is a repetition of the question stem.



ResultsPlus
Examiner Tip

Definitions of key terms supported by examples often secure the marks for candidates as it clearly demonstrates their understanding of the term.

2 During training Ellie tore the hamstring muscle in her leg. Ellie's injury may be viewed as an unexpected life course event.

(a) Define what is meant by an unexpected life course event.

(2)

An event that isn't expected to happen, something unusual or different to the norm which can be positive (like winning the lottery) or negative (like redundancy).



ResultsPlus
Examiner Comments

A full answer, two marks were awarded to the candidate.

Question 2 (b)

Formal and informal support have been seen on previous examination papers, surprisingly candidates still mix the two of them up.

(b) Describe **two** types of informal support that Ellie may receive to help her cope with her hamstring injury. (4)

1 family Doctors like G.P they
can precise her with Pain killers
to help ease up the Pain

2 Physiotherapists they help you to
move the muscle/injury on a
regular basis



ResultsPlus Examiner Comments

No marks were awarded as the candidate names two types of formal support.



ResultsPlus Examiner Tip

Encourage candidates to use the stem of the question as a checklist to help them structure their answer.

(b) Describe **two** types of informal support that Ellie may receive to help her cope with her hamstring injury. (4)

1 Her mother would be informal support as she can help Ellie to become better by making her rest but to also be there to support her and to try and keep her happy and on track.

2 Her friends will be there to support her and to try to distract her from the injury by giving her activities she will find fun which she is able to do while socializing



ResultsPlus Examiner Comments

Four marks were awarded for the correct identification of two types of informal support with description.

Question 2 (c)

A number of candidates experienced difficulties in answering this question. They found it challenging to explain how the relationship between Ellie and Jacob may affect her recovery.

(c) Ellie's physiotherapist is called Jacob and she sees him twice a week. Ellie finds it difficult to communicate with Jacob who is quiet and says very little.

Explain how the relationship between Jacob and Ellie may affect her recovery.

(4)

Jacob and Ellie Relationship - She will find it awkward and uncomfortable as he doesn't talk much. This might ~~be~~ affect her recovery as they communicating to make her happier making her depressed. When exercising muscles or massages for her leg.



ResultsPlus Examiner Comments

Two marks were awarded for this answer. Points have been identified and there is some explanation.



ResultsPlus Examiner Tip

Advise candidates to read the questions carefully and to look for any helpful hints in either the scenario or the question stem.

(c) Ellie's physiotherapist is called Jacob and she sees him twice a week. Ellie finds it difficult to communicate with Jacob who is quiet and says very little.

Explain how the relationship between Jacob and Ellie may affect her recovery.

(4)

Jacob doesn't give her clear advice so she will find it difficult to try and help herself. She will feel withdrawn and have ~~some~~ loss of confidence as he isn't encouraging ~~her~~ and supporting her.



ResultsPlus Examiner Comments

Four marks were awarded for explaining how the relationship between Ellie and Jacob may affect her recovery.

Question 2 (d)

This question refers to the care value, effective communication. Candidates were asked to explain why it is an important care value.

(d) Ellie decides to talk to Jacob about his poor communication skills and how it is affecting her recovery.

Explain why effective communication is an important care value.

(6)

Having effective communication means ~~receiving~~ receiving and sending messages from one person to another, clearly. The reason why effective communication is an important care value is that it is important to have or it creates a professional relationship between the ~~the~~ client and service provider. The client will feel valued and respected because the service user will be listening and interacting clearly and vice versa.

This will lead to the client willing to ask any further questions because she knows her opinions and comments are valued as a person. Ellie will feel respected for example, if ~~her~~ Jacob informs ~~to~~ her clearly about what's going to happen e.g. telling her he will need to have a cast on her arm, Ellie will be aware of it because if he didn't she would feel uncomfortable. Another reason why effective communication is important is that it provides useful understanding and prevents misinterpretation between the two communicators. Also it means that both the service user and service provider are valued and respected equally even if they have different roles.



ResultsPlus

Examiner Comments

Four marks were awarded for this answer. It is the top of level 2 as it identifies points and then explains them.

Question 2 (e)

The focus of this question was self-concept and how it may be affected by a health professional's poor care practice. Overall it was not well answered as candidates appeared to struggle with the idea that self-concept could be affected by poor care practice.

*(e) Jacob reflects on his care practice and realises it may have affected Ellie's health and wellbeing.

Discuss how Ellie's self-concept may have been affected by Jacob's poor care practice.

(8)

Ellie's self-concept may have been affected by Jacob's poor care practice by her seeing herself self thinking that she's never going to ~~see~~ recover from her injury. She also may think that she can't talk to anyone about it. She could also think that if Jacob's not going to talk to her then maybe she shouldn't. This could then make her think that no one wants to talk to her, making her then feeling upset.



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Examiner Comments

Two marks were awarded for this answer. The candidate was only able to identify a series of points without any discussion as to how they would affect Ellie's self-concept.



ResultsPlus

Examiner Tip

The candidates would benefit from a class discussion whereby they explore how self-concept may be affected by a number of different and sometimes challenging experiences.

*(e) Jacob reflects on his care practice and realises it may have affected Ellie's health and wellbeing.

Discuss how Ellie's self-concept may have been affected by Jacob's poor care practice.

(8)

Her self-concept may have been affected because firstly her self-esteem may have been affected as she may feel unimportant as ~~he~~ she may think Jacob does not want to listen to her. Also she may not feel empowered as she is not being able to talk with Jacob being interested ~~because~~ meaning she is not having control over the discussion. Her self-image may be affected because she may see her injury negatively affecting her appearance meaning she may lose confidence. Her self-concept will be affected because she may feel isolated as she can't talk to him, leading to the feeling of anger. Also she could feel disrespected as ~~he is not~~ interested. It will appear ~~as if~~ he's not interested in listening to her. Overall Jacob's poor care practice will have negatively affected Ellie's self-concept because ~~she is~~ she is not having the appropriate amount of care given to her, that is meant to be there, which means she will feel failed/unimportant by the service user.

(Total for Question 2 – 24 marks)



ResultsPlus Examiner Comments

Five marks were awarded to the candidate for this answer, which uses correct vocabulary to explain how Ellie's self-concept may have been affected by poor care practice. For example, she may not feel empowered and she is not having control over the discussion.



ResultsPlus Examiner Tip

It is important that candidates fully understand self-concept and how it may be affected by a number of things, including poor care practice.

Question 3 (a)

The aims of health promotion have been seen on previous examination papers. However, a number of candidates struggled with this question as they failed to focus their answer on the reasons for one of the aims of health promotion.

3 The personal trainers at 'Physically Phitt' are very aware of the need to encourage teenage girls to take part in regular exercise. The gym has decided to hold an open day to raise awareness of the health improvement programmes available for teenage girls.

(a) State **two** reasons why raising awareness is important in health promotion.

(2)

- 1 It could be encouraging and motivate people to get involved
- 2 Raising awareness helps people become aware of the situation, it helps benefit themselves.



ResultsPlus
Examiner Comments

One mark was awarded to this candidate for the first answer they wrote. Their second answer was a repeat of the question stem and was therefore not awarded any marks.

Question 3 (b)

The gym continues to be the focus for this question; this time it is linked to healthier lifestyles.

(b) The gym is using a healthier lifestyle approach in its work with teenage girls.

Explain how this approach may benefit teenage girls.

(4)

Teenage girls are always paranoid about there weight and how they look so this will be a good way to make teenage girls ~~so~~ be more aware of there health.



ResultsPlus Examiner Comments

Only one mark was awarded for this answer. The candidate appears to have either misunderstood the question or not been able to answer it and written what they know about going to the gym.



ResultsPlus Examiner Tip

When encountering questions that are on first sight very challenging, encourage candidates to break them down into smaller parts. For each part construct a mini mind map and then use words or phrases to link them together again.

Question 3 (c)

Good knowledge and understanding of how a personal trainer may improve the physical fitness of teenage girls. Overall it was answered well by the majority of candidates.

(c) The trainers at 'Physically Phitt' design personal training programmes for each teenage girl.

Explain how the professional support offered by a personal trainer may improve the teenage girls' physical fitness.

(4)

Professional support is effective way to help improve teenager girl's physical fitness because they will know the correct fitness to achieve a better and healthier body. Professional provide the help and guidance for ^{the} girls. It will motivate them to do better and enjoy exercise. The girls will quickly and easily learn from an expert because it will be more reliable and sufficient than an informal support. professional knows their job well and provide the best support and skills to the girls.



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Examiner Comments

Four marks were awarded. The candidate demonstrates good knowledge and understanding.

(c) The trainers at 'Physically Phitt' design personal training programmes for each teenage girl.

Explain how the professional support offered by a personal trainer may improve the teenage girls' physical fitness.

(4)
Physically Phitt wants to improve teenage girl physical ~~fitness~~ fitness because they might feel very little about their appearance and they want to make their fitness back to the way they want it to be.

Some teenagers think very little about themselves and they want to have physical fitness life to make them think better about themselves.



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Examiner Comments

This response contains no material worth any marks.

Question 3 (d)

The majority of candidates scored half marks on this question for the identification of ways in which the personal trainers could build the self-esteem of the teenage girls.

(d) Describe **two** ways the personal trainers could build the self-esteem of the teenage girls through their individualised training programmes.

(6)

1. by having there own personal trainer the girls will feel confident around them and will listen to them because they know what is best

2. The girls will feel better if they are self confident about there body because they know the personal trainer will help them feel beautiful.



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Examiner Comments

Two marks were awarded for this answer. The candidate needs to describe in more depth the points that they have made.



ResultsPlus

Examiner Tip

For describe questions, best practice is to identify points and then describe them in relation to the stem of the question.

(d) Describe **two** ways the personal trainers could build the self-esteem of the teenage girls through their individualised training programmes.

(6)

1 By praising them; this will make them acknowledge their own achievements and feel proud of them; this will mean they feel good about themselves and will result in them having a good self-esteem.

2 Setting reasonable targets that they are capable of achieving. If targets are not realistic, the girls may feel disappointed when they don't achieve, this would have a negative effect on their self-esteem. However reasonable targets will make them feel good and proud of themselves when they reach their targets and would therefore build their self-esteem.



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Examiner Comments

Five marks were awarded for this answer; a very good response where the candidate has demonstrated a good understanding of the question.

Question 3 (e)

The only 10 mark question on the examination paper. The candidates have to discuss why choice is an important care value.

*(e) The training programmes are planned around each teenage girl's personal interests and training needs.

Discuss why choice is an important care value when working with service users.

(10)

Choice is very important because service users must feel empowered by being in control. The service user will be much more happy to return if they have chosen their own form of help or have helped to come up with a short term or long term plan. ~~which they~~ This will also be easier for to stick to because they'll feel bad about themselves if they let themselves down. Choice is also important to make the service user feel like there isn't only one option. This could be an issue as they may feel like 2 or 3 options don't suit them. It could be difficult to find an alternative process for them. However, as the training programmes are based around their own needs and interests, the girls will feel empowered and happy to ~~finish~~ continue

and finish their training programmes.



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Examiner Comments

A level two answer, five marks awarded. The candidate had identifies some points and has begun to develop their discussion regarding choice being an important care value.



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Examiner Tip

Encourage candidates to put forward a balanced viewpoint. For the extended writing questions both positive and negative arguments should be discussed.

Paper Summary

The following comments may be beneficial in helping candidates to improve upon their performance and to aid in the preparation of candidates for the future:

- Read the case studies and question stems carefully.
- Recall knowledge accurately.
- When constructing an extended response candidates should be encouraged to refer back to the question stem, making links and writing a conclusion.
- Encourage candidates to answer the question being asked and not to digress by writing down everything and anything that they may know about the topic area.
- Practise past exam questions and timings. A number of the extended writing questions were not attempted by candidates.
- Encourage candidates to write something for every question.

Grade Boundaries

Grade boundaries for this, and all other papers, can be found on the website on this link:

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