

Health and Social Care (Double Award)
OCR GCSE 1493 Unit 4870 Promoting Health and Well-Being
Unit Recording Sheet

Please read the instructions printed below. **One** of these sheets, suitably completed, should be attached to the assessed work of **each** candidate.

Specification Code	1493	Unit Code	4870		Session	Jan / June	Year	2	0	0	
Centre Name							Centre Number				
Candidate Name							Candidate Number				

Evidence: a health plan for improving or maintaining the physical health and well-being of an individual.

Guidance on Completion of this Form

- 1 **One** sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 4 Add the marks for the strands together to give a total out of 50. Enter this total in the relevant box.

Please see over

Criteria			Teacher Comment	Location	Mark
<p>a1 Identify how the individual describes their own state of physical, intellectual, emotional and social state of health and well-being.</p> <p style="text-align: right;">0 1 2 3</p>	<p>a2 Use some of the information collected to define the health and well-being of the individual.</p> <p style="text-align: right;">4 5</p>	<p>a3 Interpret the information collected to define clearly the health and well-being of the individual.</p> <p style="text-align: right;">6 7</p>			
<p>b1 Describe factors that have positively affected the health and well-being of the individual.</p> <p style="text-align: right;">0 1 2 3</p>	<p>b2 Make informed suggestions about ways in which factors have worked together positively to affect the health and well-being of the individual.</p> <p style="text-align: right;">4 5 6</p>	<p>b3 Draw logical conclusions showing how a range of factors have worked together positively to affect the health and well-being of the individual.</p> <p style="text-align: right;">7 8 9</p>			
<p>c1 List possible risks to the individual's health and well-being. Describe how the risks may damage the health of the individual.</p> <p style="text-align: right;">0 1 2 3 4</p>	<p>c2 Using the information collected, explain possible risks to health and well-being in the short term.</p> <p style="text-align: right;">5 6</p>	<p>c3 Review and assess possible risks to health and well-being of the individual in the long term.</p> <p style="text-align: right;">7 8</p>			
<p>d1 With help, carry out and record the correct use of one measure of health. Identify the individual's state of physical health.</p> <p style="text-align: right;">0 1 2 3 4 5</p>	<p>d2 Carry out and record the use of two measures of physical health. Assess the individual's state of physical health.</p> <p style="text-align: right;">6 7 8 9</p>	<p>d3 Analyse and interpret the results of the two measures of health. Evaluate the individual's physical state of health.</p> <p style="text-align: right;">10 11</p>			
<p>e1 Produce a basic plan for the individual based on your findings. Describe the targets to be set and show how the individual can be supported to maintain and/or improve their health. Draw simple conclusions with help about the effects the plan may have on the individual.</p> <p style="text-align: right;">0 1 2 3 4 5 6 7</p>	<p>e2 Produce a detailed plan showing a variety of ways in which the individual can be motivated and supported to maintain and/or improve their health. Evaluate the effects the plan may have on the individual.</p> <p style="text-align: right;">8 9 10 11</p>	<p>e3 Produce a comprehensive plan comparing alternative ways in which the individual can be motivated and supported to maintain or improve their health. Draw logical conclusions about the effects the plan may have on the individual.</p> <p style="text-align: right;">12 13 14 15</p>			
Total/50					