



Exam Board: Pearson (Btec Tech Award) Subject: Health and Social Care Paper: Component 3 (partial) Marks available: 22 Length of paper: 45 minutes Topics: LAA - Factors affecting Health and Wellbeing

Command words:						
Key words/Command verb	Definition					
Complete	Provide the missing information for a table so that it is complete (contains all the necessary information).					
Discuss	Consider the different aspects in detail of an issue, situation, problem or argument and how they interrelate.					
Explain	Present one point that identifies a reason, way, benefit, or importance etc and a second point that justifies/explains the first point.					
Give	Provide a response i.e. feature, characteristic or use of.					
Identify	Usually requires some key information to be selected from a given stimulus/source.					
State	Recall from memory facts, terms, processes, legal implications etc. or provide the correct answer to the given context.					
/ideos:	& Social Care Component 3 Exam paper in 15 mins					



Scott Care to learn Learn to care

Markschemes:

Sample

1. Identify one social factor that can affect health and wellbeing.				
A Physical ill health – a physical factor				
B Discrimination [1]				
C Community participation – a cultural factor				
D Mental ill health – physical factor				
(Total for Question 1 = 1 mark)				
State two <u>negative</u> effects that bullying has on PIES [2 from the list = 2 marks]				
 Can't sleep [1], sleep pattern, make mistakes/accidents, miss school/work - physical Poor appetite [1], not eating enough, tiredness, low BMI - physical Poor concentration [1], mistakes/accidents, preoccupied - intellectual Depression [1], feel low - emotional Low self-esteem [1] - emotional Lack of confidence [1] - emotional Poor self-worth [1] - emotional Fearful, afraid, scared, confused - emotional Isolation causing loneliness [1], no one to share emotions No belong [1] and insecurity [1] 				
(Total for Question 2 = 2 mark)				

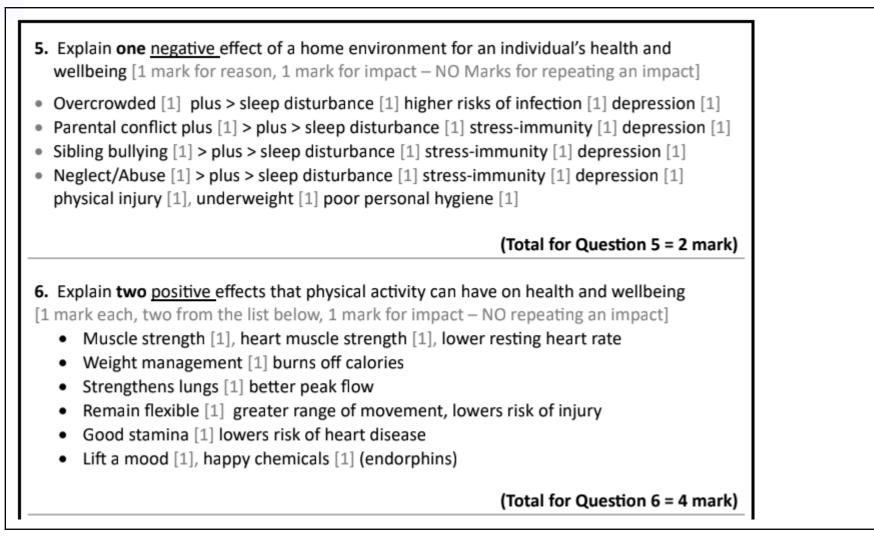




3. State one lifestyle CHOICES that can have an effect on health and wellbeing. [2 from the list = 2 marks] Nutrition un/balanced diet [1] growth/repair/energy levels/immunity ٠ Alcohol [1], above 14 units a week, liver disease, lots of calories/sugar – diabetes ٠ Physical activity [1] – weight management, lung strength . Smoking [1]-lung disease ٠ Substance misuse [1], illegal or legal drug abuse (Total for Question 3 = 1 mark) 4. Identify two cultural factors that can effect health and wellbeing. [2] 🕅 A Gender identity B Financial resources – economical factor C Abuse and neglect – environmental factor D Inherited conditions – physical factor **E** Community participation (Total for Question 4 = 2 mark) Page 2 of 11

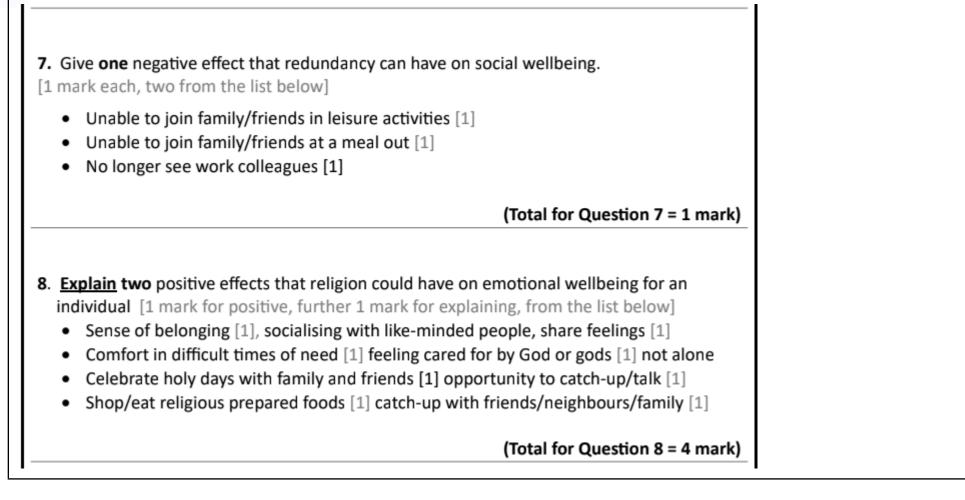
















9. State **one** positive effect living in a rural location for an individual. [1 mark from the list below]

- No pollution [1] not inhaling particles and poisonous gases
- Accessible/near by places to exercise [1]
- Fresh air, pleasant views can lift a mood [1], mindful practice, grounding
- No noise pollution from busy roads/factories [1]
- No disturbed sleep from noise [1]

(Total for Question 9 = 1 mark)

10. Explain **two** effects of parenthood can have on social wellbeing of an individual. [1 mark for positive, further 1 mark for explaining X 2, from the list below, NO REPEATS]

- Meet other parents at babies/toddler groups, in school playground, sports club [1] a lot in common, share experience/emotions/belonging and support each other [1]
- Make new friends with parents [1] a lot in common, share experience/emotions and support each other [1]
- Isolated [1] and feel loneliness/disconnected with new born or single parent [1] unable to go out too tired
- Can't work or single parent [1] can not afford to go out with family/friends [1]
- Supportive/unsupportive family friends [1] impact of either on self-esteem [1]

(Total for Question 10 = 4 mark)





Hints/tips:

Read through each question carefully making sure you are looking for keywords and the command verb, the number of examples you must give and whether these need to be positive or negative!

BUG method:

Box – Firstly, students box the command word. This highlights what type of answer the examiner is looking for.

Underline – Then they underline key words, this allows them to jog the pupils memory of the topic.

Glance – Finally they glance over the question again to gain any more information thus allowing them to analyse the question thoroughly and depict what the examiner is asking.

Question types:

- Multiple choice = use an X in the box to indicate your answer
- State = requires a simple short answer, eg: State one economic factor, other than income, that can affect health and wellbeing
- Explain = requires an explanation of the effect or impact of something (eg 1 mark for the effect, 1 mark for the linked expansion), eg: Explain two positive effects that becoming a parent could have on an individual's health and wellbeing.



PLC TEMPLATE

<u>Mock 1</u>

STOKE

Торіс	Key information related to topic	Resources/Information related to topic	How wel topic? RAG			
			Red	Amber	Green	
Definition of health & wellbeing	A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.	Revision Guide, Google Classroom Lesson and Revision Resources.				
Physical factors	o inherited conditions – sickle cell disease, cystic fibrosis o physical ill health – cardiovascular disease, obesity, type 2 diabetes o mental ill health – anxiety, stress o physical abilities o sensory impairments.	Revision Guide, Google Classroom Lesson and Revision Resources.				
Lifestyle factors	o nutrition o physical activity o smoking o alcohol o substance misuse.	Revision Guide, Google Classroom Lesson and Revision Resources.				
Social factors	o supportive and unsupportive relationships with others – friends, family, peers and colleagues o social inclusion and exclusion	Revision Guide, Google Classroom Lesson and Revision Resources.				





	o bullying o discrimination.			
Cultural factors	o religion o gender roles and expectations o gender identity o sexual orientation o community participation.	Revision Guide, Google Classroom Lesson and Revision Resources.		
Economic factors	o employment situation o financial resources – income, inheritance, savings.	Revision Guide, Google Classroom Lesson and Revision Resources.		
Environmental factors	o housing needs, conditions, location o home environment – living with a high level of parental conflict, experiences of abuse and neglect o exposure to pollution – air, noise and light.	Revision Guide, Google Classroom Lesson and Revision Resources.		
Impact of Life Events	o physical events o relationship changes o life circumstances.	Revision Guide, Google Classroom Lesson and Revision Resources.		