



# Mark Scheme (Results)

January 2016

BTEC Level 1/Level 2 First in Health and  
Social Care (20952E01)  
Unit 9: Healthy Living

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## General Marking Guidance

- All candidates must receive the same treatment. Examiners must mark the first candidate in exactly the same way as they mark the last.
- Mark schemes should be applied positively. Candidates must be rewarded for what they have shown they can do rather than penalised for omissions.
- Examiners should mark according to the mark scheme not according to their perception of where the grade boundaries may lie.
- There is no ceiling on achievement. All marks on the mark scheme should be used appropriately.
- All the marks on the mark scheme are designed to be awarded. Examiners should always award full marks if deserved, i.e. if the answer matches the mark scheme. Examiners should also be prepared to award zero marks if the candidate's response is not worthy of credit according to the mark scheme.
- Where some judgement is required, mark schemes will provide the principles by which marks will be awarded and exemplification may be limited.
- When examiners are in doubt regarding the application of the mark scheme to a candidate's response, the team leader must be consulted.
- Crossed out work should be marked UNLESS the candidate has replaced it with an alternative response.

Question Number	Answer	Mark
1 (a)(i)	<p>Award one mark for correct identification of a positive effect of a balanced diet on a person's physical health.</p> <p>Any one from:</p> <ul style="list-style-type: none"> <li>maintenance of a healthy weight (1)</li> <li>loss of excess weight (1)</li> <li>higher energy levels (1)</li> <li>healthy heart (1)</li> <li>strong bones (1)</li> <li>healthy immune/digestive/nervous system (1)</li> <li>reduced chance of illness (1)</li> <li>healthy growth (1)</li> </ul> <p>Accept any appropriate alternatives</p>	<b>(1)</b>

Question Number	Answer	Mark
1 (a)(ii)	<p>A (Raw carrots)</p> <p>C (Jacket potato)</p>	<b>(2)</b>

Question Number	Answer	Mark
1 (b)(i)	<p>Award one mark for correct identification of a possible negative physical effect of recreational drug use.</p> <ul style="list-style-type: none"> <li>Increased risk of illness (1)</li> <li>Increased risk of accident (1)</li> <li>Risk of infection (1)</li> <li>Addiction (1)</li> <li>Death (1)</li> <li>Changes in appearance (1)</li> </ul> <p>Accept any appropriate alternatives</p>	<b>(1)</b>

Question Number	Answer	Mark
1 (b)(ii)	<p>Award <b>one</b> mark for correct identification and further mark for explanation of <b>one</b> negative effect of recreational drug use on a person's social wellbeing.</p> <ul style="list-style-type: none"> <li>Loss of friends (1) displaying inappropriate behaviour/stigma by association (1)</li> <li>Social isolation (1) due to change in peer group (1)</li> <li>Lack of social opportunities (1) due to having less money to spend/less time (1)</li> </ul> <p>Accept any appropriate alternatives.</p>	<b>(2)</b>

Question Number	Answer	Mark
1 (c)	<p>Award <b>two</b> marks for two correct identifications of possible benefits of a positive work environment.</p> <p>Any one from:</p> <ul style="list-style-type: none"> <li>improved quality of social life (1)</li> <li>closer friendships (1)</li> <li>feelings of contentment (1)</li> <li>positive self-esteem/self-image (1)</li> <li>improved motivation levels (1)</li> <li>good health (1)</li> <li>reduced stress (1)</li> <li>reduced risk of accidents (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
1 (d)(i)	<p>A (increased risk of infection)</p> <p>E (increased body odour)</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
1 (d)(ii)	<p>Award <b>one</b> mark for a brief description and a further <b>one</b> mark for a thorough description for each way an individual can maintain good personal hygiene.</p> <p>Any two from:</p> <ul style="list-style-type: none"> <li>bathing/showering (frequent and after exercise) (1) to remove bacteria/sweat (1)</li> <li>hand washing/sanitizing (1) prevent cross infection/germs (1)</li> <li>wash/change clothes/bedding/towels regularly (1) to reduce body odours (1)</li> <li>regular teeth brushing (1) to maintain dental hygiene/reduced bad breath (1)</li> </ul> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b> <b>2 x 1</b></p>	<b>(4)</b>

Question Number	Answer	Mark				
1(e)	<p>Award <b>one</b> mark for any correct identification of the way a person's home environment could affect their physical health.</p> <p>Arguments can be positive or negative.</p> <p>Award <b>one</b> mark for any correct justification/explanation of the effect on their physical health.</p> <table border="1" style="width: 100%;"> <thead> <tr> <th>Examples</th> <th>Explanations</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <li>• type of home accommodation</li> <li>• condition of home environment</li> <li>• location</li> <li>• personal space</li> <li>• the influence of partners and family</li> <li>• level of conflict</li> <li>• access to services</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>• chances of illness/disease/health problems related to living conditions</li> <li>• existing health conditions</li> </ul> </td> </tr> </tbody> </table> <p style="text-align: right;"><b>2 x 1</b> <b>2 x 1</b></p>	Examples	Explanations	<ul style="list-style-type: none"> <li>• type of home accommodation</li> <li>• condition of home environment</li> <li>• location</li> <li>• personal space</li> <li>• the influence of partners and family</li> <li>• level of conflict</li> <li>• access to services</li> </ul>	<ul style="list-style-type: none"> <li>• chances of illness/disease/health problems related to living conditions</li> <li>• existing health conditions</li> </ul>	<b>(4)</b>
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Question Number	Answer	Mark
2 (a)(i)	C (overweight)	<b>1 x 1</b> <b>(1)</b>

Question Number	Answer	Mark
2 (a)(ii)	<p>Award one mark for a brief description and a further one mark for a thorough description of one way Rick could reduce his BMI.</p> <p>Any one from:</p> <p>Lose weight (1) Improve diet/ increase exercise.(1)</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2 (b)(i)	<p>Award <b>one</b> mark for correct identification of a source of formal support.</p> <p>Any one from:</p> <p>Doctor/GP (1) Practice / Specialist nurse (1) Health specialist (1) Counsellor (1) Alcoholics Anonymous (1)</p> <p>Award <b>one</b> mark for correct identification of a source of informal support.</p> <p>Any one from:</p> <p>family (1) friends (1) university colleagues (1) websites (1) helplines (1) magazines (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2 (b)(ii)	<p>Award one mark for the correct identification of a short-term effect of excessive alcohol consumption on Sammi's health and wellbeing.</p> <p>Award one mark for the correct justification/explanation of the short-term effect on Sammi's health and wellbeing.</p> <p>Any one from:</p> <p>gastro-intestinal disturbances (1) leading to dehydration altered levels of consciousness (1) leading to altered behaviour Possibility of unprotected sex (1) leading to pregnancy/STI (1) Increased risk of accidental injury (1) due to impaired judgement (1) Body cannot cope with the excessive intake of alcohol (1) leading to alcohol poisoning/death (1)</p> <p>Accept any alternatives.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2b (iii)	<p>Award one mark for the correct identification of a long-term effect of excessive alcohol consumption on Sammi's health and wellbeing. Award one mark for the correct justification/explanation of the long-term effect on Sammi's health and wellbeing.</p> <p>alcohol contains a high level of calories (1) so you gain weight (1) Sammi could develop organ damage/ cirrhosis (1) which leads to premature death (1) becoming dependent on alcohol (1) could affect Sammi's mental health (1) Malnutrition (1) as alcohol replaces a healthy diet (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2 (c)(i)	<p>Award <b>one</b> mark for correct identification of a safe sexual practice that could reduce the risk of contracting Chlamydia.</p> <p>Any one from:</p> <p>use of barrier method of contraception (1) limit the number of sexual partners (1) celibacy (1) sexual health screening (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>1 x 1</b></p>	<b>(1)</b>

Question Number	Answer	Mark
2 (c)(ii)	<p>Award <b>one</b> mark for a brief description and a further <b>one</b> mark for a thorough description of one possible effect of unsafe sexual practices on an individual's emotional health and wellbeing.</p> <p>Any one from:</p> <p>feelings of being anxious/depressed/angry (1) because they are putting themselves at risk (1) a person could have low self-esteem/ashamed (1) because they have made a poor decision (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>



Question Number	Answer	Mark
2 (c) (iii)	<p>Award <b>one</b> mark for a brief description and a further <b>one</b> mark for a thorough description of one possible effect of unsafe sexual practices on an individual's social health and wellbeing.</p> <p>Any one from:</p> <p>Loss of reputation (1) leading to social isolation (1)  increased potential of unplanned parenthood (1) therefore  reduced social time (1)  more likely to contract an STI (1) could lead to social stigma (1)</p> <p>Accept any appropriate alternatives.  Accept reverse arguments.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2 (d)	<p>Award <b>one</b> mark for the correct identification of ways regular sleep patterns have a positive effect on health and wellbeing.</p> <p>Award <b>one</b> mark for each correct justification/explanation of the two different ways lifestyle choices can have a positive effect on a person's health and wellbeing.</p> <p>Any two from:</p> <p>Allows time for the body/mind to rest (1) repair itself/ grow (1)  Less likely to be fatigued (1) so better able to concentrate on tasks (1)  Higher energy levels (1) so more effective in all aspects of life (1)  Increase alertness (1) so lower risk of accident (1)  Feel better about themselves (1) which can raise self-esteem (1)</p> <p>Accept any appropriate alternatives.</p> <p style="text-align: right;"><b>2 x 1</b> <b>2 x 1</b></p>	<b>(4)</b>

Question Number	Answer	Mark
2 (e)(i)	<p>Award <b>one</b> mark for a brief description and a further <b>one</b> mark for a thorough description for each way the media could influence Bella's self-esteem.</p> <p>Any one from:</p> <p>pictures of thin/size zero models (1) may influence Bella to look at her body in a negative way lowering her self-esteem (1)  celebrity culture/lifestyle (1) may mean Bella feels inferior/lower self-esteem (1)  emulating positive role models in the media (1) may make Bella feel good about herself/raise self-esteem (1)</p> <p>Accept any appropriate alternatives.  Accept reverse arguments.</p> <p style="text-align: right;"><b>2 x 1</b></p>	<b>(2)</b>

Question Number	Answer	Mark
2 (e)(ii)	<p>Award <b>one</b> mark for each correct identification of influences, other than media, which may affect Bella's self-esteem.</p> <p>Award <b>one</b> mark for how her self-esteem may be affected.</p> <p>Any two from:</p> <ul style="list-style-type: none"> <li>• effect of supportive relationships (1) which may improve her self-esteem (1)</li> <li>• peer group (1) could improve the way she thinks about herself (1)</li> <li>• influence of role models/authority figures (1) could inspire her</li> <li>• experience of education (1) may make her feel valued/respected (1)</li> <li>• lack of financial resources (1) may mean that Bella feels deprived relative to other people lowering self-esteem (1)</li> </ul> <p>Do not accept media.  Accept any appropriate alternatives e.g. reverse arguments.</p> <p style="text-align: right;"><b>2 x 1</b> <b>2 x 1</b></p>	<b>(4)</b>

Question Number	Indicative content	
2(f)	<p>Strategies for Mary to lose weight:</p> <ul style="list-style-type: none"> <li>setting a realistic and achievable plan</li> <li>setting realistic goals – short-term and long-term</li> <li>seeking formal support/see GP for advice/practice nurse</li> <li>seeking informal support from family members and friends</li> <li>homeopathic treatments</li> <li>relaxation / de-stressing techniques</li> <li>balancing her commitments and priorities</li> <li>planning a balanced diet / exercise regime</li> </ul> <p>Potential barriers to Mary losing weight:</p> <ul style="list-style-type: none"> <li>the motivation to improve / change (her internal motivation)</li> <li>the influence of family / friends / professionals</li> <li>may not set realistic targets</li> <li>potential financial constraints</li> <li>potential work commitments</li> <li>potential time constraints</li> <li>mental health issues</li> <li>may seem insurmountable</li> <li>lacking in up-to-date knowledge and understanding</li> </ul>	
Level	Mark	Descriptor
	0	No rewardable material
1	1-3	A few points identified or one point discussed in some detail. The answer may be in the form of a list. Points made may be superficial/generic and not applied/directly linked to the situation in the question.
2	4-6	Some points identified or a few points discussed. Consideration of more than one viewpoint but there may be more emphasis on one of them. Most points made will be applied and relevant to the situation in the question.
3	7-8	Range of points discussed or a few points discussed in depth with clear application. The majority of points made will be relevant to the scenario.

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