

Mark Scheme (Results)

February 2019

Pearson BTEC Level 2 Tech Award in  
Health and Social Care

Component 3 Health and Wellbeing  
21117K

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**Question 1(a)**

<b>Assessment focus</b>		<b>Marks available</b>
Positive factors affecting health and wellbeing	<p>Award <b>one</b> mark for identifying <b>one</b> social factor that has a positive effect on Damien's health and wellbeing and <b>one</b> mark for a linked expansion up to a maximum of <b>four</b> marks.</p> <ul style="list-style-type: none"><li>• He socialises regularly (1) feel good factor (1)</li><li>• He spends time with other people (1) so he can interact and make friends (1)</li><li>• He has supportive relationships (1) he may have a sense of belonging (1)</li><li>• He is part of a community (1) social integration (1)</li></ul> <p>Accept any other appropriate response.</p> <p><b>Marking guidance</b> Only social factors affecting health and wellbeing. No credit for general descriptions of factors that are not linked to the information provided.</p>	<b>2 × 2 = 4</b>

**Question 1(b)**

<b>Assessment focus</b>		<b>Marks available</b>
Positive factors affecting health and wellbeing	<p>Award <b>one</b> mark for identifying <b>one</b> environmental factor that has a positive effect on Damien's health and wellbeing and <b>one</b> mark for a linked expansion up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"><li>• The location of his apartment is close to the park (1) he can exercise (1)</li><li>• He has access to outside space (1) he can meet friends (1)</li><li>• His accommodation may be in a good condition (1) prevent illness as he is warm and dry (1)</li><li>• He has access to facilities/services (1) to support/leisure activities (1)</li></ul> <p>Accept any other appropriate response.</p> <p><b>Marking guidance</b> Only environmental factors affecting health and wellbeing. No credit for general descriptions of factors that are not linked to the information provided.</p>	<b>1 × 2 = 2</b>

**Question 1(c)**

<b>Assessment focus</b>		<b>Marks available</b>
Negative factors affecting health and wellbeing	<p>Award <b>one</b> mark for identifying <b>one physical</b> factor that has a negative effect on Damien's health and wellbeing and <b>one</b> mark for a linked expansion up to a maximum of <b>four</b> marks. In each case, award <b>one</b> mark for identifying a relevant factor from the information given and the second mark for describing how it could be having a negative effect on health and wellbeing, e.g.:</p> <ul style="list-style-type: none"><li>• Damien has chronic ill health (1) this may restrict his lifestyle choices (1)</li><li>• Damien has an unbalanced/poor quality diet (1) he could suffer with malnutrition (1)</li><li>• Damien may not exercise enough (1) this may impact on his weight (1)</li></ul> <p>Accept any other appropriate response.</p> <p><b>Marking guidance</b></p> <p>Only physical factors affecting health and wellbeing.</p> <p>No credit for general descriptions of factors that are not linked to the provided information.</p>	<b>2 × 2 = 4</b>

**Question 1(d)**

Assessment focus		Marks available						
<p>Negative factors affecting health and wellbeing</p>	<p>Award <b>one</b> mark for identifying <b>one</b> economic factor that has a negative effect on Damien’s health and wellbeing and <b>one</b> mark for a linked expansion up to a maximum of <b>two</b> marks. In each case, award <b>one</b> mark for identifying a relevant factor from the information given and the second mark for describing how it could be having a negative effect on health and wellbeing, e.g.:</p> <table border="1" data-bbox="400 613 986 936"> <tbody> <tr> <td data-bbox="400 613 692 689">Lack of financial resources</td> <td data-bbox="692 613 986 689">He needs to budget</td> </tr> <tr> <td data-bbox="400 689 692 766">Not enough money</td> <td data-bbox="692 689 986 766">He needs to prioritise</td> </tr> <tr> <td data-bbox="400 766 692 936">Limited disposable income</td> <td data-bbox="692 766 986 936">It will restrict his social life  Dictate his lifestyle choices</td> </tr> </tbody> </table> <p>Accept any other appropriate response.</p> <p><b>Marking guidance</b> Only economic factors affecting health and wellbeing. No credit for general descriptions of factors that are not linked to the provided information.</p>	Lack of financial resources	He needs to budget	Not enough money	He needs to prioritise	Limited disposable income	It will restrict his social life  Dictate his lifestyle choices	<p><b>1 × 2 = 2</b></p>
Lack of financial resources	He needs to budget							
Not enough money	He needs to prioritise							
Limited disposable income	It will restrict his social life  Dictate his lifestyle choices							

**Question 2(a)**

<b>Assessment focus</b>		<b>Marks available</b>
Factors affecting health and wellbeing	<p>Award <b>one</b> mark for identifying <b>one</b> effect of less contact with his daughter on his emotional wellbeing and <b>one</b> mark for a linked expansion up to a maximum of <b>four</b> marks.</p> <ul style="list-style-type: none"><li>• Damien may suffer from low self-esteem (1) The bond that he has with his daughter may reduce (1)</li><li>• Could cause anxiety/worry/upset (1) She may become estranged from him (1)</li><li>• Stress (1) because he misses her (1)</li><li>• Depression/sadness/unhappiness (1) sense of loss (1)</li><li>• Damien may be jealous/angry (1) He may feel excluded (1)</li></ul> <p>Accept any other appropriate responses.</p>	<b>2 × 2 = 4</b>

### Question 2(b)

Assessment focus		Marks available
Factors affecting health and wellbeing	<p>Award <b>one</b> mark for identifying <b>one</b> impact of divorce on Damien's social wellbeing and <b>one</b> mark for a linked expansion up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"><li>• Damien may lose friends (1) as they choose sides (1)</li><li>• Damien may be socially excluded (1) as they may blame him (1)</li><li>• Damien may socially isolate himself (1) due to embarrassment/lack of sense of belonging/guilt (1)</li><li>• Damien may go out more/less (1) because he is single/less money (1)</li></ul> <p>Accept any other appropriate responses.</p>	<b>1 × 2 = 2</b>



### Question 3

**Answers should be related to the following indicative content.**

Lifestyle

Current physical and future risks to health

- Excessive alcohol intake
  - Liver disease, obesity, dementia, cardiovascular disease, cancer
- Takeaways
  - Malnutrition, obesity, cardio vascular disease, cancer

Blood pressure

Current physical and future risks to health

- High blood pressure
  - Stroke, heart attack, dementia, circulation problems

Peak flow

Current physical and future risks to health

- Breathing difficulties
  - Susceptibility to respiratory diseases
- Unable to exercise
  - Reduced mobility, increased weight

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Interpreting physiological and lifestyle data	<b>0</b>	<b>1–3</b>	<b>4–6</b>	<b>7–9</b>	<b>10–12</b>
	No rewardable material.	<ul style="list-style-type: none"> <li>• Limited reference is made to the data.</li> <li>• Limited reference is made to current health.</li> <li>• Limited reference is made to potential health risks.</li> </ul>	<ul style="list-style-type: none"> <li>• There is some interpretation of the data.</li> <li>• Aspects of current state of health are identified.</li> <li>• Potential health risks are identified.</li> </ul>	<ul style="list-style-type: none"> <li>• Data is mainly interpreted accurately.</li> <li>• There is some explanation of current state of health.</li> <li>• There is some explanation of potential health risks.</li> </ul>	<ul style="list-style-type: none"> <li>• Data is interpreted accurately.</li> <li>• There is a clear and detailed explanation of current state of health.</li> <li>• There is a clear and detailed explanation of potential health risks.</li> </ul>

#### Question 4

##### Actions

- Increase exercise
- Learn how to cook/stop buying takeaways
- Change his diet
- Reduce his alcohol intake
- Plan meals for the week

Short-term target – less than six months

Long-term target – more than six months

##### Sources of support

- Family
- Friends
- GP and other relevant health professionals
- Support group
- Counsellor
- Work colleagues
- Online apps

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Designing a health and wellbeing improvement plan	0	1–3	4–6	7–9	10–12
	No rewardable material.	<ul style="list-style-type: none"> <li>• Basic recommendations are made that have limited relevance to the scenario, with vague and generalised targets.</li> <li>• Limited information about sources of support is provided.</li> </ul>	<ul style="list-style-type: none"> <li>• Recommended actions are identified, with specific targets set</li> <li>• Sources of support are identified with some links to the targets.</li> </ul>	<ul style="list-style-type: none"> <li>• Recommended actions are described, with specific short- and long-term targets set.</li> <li>• An explanation is given for how the suggested support will help achieve the targets.</li> </ul>	<ul style="list-style-type: none"> <li>• Recommended actions are described clearly, with specific and realistic short- and long-term targets set.</li> <li>• A convincing explanation is given for how the suggested support will help achieve the targets.</li> </ul>

### Question 5

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Rationale for health and wellbeing improvement plan	<b>0</b>	<b>1–2</b>	<b>3–5</b>	<b>6–8</b>	<b>9–10</b>
	No rewardable material.	<ul style="list-style-type: none"> <li>There are few relevant comments to link the plan to needs, wishes and circumstances.</li> </ul>	<ul style="list-style-type: none"> <li>There is a straightforward explanation for how the plan addresses needs, wishes and circumstances.</li> </ul>	<ul style="list-style-type: none"> <li>There is a clear explanation for how the plan addresses needs, wishes and circumstances.</li> </ul>	<ul style="list-style-type: none"> <li>There is a clear and comprehensive explanation for how the plan addresses needs, wishes and circumstances.</li> </ul>

### Question 6

<ul style="list-style-type: none"> <li>Potential obstacles:               <ul style="list-style-type: none"> <li>emotional/psychological – lack of motivation, low self-esteem, acceptance of current state</li> <li>time constraints – work and family commitments</li> <li>availability of resources – financial, physical, e.g. equipment</li> <li>unachievable targets – unachievable for the individual or unrealistic timescale</li> <li>lack of support, e.g. from family and friends</li> <li>other factors specific to individual – ability/disability, addiction</li> <li>barriers to accessing identified services.</li> </ul> </li> </ul>					
Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Obstacles and how to overcome them	<b>0</b>	<b>1–2</b>	<b>3–4</b>	<b>5–6</b>	<b>7–8</b>
	No rewardable material.	<ul style="list-style-type: none"> <li>Few relevant obstacles are identified without suggestions for how these can be minimised.</li> </ul>	<ul style="list-style-type: none"> <li>Obstacles are identified with basic suggestions for how these can be minimised.</li> </ul>	<ul style="list-style-type: none"> <li>Obstacles are described with suggestions for how these can be minimised.</li> </ul>	<ul style="list-style-type: none"> <li>Obstacles are described clearly with realistic suggestions for how these can be minimised.</li> </ul>