

## Health and Social Care

SUMMARY OF MOCK EXAM	
<b>Paper 1 - 11YW – Miss Hunter</b>	
Total time for the exam is <b>1 hour 30 minutes</b> . Questions 1, 2 & 3	
<b>Content being assessed</b>	
<ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>Genetic inheritance</li> <li>Ill health</li> <li>Accident and injury</li> <li>Balanced diet</li> <li>Effects of an unbalanced diet</li> <li>Exercise</li> <li>Personal hygiene</li> <li>Alcohol</li> <li>Smoking and nicotine use</li> <li>Drugs</li> <li>Social interaction</li> <li>Relationships</li> <li>Stress</li> </ul>	<ul style="list-style-type: none"> <li>Asking for help</li> <li>Economic factors</li> <li>Environmental factors</li> <li>Housing</li> <li>Expected life events</li> <li>Unexpected life events</li> <li>Health indicators</li> <li>Pulse</li> <li>Blood pressure</li> <li>Peak flow</li> <li>Body mass index</li> <li>Smoking</li> <li>Alcohol consumption</li> <li>Inactive lifestyle</li> </ul>
<b>Paper 1 – 11C – Mrs Moreton and Miss Claire</b>	
Total time for the exam is <b>1 hour 30 minutes</b> . Questions 1, 2, 3, 4 & 5	
<b>Content being assessed</b>	
<ul style="list-style-type: none"> <li>Barriers to accessing identified services</li> <li>Unachievable targets</li> <li>Availability of resources</li> <li>Time constraints</li> <li>Emotional and psychological obstacles</li> <li>Potential obstacles</li> <li>Informal support</li> <li>Formal support</li> <li>Targets</li> <li>Goals and recommended actions</li> <li>Health and wellbeing plans</li> <li>Person centered approach Health and wellbeing</li> <li>Genetic inheritance</li> <li>Ill health</li> <li>Accident and injury</li> </ul>	<ul style="list-style-type: none"> <li>Balanced diet</li> <li>Effects of an unbalanced diet</li> <li>Exercise</li> <li>Personal hygiene</li> <li>Alcohol</li> <li>Smoking and nicotine use</li> <li>Drugs</li> <li>Social interaction</li> <li>Relationships</li> <li>Stress</li> <li>Asking for help</li> <li>Economic factors</li> <li>Environmental factors</li> <li>Smoking</li> <li>Alcohol consumption</li> </ul>
<b>OTHER INFORMATION</b>	
<p>We advise you to make good use of your time between now and the mock examination and, where necessary, ask your teacher for help</p> <p>Please ensure that you review your class notes on each of the topic areas listed thoroughly and that you make use of additional resources, e.g. the pack of assessment papers given to you by your class teachers.</p> <p>We will be using some lesson time to help you prepare, for example, looking at past paper questions and discuss the skills required in answering such questions. You will also have time to practise answering questions in class</p> <p>If you have any questions that you would like help with please do not hesitate to email us at:</p>	
<p><a href="mailto:h.hunter@bishopchalloner.bham.sch.uk">h.hunter@bishopchalloner.bham.sch.uk</a></p>	