

Please check the examination details below before entering your candidate information

Candidate surname

Other names

**Pearson BTEC
Level 1/Level 2
Tech Award**

Centre Number

--	--	--	--	--	--	--

Learner Registration Number

--	--	--	--	--	--	--	--	--	--

Friday 7 February 2020

Supervised hours: 2 hours

Paper Reference **21117K**

Health and Social Care
Component 3: Health and Wellbeing

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this assessment is 60.
- The marks for each question are shown in brackets
– *use this as a guide as to how much time to spend on each activity.*
- This booklet contains material for the completion of the assessment under supervised conditions.
- This booklet is specific to each series and this material must be issued only to learners who have been entered to take the task in the specified series.
- This booklet should be kept securely until the start of the 2-hour supervised assessment period.
- This set task should be undertaken in one sitting timetabled by Pearson.

Advice

- Read each section carefully before you start to answer it.
- Try to answer every section.
- Check your answers if you have time at the end.

Turn over ►

P59128A

©2020 Pearson Education Ltd.

1/1/1




Pearson

Assessment

You must complete ALL questions

SECTION A: Assessing health and wellbeing

You are a healthcare assistant at a GP practice. You have been asked to help assess the health and wellbeing of a newly registered patient.

Read the information below and then complete the activities that follow.

Location

Jacob is 19 years old. He lives in a poorly maintained studio flat and uses the same bathroom as the occupants of the other three flats on his floor of the building. The flat is in a supported housing scheme in a large city on a busy road. Many people come and go from the building at all hours of the day and night.

Medical history

Jacob smokes the drug cannabis regularly and consumes high levels of alcohol. Both his father and grandfather have had a heart attack.

Family, friends and social interactions

The relationship between Jacob and his family broke down three years ago and he no longer has contact with them. However, his father puts money into his bank account every month. Jacob has made friends with Lucy and Ben who live in the same building and he is looking for opportunities to make more friends.

Day-to-day life

Jacob has recently completed a Level 2 electrical course. He has now started work as an apprentice electrician and is therefore on a low wage. At the weekends, he struggles to find things to do, so he usually goes out and drinks beer. Jacob does not know how to cook and relies on instant noodles.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



The GP surgery has asked you to review the information about Jacob.

- 1 (a) Explain **two** lifestyle factors that could have a **negative** effect on Jacob's health and wellbeing.

Use the information provided.

(4)

1

.....

.....

.....

2

.....

.....

.....

- (b) Explain **two** environmental factors that could have a **negative** effect on Jacob's health and wellbeing.

Use the information provided.

(4)

1

.....

.....

.....

2

.....

.....

.....



(c) Explain **two** economic factors that could have a **positive** effect on Jacob's health and wellbeing.

Use the information provided.

(4)

1

.....

.....

2

.....

.....

.....

(Total for Question 1 = 12 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



When he was 18 years old, Jacob was sentenced to one year in a Young Offender's Institution, which is a prison for 18 to 21-year-olds. Whilst imprisoned he received support from a drug and alcohol support worker. As Jacob had no qualifications, he was encouraged to take a Level 2 electrical course. To keep fit and stay occupied, he took up boxing. On his release, Jacob was assigned a Youth Offending Team Support Worker. They have helped him to find his studio flat and meet with him regularly.

2 Explain **three** effects that imprisonment could have had on Jacob's social and emotional wellbeing.

(6)

1

.....

.....

2

.....

.....

.....

3

.....

.....

.....

(Total for Question 2 = 6 marks)



Lifestyle data

Jacob has registered with the local GP practice.

As part of this process he has completed a health questionnaire and has had a physical examination with the Practice Nurse.

The Practice Nurse highlights the following information on Jacob's completed health questionnaire:

- Jacob smokes cannabis once or twice a week
- Jacob binge drinks at the weekend, having as many as 10 pints of beer on both Friday and Saturday night
- Jacob does not take part in any physical activity.

Physiological data

The Practice Nurse records the following measurements:

Body Mass Index (BMI)	27 kg/m ²
Resting pulse (heart rate)	120 bpm

Guidance for physiological data

The Practice Nurse gives you the following guidance for interpreting the physiological data:

BMI

Weight categories	BMI (kg/m ²)
Under weight	<18.5
Healthy weight	18.5 – 24.9
Over weight	25 – 29.9
Obese	30 – 34.9
Severely obese	35 – 39.9
Morbidly obese	> 40

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Average values of heart rate at different ages

Age	Heart rate (beats/min) for men	Heart rate (beats/min) for women
18 – 25	70 – 73	74 – 78
26 – 35	71 – 74	73 – 76
36 – 45	71 – 75	74 – 78
46 – 55	72 – 76	74 – 77
56 – 65	72 – 75	74 – 77
65 +	70 – 73	73 – 76

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



P 5 9 1 2 8 A 0 7 2 0

3 Explain what the data provided by the Practice Nurse suggests about:

- Jacob's current physical health
- risks to his future physical health.

(12)

Lifestyle data	Jacob's current physical health:

	Risks to Jacob's future physical health:

.....	

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



BMI

Jacob's current physical health:

.....

.....

.....

.....

.....

.....

.....

Risks to Jacob's future physical health:

.....

.....

.....

.....

.....

.....

.....

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Resting pulse (heart rate)

Jacob's current physical health:

.....

.....

.....

.....

.....

.....

Risks to Jacob's future physical health:

.....

.....

.....

.....

.....

.....

(Total for Question 3 = 12 marks)

TOTAL FOR SECTION A = 30 MARKS

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE



SECTION B: Designing a health and wellbeing improvement plan

You have been asked to design a health and wellbeing improvement plan for Jacob.

First you should look back again at the information about Jacob from Questions 1, 2 and 3.

Then study the notes below taken by the Practice Nurse.

Jacob wants to:

- stop using cannabis
- find a new interest
- make new friends
- improve his diet
- get fitter.

Jacob does **not** want to:

- spend lots of money
- take a lot of time preparing and cooking meals.

Other relevant information:

- Jacob is embarrassed by his past and lacks confidence
- Jacob has a good relationship with his Youth Offending Team Support Worker.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



4 Design a health and wellbeing improvement plan for Jacob. Your plan should describe **three** recommended actions.

For each action:

- set a short-term target
- set a long-term target
- explain how one source of support will help Jacob achieve the target.

(12)

Recommended Action 1

.....

.....

.....

Short-term target

.....

.....

.....

Long-term target

.....

.....

.....

Source of support and how it will help

.....

.....

.....

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Recommended Action 2

.....

.....

.....

.....

Short-term target

.....

.....

.....

.....

Long-term target

.....

.....

.....

.....

Source of support and how it will help

.....

.....

.....

.....

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Recommended Action 3

.....

.....

.....

.....

Short-term target

.....

.....

.....

.....

Long-term target

.....

.....

.....

.....

Source of support and how it will help

.....

.....

.....

.....

(Total for Question 4 = 12 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Handwriting practice area with 20 horizontal dotted lines.

(Total for Question 5 = 10 marks)



6 Describe potential obstacles Jacob may experience when trying to follow your health and wellbeing improvement plan and suggest how these could be reduced or overcome. (8)

Handwriting practice area consisting of 20 horizontal dotted lines for writing.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Handwriting practice area with 20 horizontal dotted lines.

(Total for Question 6 = 8 Marks)

TOTAL FOR SECTION B = 30 MARKS

TOTAL FOR TASK = 60 MARKS



P 5 9 1 2 8 A 0 1 9 2 0



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE

