Centre Number			Candidate Number		
Surname					
Other Names					
Candidate Signature					



General Certificate of Secondary Education June 2012

# **Health and Social Care**

48203

Unit 3 The Nature of Health and Well-Being

Tuesday 26 June 2012 1.30 pm to 2.45 pm

You will need no other materials.
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### Time allowed

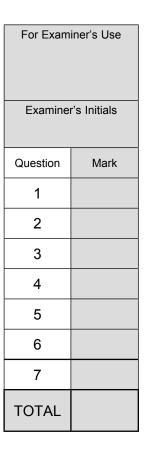
• 1 hour 15 minutes

### Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

#### Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 70.





	Answer all questions in the spaces provided.
1	<ul> <li>Samantha and Wendy are healthy 25-year-old females of similar size who eat balanced diets.</li> <li>Samantha exercises five times a week and has a positive definition of health and well-being.</li> <li>Wendy does very little exercise and has a negative definition of health and well-being.</li> </ul>
1 (a)	What is meant by a positive definition of health and well-being?
	(3 marks)
1 (b)	What is meant by a negative definition of health and well-being?
	(3 marks)
1 (c)	Explain how Samantha and Wendy's different activity levels will affect their dietary needs.
	(3 marks)



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1 (d)	Name three macronutrients in a balanced diet.
	1
	2
	3(3 marks)
	(3 marks)
2	Emily is 5 years old. She has been vaccinated to protect her against common childhood diseases.
	Explain how vaccinations will work to protect Emily.
	(5 marks)

Turn over ▶



5

3	Troy measures his peak flow using a peak flow meter.
	Describe how Troy will use the peak flow meter and what the results may show.
	(6 marks)



<ul> <li>Molly is a 65-year-old female.</li> <li>She is happily married to Elliott and they have two grown-up children.</li> <li>Molly benefits from the supportive relationships of her husband and children.</li> </ul>
Explain how these supportive relationships may benefit Molly's health and well-being.
(8 marks)

Turn over ▶



8

5	Jason has haemophilia which needs regular treatment.
5 (a)	Outline the cause of haemophilia.
	(3 marks)
5 (b)	Describe the effects haemophilia may have on Jason.
. ,	
	(3 marks)



6	<ul> <li>Freda is an adult female who works long hours causing her too much stress.</li> <li>She smokes 20 cigarettes a day and will occasionally misuse solvents.</li> <li>Freda regularly has unprotected sex with different men.</li> </ul>
6 (a)	Describe in detail the likely effects of too much stress on Freda's health and well-being.
	(8 marks)

Turn over ▶



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6 (c)	What are the possible effects on Freda's health and well-being of misusing solvents?
	/2 morkel
	(3 marks)
6 (d)	What are the possible risks to Freda's health and well-being of having unprotected sex with different men?
	(3 marks)

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7	<ul> <li>Zac lives alone in a small flat in a noisy neighbourhood.</li> <li>There is always a lot of litter in the streets around his home.</li> <li>He enjoys his job as he can work from home on his computer.</li> <li>Zac earns a good salary and has no money worries.</li> <li>He has few friends and his family lives a long distance away.</li> <li>He rarely sees or speaks to anyone.</li> <li>Zac likes to exercise by running on his own in the local park.</li> </ul>
	Evaluate how the different factors in Zac's life may affect his health and well-being.



(12 marks)

12

## **END OF QUESTIONS**



