Centre Number			Candidate Number		
Surname					
Other Names					
Candidate Signature					



General Certificate of Secondary Education June 2015

# Health and Social Care

48203

# Unit 3 The Nature of Health and Well-Being

Monday 15 June 2015 1.30 pm to 2.45 pm

You will need no other materials

#### 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.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in Question 11.

For Exam	iner's Use
Examine	r's Initials
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
TOTAL	



Answer all questions in the spaces provided
Health and well-being is a result of a combination of physical, intellectual, emotional and social factors.
Which definition of health and well-being is this?  [1 mark]
Name <b>one</b> other definition of health and well-being.  [1 mark]
Explain how the definition you have named in Question 1(a) differs from the definition you have named in Question 1(b).  [3 marks]
you have named in Question 1(b).
you have named in Question 1(b).
you have named in Question 1(b).  [3 marks]
you have named in Question 1(b).  [3 marks]
you have named in Question 1(b).  [3 marks]



2 (a)	Name <b>two</b> micronutrients needed in a balanced diet. Briefly explain why eac micronutrient is needed.		
	Micronutrient 1	[4 marks]	
	Needed for		
	Micronutrient 2		
	Needed for		
2 (b)	Explain how a diet high in sugar may affect a person's health and well-being.		
			8
3	Give three benefits of regular physical exercise.	[3 marks]	
	1		
	2		
	3		3



4	A nursing home must do a full risk assessment.		
	Suggest <b>three</b> different things the nursing home's full risk assessment should inclu [3 m	ude. narks]	
	1		
	2		
	3		
	3		3
5	Outline the cause and effects of haemophilia.  [4 m	narks]	
			4



6	Nick wants to measure his peak flow.
6 (a)	What is peak flow? [2 marks]
6 (b)	Describe how Nick can measure his peak flow.  [4 marks]
6 (c)	Briefly explain what Nick's peak flow measurements may show.  [2 marks]



7	Macy has a stimulating job and enjoys supportive relationships with her workmates.
	Explain how Macy's health and well-being are likely to benefit from her stimulating job and supportive relationships.
	[8 marks]
	Extra space



8

8	Ronnie has poor personal hygiene. He rarely washes or showers.	
	Explain the likely effects of poor personal hygiene on Ronnie's health and well-being.  [4 marks]	

Turn over for the next question



9	Hanna is 19 years old. She drinks alcohol most days of the week and is often drunk.
	Describe in detail the possible <b>long-term</b> effects on Hanna's health and well-being if she continues drinking alcohol most days of the week.
	[8 marks]
	Extra space



8

10	Unprotected sex with many different partners increases the risk of sexually transmitted diseases.	
10 (a)	Name three sexually transmitted diseases.  [3 marks]	
	1	
	2	
	3	
10 (b)	Apart from sexually transmitted diseases, give <b>one</b> other risk of unprotected sex with many different partners.	
	[1 mark]	
		4

Turn over for the next question



- Preston is a 40-year-old male who lives alone.
  - His rented flat is cold and dirty.
  - He has no family or friends and rarely speaks to anyone.
  - Preston has good educational qualifications, but he is unemployed.
  - He has no savings and lives on social security benefits.
  - Preston enjoys trainspotting as a hobby.

Evaluate how the different factors in Preston's life may affect his health and well-being. Quality of Written Communication will be assessed in your answer. [9 marks]



E	Extra space

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Turn over for the next question



12	A nightclub is causing problems for people who live nearby. The nightclub is very noisy and there is a lot of food and drink litter left outside.	
	Describe the likely effects on the health and well-being of the people living near to the nightclub.	
	[6 marks]	
	END OF QUESTIONS	

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