



Centre Number

71

Candidate Number

General Certificate of Secondary Education
January 2013

Health and Social Care Single Award

Unit SA2: Personal Development

[GHS21]

TUESDAY 29 JANUARY, MORNING



TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.
Answer **all five** questions.

INFORMATION FOR CANDIDATES

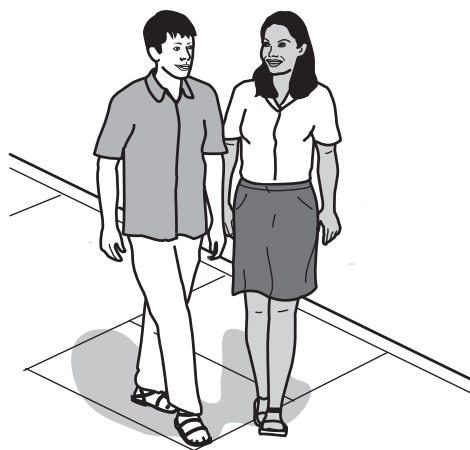
The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question. Quality of written communication will be assessed in questions **3(b)**, **5(b)** and **5(c)**.

For Examiner's
use only

Question Number	Marks
1	
2	
3	
4	
5	

Total
Marks



The Williams family consists of Mathew aged 35 years, his wife Aimee aged 32 and three children, Hannah aged 2, Thomas aged 6 and Katie aged 11.

- (a) Mathew and Aimee are in the life stage of _____
 _____ which is from _____ to 39 years. [2]

- (b) Using the information in the passage, write down two life changes both Mathew and Aimee have experienced.

1. _____ [1]

2. _____ [1]

- (c) Aimee tries to make sure the family has a well balanced diet. She prepares healthy meals and packed lunches. Aimee encourages the children to eat snacks such as fruit, yogurt or nuts and raisins instead of chocolate and crisps.

Explain three **different** ways eating a healthy diet may have a **positive** effect on the children's physical health.

1. _____

_____ [2]

(e)



- (i)** Write down the life change Thomas has experienced.

 [1]

- (ii) Thomas is in the life stage of childhood. Discuss how you would expect him to develop socially in his current life stage.

[3]

Examiner Only	
Marks	Remark

- (f) (i)** Katie is in the life stage of adolescence which is from

_____ to 18 years. [1]

- (ii) Explain how Katie's appearance could have a **negative** effect on her self-concept.

[2]

- (iii) Explain three **different** ways you would expect Katie to develop emotionally during her current life stage.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

(c) Sources of support help individuals cope with life changes.

Explain three **different** types of support Jordan may have been given by his family to help him cope with starting university.

1. _____

_____ [2]
2. _____

_____ [2]
3. _____

_____ [2]

Examiner Only	
Marks	Remark

A black and white illustration of a swimming pool. In the foreground, a young child is in the water, swimming on their stomach. In the background, an adult male stands on the pool deck, looking towards the child. There is a diving board with two handrails and a signpost on the deck. A fence and trees are visible in the background.

Explain how taking exercise may have a **positive** effect on Jordan's mental health.

[2]

Write down three different ways alcohol abuse may affect an individual's physical health.

1. _____ [1]
2. _____ [1]
3. _____ [1]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

- (c) Last year Marta suffered a heart attack and spent two weeks recovering in hospital. She now has regular check ups with the GP (family doctor).

Explain two **different** types of support the GP may offer Marta.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only	
Marks	Remark

4 An individual's self-concept may be affected by a range of factors.

Discuss how each of the following factors may affect an individual's self-concept in a **positive** way.

Age

[3]

Gender

[3]

Culture/ethnicity

[3]

Examiner Only	
Marks	Remarks



Jane, aged 70, lives alone since the death of her husband who died as the result of an accident.

(a) Jane is in the life stage of later adulthood.

Discuss the expected patterns of **physical** development during this life stage.

[e]

Examiner Only	
Marks	Remark

- (c)** Evaluate the effect relationships may have on an individual's emotional and social development.

Emotional development

[illegible]

Examiner Only	
Marks	Remarks

Social development

[illegible]

[9]

THIS IS THE END OF THE QUESTION PAPER

Examiner Only	
Marks	Remark

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