

Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Applied 2006

Vocational Specialism – Hair and Beauty

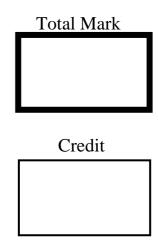
(240 marks)

Tuesday, 13th June Morning 11.30 to 1.00

Directions to Candidates

- 1. Write your EXAMINATION NUMBER in this space:
- 2. WRITE ALL ANSWERS INTO THIS ANSWER BOOK.
- 3. Candidates must attempt **FOUR** questions. One question from **each** of the four sections.
- 4. Each question carries 60 marks.

For the Superintendent only	For the Examiner only
Centre Stamp	1. Total of end of page totals
Centre Stamp	2. Aggregate total of all disallowed questions
	3. Total mark awarded (1 minus 2)
	4. Bonus mark for answering through Irish (if applicable)
	5. Total mark awarded if Irish Bonus. (3 plus 4)
	Note: The mark in row 3 (or row 5 if an Irish bonus is awarded) must correspond with the mark in the Total Mark box on the flap grid and on the front of the answerbook.



MARKING SCHEME AND SAMPLE ANSWERS

Section 1 – Salon and Customer Care

(Attempt Question 1 or Question 2 from this section, each question carries 60 marks)

1. (a)	Explain the main differences betwee 2 points @ 3 mag		(12 marks				
	Hairdresser	rks - 0 marks					
		h all clients – female, male, children					
	*They usually offer a full range o	of services - cutting, blow-drying, set	ting, colouring,				
	perming etc.						
	2 points @ 3 ma	rks = 6 marks					
	Barber *A barber usually works with mal	le clients					
	*Some barbers offers different	*Some barbers offers different/reduced/specialised services such as cutting, blow-					
	drying, beard trimming, hot sha	ve etc.					
(b)	<u> </u>	d to work in hairdressing. narks each = 8 marks	(16 marks)				
	Qualities						
	*Enjoy working with people	*Creative					
	*Patience	*Motivated					
	*Good listener	*Hard worker					
	*Observe confidentiality	*Observe confidentiality					
	*Team player						
	*Interested / passionate about y	vour work					
	4 skills @ 2 mar	ks each = 8 marks					
	*Cutting	*Perming					
	*Blow-drying	*Shampooing					
	*Setting	*Application of treatments					
	*Dressing hair	*Consultation / Analysis / Diagr	nosis				
	*Colouring						
	*Highlighting						

Outl	ine <u>two</u> different ways that 2 way	a person can train to s @ 6 marks each =		(12 marks)
· .	*Go directly from school	to a salon and serve o	an apprenticeship of	four years.
	*Do a one year PLC cours	e in hairdressing and	then go to a salon as	s a senior
	first-year apprentice			
	*Attend a private school	of hairdressing		
2	*Do a FAS course in hair	dressing then go to a	salon as a senior fir	st-year
	apprentice			
List	<u>six</u> different career opportu 6 @ 2	ınities available to qu marks each = 12 ma		l hairdressers. (12 marks)
	Working as a:			,
1	*Manager/manageres	s of a salon *Te	eacher *Sales r	epresentative
2	*Technical represent	ative	 	
3	Monking in:	*Television	*Film	*Theatre
4	Working in:		· riim	
5.	*Fitness Club	*Leisure centre	*Hospital	*Prison
6.	*Clients Home	*Residential Home	*Holiday resort	*Cruise liner
0	*Department Store	*Hotel *	Health Farm	*Clinic
List	<u>two</u> possible drawbacks of 2 draw	working as a hairdre backs @ 4 marks ea		(8 marks)
1	*On feet all the time - t	ired legs, prone to va	ricose veins, swelling	g etc.
1.	*Can be stressful e.g. di	fficult to please clien	ts, appointments rur	nning over time
-	*Difficult as you get old changing hairstyles	er - may find it hard	to attract younger c	clients or not like
2.				

2. (a)	Design, sketch and label a layout of a <i>cubicle</i> for a beauty salon.	(12 marks)
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Sketch of Salon Cubicle

(12 marks)

Must include the following:

3 @ 2 marks each for the following:

= 6 marks

beauty bed/couch, trolley for materials and equipment, stool for therapist

Plus

Some of the following:

4 @ 1 mark each for any of the following

= 4 marks

window, door, curtain, chair for client, shelves, coat hanger/hook, magnifying lamp, lighting, mirror, magazine stand, machines etc.

and

1@ 2 marks for appropriate layout

= 2 marks

(b) Describe the décor, furniture and equipment suitable for the salon *cubicle* that you have designed. (12 marks)

2 points @ 2 marks each = 4 marks

Décor	e.g. Reference to:	Wall covering or paint incl. colour and design
		Floor covering type and colour
		Lighting
		Beauty bed /couch covers - colour etc.
		etc.

2 points @ 2 marks each = 4 marks

Furniture			
	e.g. Reference to:	Beauty couch / bed type	
		Style of trolley	
		Seating	
		etc.	

2 t	oints	@	2	marks	each	=	4	mar	ks
-----	-------	---	---	-------	------	---	---	-----	----

quipment	e.g. Reference to:	Sterilising unit	
		Machinery for	various treatments
		Magnifying lam	p
		etc.	
List <u>six</u>	beauty services or tre	eatments that mig 6 @ 2 marks ea	ht be carried out in the cubicle.
	*Facial		nch = 12 marks (12 m *Eyebrow shape
·	*Body Massage		*Back massage
2	*Manicure	:	*Electrolysis
3	*Pedicure	:	*Make-up
ł	*Waxing		*etc.
5	*Eyelash / eyebrow	tint	
treatmen	nts in the cubicle.	4 points @ 3 mar	f clients when receiving beauty rks each = 12 marks (12 m offer blanket or use electric blanke
*Ensur	nts in the cubicle.	4 points @ 3 mar	rks each = 12 marks (12 m
*Ensur	nts in the cubicle.	4 points @ 3 mar	rks each = 12 marks (12 m
*Ensur *Play s *Provid	nts in the cubicle. re client is warm enoughers soft relaxing music	4 points @ 3 mai	rks each = 12 marks (12 m
*Ensur *Play s *Provid	nts in the cubicle. re client is warm enough soft relaxing music de soft lighting	4 points @ 3 mai	rks each = 12 marks (12 m
*Ensur *Play s *Provid *Avoid	nts in the cubicle. The client is warm enougher Soft relaxing music The control of the cubicle. The cubicle of the cubicle. The cubicle of the cubicle	4 points @ 3 man	rks each = 12 marks (12 m
*Ensur *Play s *Provid *Avoid *Expla	nts in the cubicle. re client is warm enough soft relaxing music de soft lighting d interruptions - being d too much chatter ain procedures if clien	4 points @ 3 man gh - no draughts, o called away or ha t is agreeable	rks each = 12 marks (12 m
*Ensur *Play s *Provid *Avoid *Expla *Ensur	nts in the cubicle. re client is warm enough soft relaxing music de soft lighting d interruptions - being d too much chatter ain procedures if clien	4 points @ 3 man gh - no draughts, o called away or ha t is agreeable rved good persona	rks each = 12 marks (12 m offer blanket or use electric blanke ving to answer phone
*Ensur *Play s *Provid *Avoid *Expla *Ensur *Check	nts in the cubicle. The client is warm enough Soft relaxing music The soft lighting If interruptions - being If too much chatter The that you have obsert It occasionally that client The common state of the common state of the client The common state of the common state of the client The common state of the	4 points @ 3 man gh - no draughts, o called away or ha t is agreeable rved good persona ent is comfortable autician can ensur	offer blanket or use electric blanket ving to answer phone I hygiene and oral hygiene e their own professional appearance
*Ensur *Play s *Provid *Avoid *Avoid *Expla *Ensur *Check Suggest	nts in the cubicle. The client is warm enough Soft relaxing music The soft lighting If interruptions - being If too much chatter The that you have obsert It occasionally that client The common state of the common state of the client The common state of the common state of the client The common state of the	4 points @ 3 man gh - no draughts, o called away or ha t is agreeable rved good persona ent is comfortable autician can ensur s @ 3 marks each	offer blanket or use electric blanket ving to answer phone I hygiene and oral hygiene e their own professional appearance
*Ensur *Play s *Provid *Avoid *Avoid *Expla *Ensur *Check Suggest	nts in the cubicle. The client is warm enough Soft relaxing music I de soft lighting I interruptions - being I too much chatter In procedures if client The that you have obsert K occasionally that client Four ways that a beat 4 ways	4 points @ 3 man gh - no draughts, o called away or ha t is agreeable rved good persona ent is comfortable autician can ensur s @ 3 marks each orm	offer blanket or use electric blanket ving to answer phone I hygiene and oral hygiene e their own professional appearance is 12 marks (12 m
*Ensur *Play s *Provid *Avoid *Avoid *Expla *Ensur *Check Suggest	nts in the cubicle. The client is warm enough Soft relaxing music I de soft lighting I interruptions - being I too much chatter In procedures if client The that you have obser It occasionally that clie I four ways that a bea I ways *Smart modern uniform	4 points @ 3 man gh - no draughts, o called away or ha t is agreeable rved good persona ent is comfortable autician can ensur s @ 3 marks each orm ene	rks each = 12 marks (12 marks) offer blanket or use electric blanket or use their own professional appearance is a 12 marks (12 marks) *Uniform freshly laundered and professional professional appearance is a 12 marks (12 marks)

Section 2 – Haircare

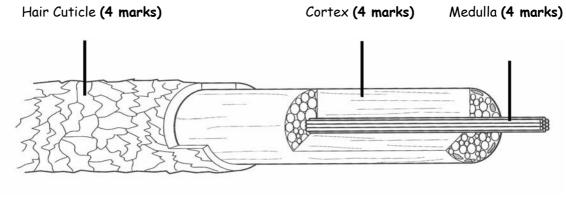
(Attempt Question 3 or Question 4 from this section, each question carries 60 marks)

3.	(a)	Explain <u>each</u> of the following hairdressing terms: setting; dressing. 2 points @ 3 marks each = 6 marks	(12 marks)
		Setting *The hair is wetted, stretched into a new shape e.g. using rollers and drie	ed into this
		shape	
		2 points @ 3 marks each = 6 marks Dressing	
		*Hair is dressed when it is dry	
		*Hair is moulded and formed into shape e.g. up-style	
	(b)	List four items of equipment, tools or materials used for setting hair. 4 @ 2 marks each = 8 marks *Hair rollers *Hairnet	(8 marks)
		1*Pins, clips *Hood dryer	
		2	
		*Tail comb 3.	
		*Setting lotion 4	
	(c)	Name <u>and</u> explain <u>two</u> methods of dressing long hair Name of style @ 2 marks 1. Name Plait e.g. French plait	(8 marks)
		Brief explanation @ 2 marks	
		Explanation*Hair is drawn together by brushing towards the back of the head, divide	ed in
		three, plaited and tied at end	
		Name of style @ 2 marks 2. Name Pleat	
		Brief explanation @ 2 marks	
		Explanation*Long hair is tied in a pony tail, twisted or rolled and pinned in place	

1	*Combs	*Beads	4	*Ribbons	
1	*Slides	*Sequins	4	*Head dresses	* Veils*
,	· Sildes	Sequins	5		
	*Clips	*Flowers	J	*Feathers	*Tiar
3	·				
gradua Give <u>t</u>	tion ball, could u wo reasons for se	se to dress her hai lecting this adorn One of the abov	r. ment / acce /e	e that a student, who	(8 ma
	•	2 reasons @ 4 n theme of the dress		ı = 8 marks	
1	*Match the o	colour of the dress	3		
		e shape of the face			
2					
				ht - sturdy and secure	2
				ht – sturdy and secure	2
Write	*Stand up to	the wear and tear ach of the following	of the nig		
Write	*Stand up to a brief note on ea	the wear and tear ach of the following 2 points @ 3 m	ng: narks each	= 6 marks	
Dread	*Stand up to a brief note on <u>ea</u>	the wear and tear ach of the following	ng: narks each	= 6 marks	
Dread *D	*Stand up to a brief note on <u>ea</u> locks readlocks are for	ach of the following 2 points @ 3 m	ng: narks each	= 6 marks	(12 ma
Dread *D ——*H	*Stand up to a brief note on <u>es</u> locks readlocks are fore air is sometimes s	the wear and tear ach of the following 2 points @ 3 m med from ropy mates	ng: narks each tted hair	= 6 marks	(12 ma
Dread *D *H *H	*Stand up to a brief note on <u>ea</u> locks readlocks are form air is sometimes s air can also be bac	the wear and tear ach of the following 2 points @ 3 m med from ropy mates	ng: narks each tted hair er twisted o	= 6 marks or braided to form the	(12 ma
Dread *D *H *H ho	*Stand up to a brief note on ex locks readlocks are form air is sometimes s air can also be back	ach of the following 2 points @ 3 mm med from ropy mates and finges acknowled to form	ng: narks each tted hair er twisted o	= 6 marks or braided to form the	(12 ma
Dread *D *H *H ho	*Stand up to a brief note on ea locks readlocks are fore air is sometimes s air can also be back air and then sections	ach of the following 2 points @ 3 mm med from ropy mates and finges are twisted or 2 points @ 3 mm 2 points @ 3 mm	ng: narks each tted hair er twisted of mats and k rolled.	= 6 marks or braided to form the mots, beeswax is work = 6 marks	(12 ma
Dread *D *H *H ho	*Stand up to a brief note on ea locks readlocks are fore air is sometimes s air can also be back air and then sections	ach of the following 2 points @ 3 mm med from ropy mates and finges are twisted or 2 points @ 3 mm 2 points @ 3 mm	ng: narks each tted hair er twisted of mats and k rolled.	= 6 marks or braided to form the	(12 ma
Pread *D *H *H hair e *S	*Stand up to a brief note on ea locks readlocks are fore air is sometimes s air can also be back air and then sections	ach of the following 2 points @ 3 mm med from ropy mates and finges are twisted or 2 points @ 3 mm all hair is plaited, known and the control of the control	ng: narks each tted hair er twisted of mats and k rolled.	= 6 marks or braided to form the mots, beeswax is work = 6 marks	(12 ma
Dread *D *H *H	*Stand up to a brief note on ea locks readlocks are form air is sometimes s air can also be back air and then section extensions ynthetic or nature mounts of the nature	ach of the following 2 points @ 3 mm med from ropy mates and finges are twisted or 2 points @ 3 mm all hair is plaited, known and hair.	ng: narks each tted hair er twisted of mats and k rolled. narks each	= 6 marks or braided to form the mots, beeswax is work = 6 marks	(12 ma
Dread *D *H *H	*Stand up to a brief note on ea locks readlocks are form air is sometimes s air can also be back air and then section extensions ynthetic or nature mounts of the nature	ach of the following 2 points @ 3 mm med from ropy mates and finges are twisted or 2 points @ 3 mm all hair is plaited, known and hair.	ng: narks each tted hair er twisted of mats and k rolled. narks each	= 6 marks or braided to form the chots, beeswax is work = 6 marks melted in tiny amounts	(12 ma
Dread *D *H *H	*Stand up to a brief note on ea locks readlocks are form air is sometimes s air can also be back air and then section extensions ynthetic or nature mounts of the nature	ach of the following 2 points @ 3 mm med from ropy mates and finges are twisted or 2 points @ 3 mm all hair is plaited, known and hair.	ng: narks each tted hair er twisted of mats and k rolled. narks each	= 6 marks or braided to form the chots, beeswax is work = 6 marks melted in tiny amounts	(12 ma

4. (a) Label the diagram of the *hair shaft* below to indicate the position of <u>each</u> of the following: *cortex; medulla; hair cuticle.* (12 marks)

3 @ 4 marks each = 12 marks



poor	condition.	(12 marks)
	2 @ 2 marks each = 4 marks	
	condition	
* ^	Nanageable, *smooth, *shiny, *bright, *bouncy	
oor o	4 @ 2 marks each = 8 marks	
	pry/very dry, *splitting hair, *ends or shafts breaking, *dull appearance	 2
*9	reasy, st lank, st difficult to control, st lack of elasticity, st breaks easily, st	poor porosity
List	six causes of damage to the hair. 6 @ 2 marks each = 12 marks	(12 marks)
List	<u>six</u> causes of damage to the hair. 6 @ 2 marks each = 12 marks *Bad brushing or combing	(12 marks)
List	*Bad brushing or combing	(12 marks)
1. <u>.</u>		(12 marks)
	*Bad brushing or combing *Over drying, hairdryer too hot or held too close to the hair	(12 marks)
1. <u> </u>	*Bad brushing or combing	(12 marks)
1. <u>.</u>	*Bad brushing or combing *Over drying, hairdryer too hot or held too close to the hair *Excessive use of electrical appliances - curling tongs etc.	(12 marks)
1. <u>-</u> 2. <u>-</u> 3. <u>-</u>	*Bad brushing or combing *Over drying, hairdryer too hot or held too close to the hair	(12 marks)
1. <u>-</u> 2. <u>-</u>	*Bad brushing or combing *Over drying, hairdryer too hot or held too close to the hair *Excessive use of electrical appliances - curling tongs etc. *Rubber bands causing hair to split	(12 marks)
1. <u>-</u> 2. <u>-</u> 3. <u>-</u>	*Bad brushing or combing *Over drying, hairdryer too hot or held too close to the hair *Excessive use of electrical appliances - curling tongs etc.	(12 marks)

*Chemical damage from colouring or perming

_	<pre>four advantages of using a hair *improves hair quality</pre>	*softens hair	narks each (12 marks) *protects hair
1.	improves hair quarry	Softens nam	profects hair
	*creates shine, gloss	*surface acidity/a	lkalinity is balanced
2		·	·
	*broken areas of cuticle o	r cortex may be repair	ed
3	de la constantina		
4.	*detangles	*rehydrates	
Expla	ain the difference between a sur	rface conditioner and	a <i>penetrating conditioner</i> . (12 mar
		? 3 marks each = 6 ma	arks
	ce conditioner		
*/	Adds gloss and helps to make the	e hair manageable	
*[Does not enter the hair but remo	ains on the surface by c	coating it
	•	? 3 marks each = 6 ma	arks
	trating conditioner		
	·		
*6	trating conditioner	y action	

Section 3 – Beautycare

(Attempt Question 5 or Question 6 from this section, each question carries 60 marks)

5.	(a)	Explain the term <i>body piercing</i> . (6 marks) 2 parts to explanation @ 3 marks each = 6 marks
		Making a hole in part of the body e.g. earlobe, nose, tongue 3 marks
		in order to wear jewellery or an adornment in the hole 3 marks
	(b)	Identify <u>four</u> parts of the body that are commonly pierced. (8 marks) *Nose 4 @ 2 marks each = 8 marks
		1*Ear *Eyebrow
		2*Belly button *Below the lip
		3. **Tongue 4. **Tongue
	(c)	List <u>three</u> factors that should be considered before have a body part pierced. (12 marks 3 points @ 4 marks each = 12 marks
		1. *Employer may not be too pleased especially if you are dealing with the public 2.
		*Piercing should be carried out by professionals only 3.
		*Some pain will be involved *The area may be prone to infection * Parental consent required if under 16 years of age
	(d)	Identify <u>two</u> methods that are used to pierce body parts *Needle 2 methods @ 3 marks each = 6 marks 1.
		*Piercing gun

		ould be followed after ear piercing. ts @ 4 marks each = 12 marks	(12 marks)
*W	ash hands before and afte	r handling area	
*W	ash area daily		
*Cl	ean with isopropyl alcohol o	or other product recommended by the	e professional
wł	no did the piercing		
*Ro	otate the earring at least t	wice a day to keep the holes free fro	m scabbing
*D0	o not remove the earrings t	for 3-4 weeks until the skin has heale	d
ist <u>fo</u>	our signs that a body part i	may have become infected following	g piercing. (12 marks)
ana .	_	marks each = 12 marks	
gns	of infection *Pain	*Sore to touch	
	*Swelling	*Discharge of yellow pus	
	*Inflammation	*Excessive redness	
	*Area hot or warm to	the touch	
	e the treatment required to	o deal with the infection. marks = 4 marks	(4 marks
utlin	1 @ 4	mains - i mains	
	1 @ 4 eturn to the place where th	···	

6.	(a)	What factors should be considered by a hairdresser or beautician when selecting and purchasing a pair of shoes for work? 4 points @ 3 marks each (12 marks) *Comfort - shop for shoes late in the day when feet are at their largest				
		*Try on shoes to test for comfort - walk around in them				
		*Enough room to wiggle toes				
		*Consider having feet measured				
		*Features to consider: Flat /Low heels *Shock absorbent				
		*Slip resistant *Breathable *Cushioned *Flexible				
		*Shoes should look well with uniform if one is worn				
	(b)	List <u>three</u> foot disorders that can result from poor fitting shoes. (12 marks) *Bunions *Buni				
		*Ingrown toenails *Corns 2.				
		*Blisters *Calluses 3.				
	(c)	List <u>one</u> advantage and <u>one</u> disadvantage of <u>each</u> of the following products: (12 marks) Gel insoles 1 @ 3 marks				
		Advantage				
		*Comfort *Cushions the feet *Absorbs impact and shock				
		1 @ 3 marks Disadvantage				
		*More expensive than other types of insoles				
		Company distant				
		Support tights 1 @ 3 marks				
		Advantage*Relieves tired, aching feet. *Helps to avoid varicose veins. *Prevents swelling				
		1 @ 3 marks				
		Disadvantage *More expensive than ordinary tights. *Look thicker when on				
		*Associated with older people				

	e a range of measures that can be taken to avoid foot odour. (12 marks) 4 points @ 3 marks each = 12 marks
	*Wash feet daily.
	*Wear clean socks or tights each day
	*Avoid wearing the same shoes all day e.g. change when you get home to
	allow shoes to dry out
	*If you have two pairs of shoes suitable for work alternate the wearing of
	these each day
	*Use foot sprays and medicated powders to help to keep feet dry and cool
	*Avoid shoes made of non natural materials
	dvice should be given to passengers regarding foot and leg care during stance flights. (12 mark 3 points @ 4 marks each = 12 marks
*W	earing flight socks significantly reduces the risk of deep vein thrombosis
	<u> </u>
*Ke	earing flight socks significantly reduces the risk of deep vein thrombosis
*Ke	earing flight socks significantly reduces the risk of deep vein thrombosis ep leg muscles pumping by stretching the legs and circling the ankles at every
*Ke	earing flight socks significantly reduces the risk of deep vein thrombosis ep leg muscles pumping by stretching the legs and circling the ankles at every portunity

Section 4 - Bodycare

(Attempt Question 7 or Question 8 from this section, each question carries 60 marks)

7. (a)	List <u>four</u> benefits of regular exercise. 4 benefits @ 3 marks each = 12 marks	(12 marks)			
	*Improves level of fitness 1.				
	*Reduces risk of: *heart disease *high blood pressure	*obesity			
	2. *Decreases anxiety				
	3. *Improves mood				
	4. *Enhances sense of well being				
(1-)	Describe and of the following aversion / lainum activities:	(12 montre)			
(b)	Describe <u>each</u> of the following exercise / leisure activities:	(12 marks)			
	Aqua aerobics 2 points @ 2 marks each = 4 marks *Similar to aerobic exercise				
	*but exercise takes place in a swimming pool				
	*Reduces the impact to the body				
	Step aerobics 2 points @ 2 marks each = 4 marks *Rhythmic aerobic routine				
	*performed on a small platform				
	*that is used to step up and down off				
	Yoga 2 points @ 2 marks each = 4 marks *Involves harmony of mind and spirit				
	*Uses movement, breath, posture, relaxation and meditation				
(c)	List four different types of exercise facilities or leisure facilities that sh	nould be			
(6)	available in a local area. *Football pitches *Children's playground	(12 marks)			
	1*Gym / sport centre *Running track				
	2. *Tennis courts *etc.				
	3. *Swimming pools				

*Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	nd taste dryness
*Increases heart rate, raises blood pressure, can lead to heart disease *Can lead to cancer e.g. lung cancer *Affects sense of smell ar *Increases dental hygiene problems and bad breath *Affects the skin: a premature aging/wrinkling *Lower weight babies born to mother Alcohol abuse 2 points discussed @ 3 marks each = 6 marks Short-term after drinking: *Hangover *Nausea *Vomiting *Reduced physical co-ordination/loss of balance *Dehydration *Bl *Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	dryness
*Can lead to cancer e.g. lung cancer *Affects sense of smell ar *Increases dental hygiene problems and bad breath *Affects the skin: a premature aging/wrinkling *Lower weight babies born to mother Alcohol abuse 2 points discussed @ 3 marks each = 6 marks Short-term after drinking: *Hangover *Nausea *Vomiting *Reduced physical co-ordination/loss of balance *Dehydration *BI *Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	dryness
*Increases dental hygiene problems and bad breath *Affects the skin: of premature aging/wrinkling *Lower weight babies born to mother Alcohol abuse 2 points discussed @ 3 marks each = 6 marks Short-term after drinking: *Hangover *Nausea *Vomiting *Reduced physical co-ordination/loss of balance *Dehydration *Bl *Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	dryness
premature aging/wrinkling *Lower weight babies born to mother Alcohol abuse 2 points discussed @ 3 marks each = 6 marks Short-term after drinking: *Hangover *Nausea *Vomiting *Reduced physical co-ordination/loss of balance *Dehydration *BI *Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	
Alcohol abuse 2 points discussed @ 3 marks each = 6 marks Short-term after drinking: *Hangover *Nausea *Vomiting *Reduced physical co-ordination/loss of balance *Dehydration *BI *Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	rs
Short-term after drinking: *Hangover *Nausea *Vomiting *Reduced physical co-ordination/loss of balance *Dehydration *BI *Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	
*Blurred speech *Unconsciousness Longer term: *Addiction *Liver failure *High blood pressure	
Longer term: *Addiction *Liver failure *High blood pressure	lurred vi
*Bleeding from ulcers *Heart failure *Infertility *Difficu	
	ulty sleep
*Mood swings etc.	
Over-eating 2 points discussed @ 3 marks each = 6 marks *Increased Weight gain *Diabetes *High blood pressure	
*High cholesterol *Decreased mobility	
*Shortness of breath *Heart disease	
*Liver/kidney problems *Depression *Feeling out of control	

		in the difference between a sunscreen and a sunblock. 2 points @ 3 marks each =6 marks		(12 marks)		
	Sunscreen *Provides sun protection by absorbing the suns harmful rays *Does not provide					
	complete protection from the sun *The higher the SPF the higher the level of					
	protection 2 points @ 3 marks each = 6 marks Sunblock					
	*Does not allow penetration of the sun into the skin by reflecting it away *Does not					
	absorb easily into the skin *Can leave a white residue					
(b)	Indica	ate with a tick (✓) whether <u>each</u> of the following statements 6 @ 2 marks each = 12 marks		false. (12 marks)		
			TRUE	FALSE		
	1.	Brief intensive sunbathing is harmless.		✓		
	2.	The suns rays are strongest from 10am - 12noon.		✓		
	3.	Even on a cloudy day 30-50% of the suns ultra-violet (UV) rays reach your skin.	✓			
	3.		✓	✓		
		(UV) rays reach your skin. The salt in seawater reduces the effects of the sun on	✓ ✓	✓		
	4.	(UV) rays reach your skin. The salt in seawater reduces the effects of the sun on the skin. Some medications e.g. antibiotics can make the skin		✓		
(c)	4.5.6.	(UV) rays reach your skin.The salt in seawater reduces the effects of the sun on the skin.Some medications e.g. antibiotics can make the skin more sensitive to burning.Sun beds emit the same harmful ultra-violet (UV) rays	✓ ·	(12 marks		

*Skin cancer

*Premature aging - wrinkles, leathery skin

page sixteen of seventeen

4. _

*Blistering

*Peeling

(g)	Suggest guidelines that should be followed to reduce the harmful effects of ultra-violet (UV) rays on the skin. (12 marks 4 @ 3 marks each = 12 marks					
	*Avoid exposure to the sun between 11am - 4pm					
	*Stay in the shade when possible especially when the sun is at its strongest					
	*Wear a broad brimmed hat					
	*Wear long sleeved shirts and blouses - cover up					
	*Wear a high factor sunscreen and apply liberally and regularly					
	*Reapply sunscreen after swimming					
	*Avoid sun beds					
(e)	Outline the purpose of an <i>after-sun</i> product. (12 marks 3 @ 4 marks each = 12 marks					
	*Soothes the skin					
	*Moisturises the skin					
	*Cools the skin					
	*Helps to reduce peeling					
	*Some products include a level of pain relief					

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For the examiner only		
Question	Mark	
1		
2		
3		
4		
5		
6		
7		
8		
Total Mark		