

# REVISE BTEC TECH AWARD Health and Social Care

# PRACTICE ASSESSMENTS Plus<sup>+</sup>

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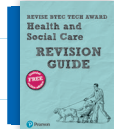
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# Introduction

This book has been designed to help you to practise the skills you may need for the external assessment of BTEC Tech Award **Health and Social Care**, Component 3: Health and wellbeing.

## About the practice assessments

The book contains four practice assessments for the component. Unlike your actual assessment, the questions have targeted hints, guidance and support in the margin to help you understand how to tackle them:



**Revision Guide**  
pages XX

links to relevant pages in the Pearson Revise BTEC Tech Award Sport, Activity and Fitness Revision Guide so you can revise the essential content. This will also help you to understand how the essential content is applied to different contexts when assessed.

### Hint

to get you started and remind you of the skills or knowledge you need to apply.



### Prepare

to help you on how to approach a question, such as making a brief plan.

### LEARN IT!

to provide content that you need to learn such as a definition or principles related to training, nutrition and psychology.

### Watch out!

to help you avoid common pitfalls.



### Explore

to remind you of content related to the question to aid your revision on that topic.



### Time it!

for use with the final practice assessment to help you become familiar with answering in a given time and ways to think about allocating time for different questions.

There is space for you to write your answers to the questions within this book. However, if you require more space to complete your answers, you may want to use separate paper.

There is also an answer section at the back of the book, so you can check your answers for each practice assessment.

## Check the Pearson website

For overarching guidance on the official assessment outcomes and key terms used in your assessment, please refer to the specification on the Pearson website. Check also whether you must have a calculator in your assessment.

The practice questions, support and answers in this book are provided to help you to revise the essential content in the specification, along with ways of applying your skills. Details of your actual assessment may change, so always make sure you are up to date on its format and requirements by asking your tutor or checking the Pearson website for the most up-to-date Sample Assessment Material, Mark Schemes and any past papers.

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## A small bit of small print

Pearson publishes Sample Assessment Material and the specification on its website. This is the official content and this book should be used in conjunction with it. The questions have been written to help you test your knowledge and skills. Remember: the real assessment may not look like this.

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# Practice assessment 1

Answer **ALL** questions.

Write your answers in the spaces provided.

Some questions must be answered with a cross in a box (X). If you change your mind about an answer, put a line through the box (X) and then mark your new answer with a cross (X).

1 Identify **one** physical factor that can affect health and wellbeing.

- A Religion
- B Discrimination
- C Exercise
- D Friendship

Total for Question 1 = 1 mark

2 State **two** negative effects of smoking on health and wellbeing.

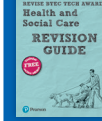
- 1 .....
- .....
- 2 .....
- .....

Total for Question 2 = 2 marks

3 State **one** environmental factor that can have an effect on health and wellbeing.

- .....
- .....

Total for Question 3 = 1 mark



**Revision Guide**  
pages 1, 9 and  
16-18

## Hint

Question 1 is a multiple-choice question. This means you need to read the options carefully and discount any answers you know to be wrong. Then pick the best one from those you have left.

## Hint

Negative effects are those that make a person's health and wellbeing worse **not** better.

## Watch out!

In question 2 you are being asked to state two **negative** effects. You will not get any marks for stating positive effects.

## Hint

The command word **state** asks you to recall, and write down clearly, a piece of information. You do not need to explain your answer. You will not get any more marks for giving more detail.

**Practice assessment**

**1**



**Revision Guide**  
pages 13, 14  
and 15.

**Hint**

Both questions 5 and 6 are **explain** questions. You need to recall information to identify a point then give a reason for how or why this is relevant to the question.

**Hint**

In question 5 you need to identify one financial factor that will have a positive effect on health and wellbeing then give a reason why you think this is.

**LEARN IT!**

**Cultural factors** relate to the characteristics of a **particular group of people**, such as their values, customs, beliefs, social habits and behaviours.

**Watch out!**

Question 6 asks you to explain **two** negative effects, so make sure you identify two factors and then give a reason for each one.

**4** Identify **two** cultural factors that can affect health and wellbeing.

- A** Religion
- B** Noise pollution
- C** Alcohol
- D** Obesity
- E** Sexual orientation

Total for Question 4 = 2 marks

**5** Explain **one** positive effect of having a good income on health and wellbeing.

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Total for Question 5 = 2 marks

**6** Explain **two** negative effects that discrimination can have on health and wellbeing.

1. ....

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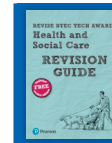
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Total for Question 6 = 4 marks



Revision Guide  
pages 19 and 20.

Hint

The command word **give** means you simply need to provide the number of pieces of information asked for, with no explanation required.

Watch out!

In question 7 you are asked to give one positive effect. Writing about more than one will not gain you extra marks and will take time you could use later on a longer question.

LEARN IT!

Redundancy means a person losing their job due to their role being deemed surplus to requirements.



Prepare

You could highlight the key words in a question to help you answer it properly. In question 8 the key words are: two, negative, redundancy and intellectual. In question 9 they are: one, negative, emotional and puberty.

7 Give **one** positive effect of supportive family relationships on the physical wellbeing of an individual.

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Total for Question 7 = 1 mark

8 Explain **two** negative effects redundancy could have on the intellectual wellbeing of an individual.

1 .....

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2 .....

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Total for Question 8 = 4 marks

9 State **one** negative emotional effect of puberty on a young person.

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.....

Total for Question 9 = 1 mark

Copyright material

**Practice assessment**

**1**



**Revision Guide**  
pages 13, 20  
and 24.

**Hint**

Question 10 doesn't mention the words positive or negative so you can give two positive effects, two negative effects or one of each. However, they must be social effects.

**Hint**

When you are asked for the correct classification you need to identify what group someone with that BMI range fits into.

**Hint**

Make sure you use the correct terminology. Say whether the BMI given is for an individual who is underweight, healthy weight, overweight, obese or severely obese. Don't use informal terms such as 'skinny' or 'fat'.



**Prepare**

When revising for your assessment, make sure you learn the correct data for the normal ranges for resting heart rate, blood pressure and Body Mass Index, as well as those considered to be abnormal readings.

**10** Explain **two** effects retirement could have on the social wellbeing of an individual.

1 .....

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2 .....

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Total for Question 10 = 4 marks

**11** State the correct classification for a Body Mass Index (BMI) of 20.5 kg/m<sup>2</sup>.

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Total for Question 11 = 1 mark



Suzie's GP has informed her that her resting heart rate is too high.

12 Explain **two** potential long-term risks of having a high resting heart rate on Suzie's physical health.

1 .....

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2 .....

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Total for Question 12 = 4 marks

Suzie drinks more than the recommended weekly alcohol limit every weekend.

13 Explain how binge drinking will cause an increase in her resting heart rate.

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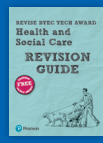
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Total for Question 13 = 2 marks

14 Identify **one** benefit of the person-centred approach when providing treatment for Suzie.

- A It stops her making any complaints about her treatment.
- B It saves money for health and social care services.
- C It ensures her needs are met.
- D It improves job satisfaction for health and social care workers.

Total for Question 14 = 1 mark



Revision Guide  
pages 10, 22  
and 29.

Hint

In question 12 make sure you identify two potential long-term risks of having a high heart rate (pulse). Then, for each one, give a reason why it is a risk to Suzie's physical health.

Hint

If you don't know the answer to a question, try to work it out using what you do know. In question 13 think about the effects of drinking alcohol on blood pressure and how that will affect the heart.

LEARN IT!

Resting heart rate (pulse) is how fast the heart beats when a person has been still for 5 minutes. It is measured in beats per minute (bpm).

LEARN IT!

A person-centred approach puts the **individual** at the centre of health care planning.

**Practice assessment**

**1**



**Revision Guide**  
pages 20, 33,  
40–45 and 50.

**Hint**

The command word **discuss** means you need to identify different aspects of Suzie’s lifestyle that might prevent her exercising as much as she should. For each one, explain clearly why you think this.

**Watch out!**

Only refer to facts you have been given. Do not invent other factors or make any assumptions about Suzie.

**Watch out!**

Check how many marks are awarded for this question. Be sure to give enough detail to earn them all.



**Prepare**

When answering longer questions you need to make a point, explain your point and then add more details to justify both the point and explanation. Then repeat this with each new point you make.

The GP asks Suzie questions about her lifestyle to help them suggest ways to improve her health and wellbeing. Suzie is 25 years old, a teacher and lives with her partner. She drives the 3 km to school every day and, most evenings, she brings home planning or marking. She quickly gets out of breath when she exerts herself.

The GP advises Suzie to exercise every day and asks the practice nurse to give her some physical activity guidelines.

**15** Discuss how Suzie’s circumstances could affect her ability to exercise every day.

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**Total for Question 15 = 6 marks**

Chen is 37 years old. He is currently unemployed, watches TV all day and eats an unhealthy diet. He also takes recreational drugs when he can afford them. He has become worried about his health and has visited his GP.

His GP says that Chen is suffering from depression and wants him to improve his health and wellbeing.

16 (a) Complete **Table 1** by:

- (i) stating **three** actions his doctor could suggest that will improve Chen's health and wellbeing
- (ii) giving **three** ways these actions could improve Chen's health and wellbeing.

6 marks

Three actions	Ways the actions could improve Chen's health and wellbeing
1	
2	
3	

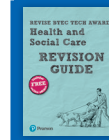
Table 1

### Watch out!

Don't choose actions that are too similar. If you pick one about eating, make sure the other two cover different factors.

### Hint

Treat this **complete** activity like an explain question. State an action in the first column then explain why it will help Chen's health and wellbeing in the second column.



**Revision Guide**  
pages 25–27,  
34–37.

**Practice assessment**

**1**



**Revision Guide**  
pages 25–27,  
34–37.

**Hint**

Write about both the sources of support that Chen's GP offers him. Think about what the prescription from the GP might be for. Think about the sort of issues that a support group could help Chen with.

**LEARN IT!**

Formal support is provided by professionals, trained volunteers, support groups and charities.

Chen's GP gives him a prescription and some leaflets about local support groups.

(b) Explain **two** ways formal support could help Chen improve his health and wellbeing.

4 marks

1 .....

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2 .....

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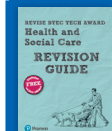
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Total for Question 16 = 10 marks

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Dave works in sales and drives long distances to visit clients. He had a serious car accident resulting in a badly broken arm and cracked ribs. After 6 months recovering, he can now drive a car adapted to allow for the limited movement in his arm. He is now back at work as he needs the money, but he still needs to see an occupational health therapist at the hospital about his arm and his doctor for medication.



**Revision Guide**  
pages 19,  
39–45.

**LEARN IT!**

A **barrier** is something unique to the health and social care system that prevents a person accessing a service.

**LEARN IT!**

An **obstacle** is something personal to a person that stops them moving forward, prevents action or makes action more difficult.

**Watch out!**

Make sure that each point you make is different. You won't be rewarded twice for making the same point, even if you give different supporting details.

**Hint**

For each part of question 17 (a) and 17 (b) you need to make a relevant point then add detail to justify each of your points. Your answers must show that you have considered Dave's needs, wishes and circumstances.

**Prepare**

When reading the scenario about Dave, underline any key points that you can then refer to in your answers.

17 (a) Explain **two** possible barriers to improving Dave's health and wellbeing.

4 marks

1 .....

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2 .....

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Dave often meets potential clients in hotel bars and restaurants in the evenings, so he regularly eats out. During the day, he meets other customers and completes paperwork. This means he has very little free time during the week so is becoming unfit. His GP wants Dave to improve his health and wellbeing.

(b) Explain **two** personal obstacles that could prevent Dave improving his health and wellbeing.

4 marks

1 .....

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.....

2 .....

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.....

Total for Question 17 = 8 marks

**Practice assessment**

**1**



**Revision Guide**  
pages 13,  
40–45.



**Prepare**

Remember that you can draw on what you have learnt throughout your whole health and social care course to help you answer this question, not just this component.

**Hint**

Using knowledge from the whole course, consider how Mela's partner has affected her social development from when she met him to now.

**Hint**

You need to write about the personal obstacles that Mela now faces, and the effects they could have on her social development.

**Watch out!**

Check your answer to make sure you have answered the question. Make any changes neatly and clearly. Check your writing, spelling, punctuation and grammar, to help the assessor read and understand your answer better.

Mela is 56 years old. Her partner of 35 years has recently died and she is finding it hard to adjust to being on her own. She has no family and very few friends because her partner was happy to stay at home every night rather than socialise with others. She is lonely and often comfort eats, so has put weight on. Mela decides she needs to lose weight and meet new people.

**18** Discuss how Mela's circumstances may affect her social development as she tries to achieve her goals.

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Total for Question 18 = 6 marks

**TOTAL FOR PAPER = 60 MARKS**

# Practice assessment 2

Answer **ALL** questions.

Write your answers in the spaces provided.

Some questions must be answered with a cross in a box (X). If you change your mind about an answer, put a line through the box (X) and then mark your new answer with a cross (X).

1 Identify **one** economic factor that can affect health and wellbeing.

- A Bullying
- B Stress
- C Pollution
- D Savings

Total for Question 1 = 1 mark

2 State **two** positive effects of regular exercise on health and wellbeing.

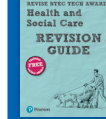
- 1 .....
- .....
- 2 .....
- .....

Total for Question 2 = 2 marks

3 State **one** cultural factor that can have an effect on health and wellbeing.

- .....
- .....

Total for Question 3 = 1 mark



**Revision Guide**  
pages 8, 14  
and 15.

## Watch out!

Question 1 asks you to identify an economic factor. Money can have other effects such as stress, but that doesn't mean that stress is an economic factor.

## Hint

The word **identify** used in a multiple-choice question means you need to pick the correct answer from the choices offered. Eliminate the ones you know are wrong then, if you are still unsure, choose the most likely remaining option.

## Watch out!

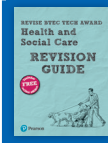
In question 2 you are being asked to state two positive effects of regular exercise. You will not get any marks if you write about any factor other than exercise.

## Hint

When you are asked to **state** a factor or an effect, be clear and concise. Simply give the fact asked for.

Practice assessment

2



Revision Guide  
pages 13, 18,  
25–28.

Watch out!

Look carefully at the number of options you are asked to identify in a multiple-choice question. Here you need to identify two, not just one.

Hint

In **explain** questions such as questions 5 and 6 you need to identify a point and then support your point by giving more detail to show why it is relevant to the question.

Hint

In question 5 you need to identify one **negative** effect of social exclusion on health and wellbeing then explain why you think this. Make sure you don't give any positive effects.

LEARN IT!

**Social factors** relate to interactions between people, which means making connections and communicating with others.

Hint

When asked about how a factor can affect health and wellbeing, you can choose any aspects of health and wellbeing for your answer (physical, intellectual, emotional or social).

4 Identify **two** lifestyle factors that can affect health and wellbeing.

- A Community participation
- B Balanced diet
- C Anxiety
- D Religion
- E Physical activity

Total for Question 4 = 2 marks

5 Explain **one** negative effect of social exclusion on health and wellbeing.

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Total for Question 5 = 2 marks

6 Explain **two** positive effects of a clean, safe and well-kept home environment on health and wellbeing.

1.....

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2.....

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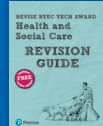
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Total for Question 6 = 4 marks





**Revision Guide**  
pages 3, 19  
and 20.

**Hint**

In question 7 you need to give a precise answer that uses correct terminology and language from the specification. You don't need to explain your answer.

**Watch out!**

Check to make sure you have answered the question. In question 8 if you write about any life event other than starting work for the first time or any effects other than social effects, you will not gain the marks.



**Prepare**

Make sure you check the number of marks on offer for each question and answer every question. In question 8 you have to identify and explain two different positive effects.

**LEARN IT!**

The **menopause** marks the end of a woman's fertility and usually occurs between the ages of 45 and 55.

7 Give **one** negative effect of a serious illness on the emotional wellbeing of an individual.

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Total for Question 7 = 1 mark

8 Explain **two** positive effects of starting work for the first time on the social wellbeing of a young adult.

1 .....

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2 .....

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Total for Question 8 = 4 marks

9 State **one** positive physical effect of the menopause on an individual.

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.....

Total for Question 9 = 1 mark

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**Practice assessment**

**2**



**Revision Guide**  
pages 20 and 22.

**Hint**

Here you need to clearly state two effects (which can be positive and/or negative) and then provide a reason for each, using a connective word to help you. Use words such as 'because' and 'therefore'.

**Hint**

Read the question carefully to ensure that your answer has the right focus. Question 10 asks for effects of **redundancy** on **emotional** wellbeing.

**Hint**

Here you need to identify what group someone with that resting heart rate fits into. Say whether their resting heart rate is lower than normal, normal or higher than normal.



**Prepare**

Remember, you need to learn the normal ranges for resting heart rate, blood pressure and body mass index (BMI).

**10** Explain **two** effects redundancy could have on the emotional wellbeing of an individual.

1 .....

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2 .....

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Total for Question 10 = 4 marks

**11** State the correct classification for a resting heart rate of below 60 bpm.

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Total for Question 11 = 1 mark

Muhammed is 65 and needs an operation to replace his knee, but his consultant tells him that his BMI is too high.

12 Explain **two** potential short-term risks of having a high BMI on Muhammed's physical health.

1 .....

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2 .....

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Total for Question 12 = 4 marks

Muhammed sits at a desk working on a computer all day at work.

13 Explain how a lack of exercise may cause an increase in Muhammed's BMI.

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Total for Question 13 = 2 marks

14 Identify **one** way in which a person-centred approach takes into account the person's circumstances.

- A It includes days off for the care worker.
- B It includes the person's age and ability.
- C It doesn't include the person's living conditions.
- D It includes where the care worker lives.

Total for Question 14 = 1 mark

**LEARN IT!**

BMI stands for **Body Mass Index** and is a measure of the amount of fat in a person's body.

**Prepare**

You need to learn the short- and long-term risks to an individual of having abnormal health indicators such as resting heart rate, blood pressure and BMI.

**Hint**

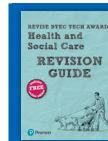
Question 12 expects you to give two distinct answers, as indicated by the numbering.

**Hint**

Think about what doesn't happen to the food a person eats if they do not move all day? What might happen if they do this day after day?

**LEARN IT!**

A person's circumstances are the things that directly affect the person in the situation they find themselves in.



**Revision Guide**  
pages 8, 21,  
24 and 29.



Leanne is a self-employed website developer. She works long hours in her home office and often at weekends too. She gets so engrossed in what she's doing that she often forgets to eat or just grabs a snack. Leanne is underweight and has difficulty sleeping at night, no matter how tired she is when she goes to bed. She visits her GP who wants to help Leanne improve her health and wellbeing.

16 (a) Complete **Table 1** by:

- (i) stating **three** actions her doctor could suggest to improve Leanne's health and wellbeing
- (ii) giving **three** ways these actions could improve Leanne's health and wellbeing.

6 marks

Three actions	Ways the actions could improve Leanne's health and wellbeing
1	
2	
3	

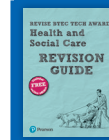
Table 1

**Watch out!**

Make sure you choose actions that are different so that they don't have the same explanation.

**Hint**

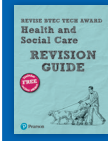
Give a point in the first column and then justify it in the second column by explaining how the action will help Leanne.

**Revision Guide**

pages 7, 25,  
34, 36 and 38.

**Practice assessment**

**2**



**Revision Guide**  
pages 7, 25,  
34, 36 and 38.

**Hint**

In question 16 (b) make sure you only refer to the sources of informal support identified in the question. Don't invent other sources of support for Leanne.

**LEARN IT!**

**Informal support** is provided by people who are not paid or trained to do so. They do it because they want to help.

Leanne lives with her husband. She has two sisters who live nearby and a best friend who lives a few miles away. She speaks to her best friend and her sisters on the phone most weeks.

(b) Explain **two** ways informal support could help Leanne improve her health and wellbeing.

4 marks

1 .....

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.....

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2 .....

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Total for Question 16 = 10 marks

Copyright material

Abena has recently arrived in the UK to start a new job. She plans to live with her cousin. She collapses at the airport and is rushed to hospital with a very high temperature. She is put in an isolation ward on her own while the doctors try to work out what is wrong with her. She speaks very little English and feels unwell.

17 (a) Explain **two possible** barriers to improving Abena's health and wellbeing.

4 marks

1 .....  
.....  
.....  
.....  
2 .....  
.....  
.....  
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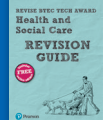
Abena is well enough to be discharged from hospital. Her cousin doesn't drive and lives in a small village 15 miles away. She asks a friend to drive her to collect Abena. Abena still needs to attend follow-up appointments for more tests at the hospital, but she has no money as she hasn't been able to start her new job yet. The only bus passes the hospital twice a day.

(b) Explain **two** obstacles that could prevent Abena from improving her health and wellbeing.

4 marks

1 .....  
.....  
.....  
.....  
2 .....  
.....  
.....  
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Total for Question 17 = 8 marks

 **Revision Guide**  
pages 20, 29  
and 39–45.

**Hint**


You need to identify barriers in 17(a) and obstacles in 17(b). Make sure you read the scenarios provided very carefully to make sure you identify those that are relevant to Abena.

**Watch out!**

Check your answer. If you have written about obstacles instead of barriers, and vice versa, you will not gain any marks.

**Hint**

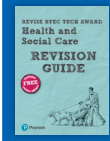
Once you have identified the barriers and obstacles you need to clearly explain why each of these may stop Abena accessing the services she needs to improve her health and wellbeing.

 **Prepare**

When reading the information given, highlight key points to help focus your answer. Remember, your answers must show that you have considered Abena's needs, wishes and circumstances.

**Practice assessment**

**2**



**Revision Guide**  
pages 3, 6  
and 20.

**Hint**

This is a longer question worth 6 marks. For each point you make explain your point and add more detail to justify both the point and explanation.

**Hint**

You need to write about the specific personal obstacles that James faces and the effects these could have on his emotional development.

**Hint**

Think about what you have learnt about sensory impairment and ill health, and their impact on health and wellbeing. Relate your learning to the possible effects on James's emotional development.

**Watch out!**

Don't assume that James's circumstances will only affect him negatively. Remember that a balance of positive and negative effects gives a more rounded answer and shows your knowledge and understanding of the topic.

James is 18 years old and deaf. He also has another medical condition, which isn't serious but means he has missed quite a lot of school due to being ill or attending medical appointments. His parents are determined to help him and always do everything they can to support him. He is about to begin college.

**18** Discuss how James's circumstances may affect his emotional development in early adulthood.

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Total for Question 18 = 6 marks

**TOTAL FOR PAPER = 60 MARKS**