

**SECOND
EDITION**

endorsed for
BTEC

REVISE BTEC NATIONAL Health and Social Care

REVISION WORKBOOK



REVISE BTEC NATIONAL

Health and Social Care

REVISION WORKBOOK

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Introduction

This Workbook has been designed to help you revise the skills you may need for the externally assessed units of your course. Remember that you won't necessarily be studying all the units included here – it will depend on the qualification you are taking.

| BTEC National Qualification | Externally assessed units |
|--|---|
| Certificate | 1 Human Lifespan Development |
| <i>For both:</i> Extended Certificate Foundation Diploma | 1 Human Lifespan Development 2 Working in Health and Social Care |
| Diploma | 1 Human Lifespan Development 2 Working in Health and Social Care 4 Enquiries into Current Research in Health and Social Care |
| <i>For both:</i> Extended Diploma Extended Diploma (HS) | 1 Human Lifespan Development 2 Working in Health and Social Care 3 Anatomy and Physiology for Health and Social Care 4 Enquiries into Current Research in Health and Social Care |

Your Workbook

Each unit in this Workbook contains either one or two sets of revision questions or revision tasks, to help you **revise the skills** you may need in your assessment. The selected content, outcomes, questions and answers used in each unit are provided to help you to revise content and ways of applying your skills. Ask your tutor or check the **Pearson website** for the most up-to-date **Sample Assessment Material** and **Mark Scheme** to get an indication of the structure of the actual assessment and what this requires of you. Details of assessment may change so always make sure you are up to date.

Often, you will also find one or more useful features that explain or break down longer questions or tasks. Remember that these features won't appear in your actual assessment!

Grey boxes like this contain **hints and tips** about ways that you might complete a task, interpret a brief, understand a concept or structure your responses.

Guided

This icon will appear next to an **example partial answer** to a revision question or revision task. You should read the partial answer carefully, then complete it in your own words.



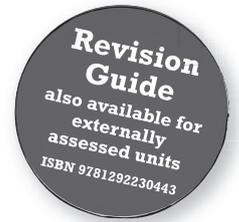
This is a revision activity. It will help you understand some of the skills needed to complete the revision task or question.



These boxes will tell you where you can find more help in Pearson's BTEC National Revision Guide. Visit www.pearsonschools.co.uk/revise for more information.

There is often space on the pages for you to write in. However, if you are carrying out research and making ongoing notes, you may want to use separate paper. Similarly, some units will be assessed through submission of digital files, or on screen, rather than on paper. Ask your tutor or check the Pearson website for the most up-to-date details.

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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 and revision tasks in this book have been written to help you revise the skills you may need for your assessment. Remember: the real assessment may not look like this.

Unit 1: Human Lifespan Development

Your exam

Unit 1 will be assessed through an exam, which will be set by Pearson. You will need to use your understanding of growth and development through the human lifespan, the factors that affect growth and development and the effects of ageing. You will explore and relate to the contexts and data presented in the exam, and respond to questions that require short and long answers.

Your Revision Workbook

This Workbook is designed to **revise skills** that might be needed in your exam. The selected content, outcomes, questions and answers are provided to help you to revise content and ways of applying your skills. Ask your tutor or check the **Pearson website** for the latest **Sample Assessment Material** and **Mark Scheme** to get an indication of the structure of the actual exam and what this requires of you. Details of the actual exam may change so always make sure you are up to date.

To support your revision, this Workbook contains revision questions to help you revise the skills that might be needed in your exam.

Responding to case studies

When reading **case studies** and answering questions based on them, make sure you read the information carefully. Case studies use **realistic situations** and **contexts** such as members of one family where you might gradually find out details about each person such as **age, relationships, lifestyle choices**, their **environment** and **life events**. You might also find out more relating to one member of the family in an **extended case study**. In response to the case study you will apply knowledge and understanding about:

- Key features of development across the life stages
- Factors that impact on human growth and development
- Theories that help to explain human growth and development
- Life events that can impact on human growth and development
- The effects of ageing for the individual and for society.

Answering types of questions

There is guidance in this Workbook for the skills involved in answering the following types of questions:

- which
- identify
- explain
- outline
- describe
- discuss
- evaluate
- justify
- to what extent



Links

To help you revise skills that might be needed in your Unit 1 exam, this Workbook contains two sets of revision questions starting on pages 2 and 15. The first is guided and models good techniques to help you develop your skills. The second gives you the opportunity to apply the skills you have developed. See the introduction on page iii for more information on features included to help you revise.

Revision paper 1

To support your revision, this Workbook contains revision questions to help you revise the skills that might be needed in your exam. Ask your tutor or check the **Pearson website** for the latest **Sample Assessment Material** and **Mark Scheme** to get an idea of the structure of the actual exam and what this requires of you. Details of the actual exam may change so always make sure you are up to date.

Answer ALL questions. Write your answers in the spaces provided.

All questions relate to one family.

Guided

- 1 Jan is 48 years of age. He has two children. Oscar is 8 years old and Anna is 18 months old. Anna is meeting the expected developmental milestones for her age.

Explain **two** possible features of Anna’s physical development at her life stage.

4 marks

If answering '**explain**' questions, show that you **understand** the topic and give **reasons to support** your answer. You may be told how many features or types of feature you must explain.

1 Anna will be able to

.....

.....

because she will have developed the muscles in her back and legs.

2 Anna will be able to

.....

.....

because she has developed control in the small muscles of her hands and fingers.



Links

See pages 3–4 of the Revision Guide to revise development of gross and fine motor skills.

Total for Question 1 = 4 marks

2 This is a photograph of Anna.



Which area of development is featured in the photograph of Anna?

1 mark

- Relate your knowledge and understanding of development to members of the family described in case studies.
- **PIES** helps you to remember each of the areas of development: **P**hysical, **I**ntellectual, **E**motional, **S**ocial.
- If answering '**which**' questions, quickly recall facts or features relating to human development.



Links

See page 2 of the Revision Guide to revise areas of development.

Total for Question 2 = 1 mark

Guided

3 Oscar is doing well in mathematics at his local primary school.

Describe Oscar’s intellectual development with reference to Piaget’s theories of how children think and learn.

6 marks

- Piaget carried out observations of children to show how they begin to think logically from the age of 7, and to show that they begin to see things from others’ viewpoints.
- If answering 'describe' questions, give a **clear account** that shows knowledge of the **facts** and **main features** of the topic.

According to Piaget’s stages of development, at 8 years old Oscar is in the concrete operations stage. He will still need concrete apparatus such as counters to help him to work out problems but Oscar will now be able to conserve. This means

.....

Piaget believed that, until the age of 7, children are egocentric. This means that until recently Oscar will

.....

Now that Oscar is 8, he will be able to

.....



Links

See page 11 of the Revision Guide to revise Piaget’s observations on how children think.

Total for Question 3 = 6 marks

Guided

6

Jan was made redundant from his job and was unemployed for several months, which caused him anxiety and put a strain on the family's finances. He has now been offered a new, well-paid job in management.

Justify how the change in Jan's employment status and financial situation may impact on the development and wellbeing of the family.

10 marks

If answering 'justify' questions, give valid reasons for your answers and/or prove that something is right or reasonable. You need to give a supported reason for each point you make.

'Justify' questions may be short-answer questions where you show understanding of a topic, or long-answer questions where you make connections.

Being employed and having more income will impact on all areas of Jan's development. Emotionally, he will

.....

His social development will be promoted because he will have more opportunity to

.....

Intellectually, he

.....

Physically,

.....

An improvement in Jan's development and wellbeing will also affect the children's development and wellbeing because

.....

.....

 **Links** See pages 28–30 of the Revision Guide to revise economic factors and the effects of life events.

Total for Question 6 = 10 marks

Guided

7 Oscar has experienced bullying at school.

Outline how bullying may affect Oscar’s emotional development.

6 marks

Bullying can cause physical injury and affect intellectual development. Notice that this question asks about the effects on **emotional** development only, so focus your answer on the question asked.

Bullying is likely to make Oscar feel isolated. This will impact on his self-image and lower his

.....

He could become frightened and anxious, which can lead to

.....

If bullying continues, it can have more serious effects on emotional development, leading to

.....

.....

In the long term, bullying could lead to Oscar

.....

.....

.....



Links

See page 26 of the Revision Guide to revise bullying and its effect on emotional development.

Total for Question 7 = 6 marks

Guided

8 Anna’s growth and development are being monitored by a health visitor.

Discuss the importance of monitoring Anna’s growth and development, with reference to centiles and maturation theory. 10 marks

- If answering 'discuss' questions, explore the topic in some **detail**.
- 'Discuss' questions may require **short answers** or **long answers**, depending on the complexity of the question. Short-answer questions involve you in discussing straightforward information. Long-answer questions involve you in discussing more complex topics.
- To discuss, you need to show a **clear understanding** of the topic, consider all aspects of the topic and **balance your argument**, make **connections** between different aspects and discuss the **extent** or **importance** of features.

The health visitor will measure Anna’s height and weight and check these against centiles that show the average for girls of Anna’s age. He or she will plot this on a If Anna is growing more slowly or quickly than expected, the health visitor will

Maturation theory was developed by observing the abilities and skills of large numbers of children at different ages. The information was used to determine norms called that children will reach at a given age. The health visitor can apply them when she or he

The health visitor can use the information from the assessments to

Using information that shows the expected norms for children is important because it will enable the health visitor to

 **Links** See pages 1–2 of the Revision Guide to revise principles of growth and development, and page 18 to revise maturation theory.

Total for Question 8 = 10 marks

9 The family lives in a small village. A quarry has just opened nearby. This means that heavy lorries constantly pass the family's house, which is close to the road.

Outline the possible effects of the quarry on the family's health and wellbeing.

6 marks

- Write a sentence to outline how the quarry will have an impact on the environment.
- Write two sentences about the possible effects on health – think particularly about respiratory problems.
- Write a sentence or two about how it may make existing health problems worse and/or affect predispositions to illness.
- Write a sentence about the possible effects on wellbeing, thinking in particular about emotional effects.

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 **Links** See page 23 of the Revision Guide to revise environmental factors affecting human growth and development.

Total for Question 9 = 6 marks

10 Jan’s mother Gita is 73 years old and lives alone. When she was 50 she divorced her husband of 26 years. Shortly after, Gita found a lump in her breast which was cancerous. After undergoing surgery and chemotherapy she was given the all clear.

Gita had two children – Jan and his older sister Mela. Mela also developed breast cancer and died eight years ago when she was only 42 years old. This hit Gita hard and for a while she did not go out and lost interest in her hobbies and leisure activities. Jan became worried about his mother because for several years she was not eating regularly and used sleeping pills. Gita already smoked but she started smoking even more. Jan was particularly concerned because his grandfather, Gita’s father, had had a mental illness and had committed suicide. Eventually, Jan persuaded Gita to go to her GP and she was diagnosed with depression. The GP gave her medication but also suggested a programme of exercise, which she followed.

Gita retired at 60. She had worked in an accounts office at an engineering factory for a number of years. Because she had worked part-time she did not receive a full pension and has had difficulties in making ends meet. She now claims pension credit and housing benefit, which has improved her finances.

At the age of 68, Gita’s mental health showed improvement and she was encouraged to meet up with friends to go for walks and visit the cinema. For the last few years she has been eating more healthily and found that she no longer needed to take sleeping tablets. She also got help to stop smoking. Gita was asked to help at her local charity shop and soon found herself working there regularly. More recently, Gita has helped to care for Oscar after school by collecting him from school and taking him home.

Identify **three** services that may have supported Gita in later adulthood.

3 marks

- Think of services that may have supported Gita’s mental health, helped her to stop smoking and helped her with her welfare needs.
- If answering ‘**identify**’ questions, quickly recall facts or features relating to human development. Your answers need to be **brief**.

1

2

3

 **Links** See page 39 of the Revision Guide to revise provision for the aged.

Total for Question 10 = 3 marks

Guided

11 Evaluate the importance of Gita maintaining a healthy lifestyle in her life stage.

10 marks

If answering 'evaluate' questions, give **extended answers** that consider **strengths and weaknesses, advantages and disadvantages** and the **relevance or significance** of, for example, a theory, factor or life event.

In later adulthood, as a normal part of ageing, individuals will usually notice a decline in the functions of their body. Cardiovascular disease becomes more common because of raised cholesterol or high blood pressure. Other diseases that are linked to ageing are

.....

Poor lifestyle choices are likely to

.....

.....

A healthy lifestyle is important because

.....

.....

Although changes in lifestyle choices will not prevent some decline in ageing, they can help to

.....

A healthy lifestyle is particularly important for Gita at her life stage because

.....

.....

 **Links** See pages 31–36 of the Revision Guide to revise illness and health in ageing.

Total for Question 11 = 10 marks

Guided

12 Give **two** examples of the economic effects of an ageing population. Explain how each one affects the economy.

6 marks

1 An ageing population means a higher demand on

This may

2 An ageing population means an increase in the ratio of retired people to working people. This means higher numbers of retirees claiming

This results in



Links

See page 40 of the Revision Guide to revise the economic effects of an ageing population.

Total for Question 12 = 6 marks

6 Kai is in the adolescent life stage. Arlene has been speaking to him about the physical changes he will experience during puberty.

Describe the physical changes Kai will experience during puberty.

6 marks

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.....

Balance your answer by including information about primary and secondary sexual characteristics.

 **Links** See page 5 of the Revision Guide to revise physical development during adolescence.

Total for Question 6 = 6 marks

7 Arlene has a younger brother, Mike, aged 21.

Explain Mike's development at his life stage, giving **two** examples.

4 marks

Mike is in the early adult stage, when individuals are fully grown. Try to give examples relating to two different aspects of Mike's development.

1
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2
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 **Links** See pages 6, 9 and 17 of the Revision Guide to revise development in early adulthood.

Total for Question 7 = 4 marks

8 Arlene split up with her partner, Jermaine, three months ago.

Outline how the breakdown in Arlene’s relationship may have affected her emotional and social development.

6 marks

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 **Links** See pages 29–30 of the Revision Guide to revise the effect of life events.

Total for Question 8 = 6 marks

Answers

Unit 1: Human Lifespan Development

Revision paper 1 (guided) (pages 2–14)

- 1 Example answer:
- Anna will be able to walk and climb on low furniture because she will have developed the muscles in her back and legs.
 - Anna will be able to hold a crayon in a palmar grasp because she has developed control in the small muscles of her hands and fingers.
- 2 Emotional development
- 3 Example answer:
According to Piaget's stages of development, at 8 years old Oscar is in the concrete operations stage. He will still need concrete apparatus such as counters to help him to work out problems. Oscar will now be able to conserve. This means that he can think logically and realise that amounts stay the same when they are moved or put into different-shaped containers. Piaget believed that, until the age of 7 children are egocentric. This means that until recently Oscar will have believed that others see and feel things in the same way as he does. Now that Oscar is 8, he will be able to understand things from the perspective of other people.
- 4 Example content may include:
- Stress increases the risk of disease, such as heart disease, and cancers.
 - Grief can mean Jan will care less about his diet and may eat unhealthily.
 - Lack of nutrients leads to ill health.
 - A predisposition to disease, e.g. heart disease and cancers, can be activated by stress.
 - Research by Holmes and Rahe shows a correlation between stress and ill health.
- 5 Example answer:
Bowlby concluded that early attachment is important as it forms a model for all other attachments. Having a strong attachment with Jan helps Anna to feel emotionally secure, which will help her to cope emotionally at the nursery. According to Schaffer and Emerson's stages of attachment, after the age of 9 months children will start to develop attachments to others. Anna may be upset when Jan first leaves, but at her age she is likely to be able to form a positive attachment to her main carer at the nursery.
- 6 Example content may include:
- Emotional:**
 - improved self-image and higher self-esteem
 - improved sleep patterns
 - increased confidence
 - reduced stress and anxiety
 - more independence.
 - Social:**
 - meeting new people at work
 - more money to go out and socialise.
 - Intellectual:**
 - stimulated because having to make decisions and judgements in his job.
 - Physical:**
 - more active because he is going to work
 - more money for leisure activities
 - improvements in physical and mental health.
 - Effects on children:**
 - will feel more secure if Jan is not showing anxiety
 - improved diet if more financially secure
 - may feel more anxious or less secure because Jan will not be at home as much.
- 7 Example answer:
Bullying is likely to make Oscar feel isolated. This will impact on his self-image and lower his self-esteem. He could become frightened and anxious, which can lead to headaches and sleeping difficulties. If bullying continues, it can have more serious effects on emotional development, leading to depression or other mental health problems. In the long term, bullying could lead to Oscar self-harming or even attempting or committing suicide.
- 8 Example answer:
The health visitor will measure Anna's height and weight and check these against centiles that show the average for girls of Anna's age. He or she will plot this on a chart. If Anna is growing more slowly or quickly than expected, the health visitor will consider referring her to a paediatrician.
Maturation theory was developed by observing the abilities and skills of large numbers of children at different ages. The information was used to determine norms called milestones that children will reach at a given age. The health visitor can apply them when she or he observes and assesses development.
The health visitor can use the information from the assessments to identify developmental delay.
Using information that shows the expected norms for children is important because it will enable the health visitor to plan support to help Anna to reach her milestones.
- 9 Example answer:
A large number of lorries would substantially increase pollution in the atmosphere near the family home. Pollution can have a serious impact on the respiratory system, causing breathing difficulties, particularly in young children such as Oscar and Anna.
Nitrogen oxides and soot particles in diesel fuel can also cause heart disease and lung damage or affect the functions of the brain.
Pollution can worsen or complicate existing conditions such as asthma, or cause the onset of diseases such as cancer if Jan or either of the children has a predisposition. The family may be less likely to go outside to play because of the noise or to go for walks, which will affect their mental wellbeing and quality of life.
- 10 Example answer:
- pharmacy
 - counselling services
 - welfare benefits
- 11 Example answer:
In later adulthood, as a normal part of ageing, individuals will usually notice a decline in the functions of their body. Cardiovascular disease becomes more common because of raised cholesterol or high blood pressure. Other diseases that are linked to ageing are Parkinson's disease (caused by degeneration of nervous tissue), osteoarthritis, degeneration of the sense organs and dementia.
Poor lifestyle choices are likely to increase the rate of decline and cause the onset of disease.
A healthy lifestyle is important because feeling physically healthy will improve Gita's mental wellbeing. Maintaining a healthy weight through diet and exercise could help her mobility. Diet is more important in ageing because of the decline in absorption of nutrients.
Although changes in lifestyle choices will not prevent some decline in ageing, they can help to keep people healthier for longer.
A healthy lifestyle is particularly important for Gita at her life stage because it can help her to remain active and healthy for longer by slowing the impact of ageing.

12 Example answer:

- 1 An ageing population means a higher demand on health and social care services. This may impact on the availability of services or increase waiting times for the whole population.
- 2 An ageing population means an increase in the ratio of retired people to working people. This means higher numbers of retirees claiming state pensions and welfare compared with working people. This results in fewer people paying taxes to pay for pensions and other welfare costs, such as winter fuel payments.

13 Example content may include:

Genetic factors:

- Both Gita and her daughter suffered with breast cancer.
- There is a family history of mental health problems.

Environmental factors:

- Life events causing stress, e.g. divorce and death of daughter.

Lifestyle factors:

- Increased likelihood of illness due to:
 - poor diet
 - lack of exercise
 - smoking
 - sleeping tablets.

Conclusion:

- The genetic risks of physical and mental illness could have been increased by stress.
- Issues are exacerbated by financial difficulties.
- The onset of mental health problems is explained by the stress–diathesis model.
- Increased risks to health are explained by the Holmes–Rahe social adjustment scale.

Revision paper 2 (pages 15–25)

1 Example answer:

At 4 years old Shona will be able to manipulate small objects with her fingers and have good hand–eye coordination. This means that she will be able to do up and undo her buttons to dress and undress without help. Shona will be able to feed herself because she will be skilful when she uses a spoon and fork and will be beginning to use a knife.

Shona will be able to take part in the play activities with other children because she can hold and control a pencil and paintbrush using a tripod grasp. She will be able to take part in craft activities because she can cut out with scissors and thread small beads. Shona can manipulate objects, so she will be able to build towers with construction blocks and play games such as jigsaws.

2 Example answer:

- 1 truancy
- 2 smoking
- 3 being disrespectful

3 Example answer:

- 1 If Arlene continues to drink alcohol it will expose the unborn baby to alcohol, which can cause premature birth, low birth weight or even stillbirth. Excessive alcohol use may lead to foetal alcohol syndrome in the baby, which can result in learning disability, distinctive facial characteristics and heart or kidney defects.
- 2 Smoking can reduce the amount of oxygen that gets to the baby, and the red blood cells will carry chemicals from cigarettes through the umbilical cord. This can cause low birth weight and babies may be born with heart conditions.

4 Example content may include:

Bandura's social learning theory:

- Children learn from watching others.
- They imitate observed behaviour when they have the opportunity.
- They are more likely to copy if they see the model getting satisfaction or good feedback.
- A negative outcome discourages imitation of the behaviour.
- A positive outcome encourages imitation of the behaviour.

- It is important to be a good role model because children:
 - learn from positive behaviour
 - copy negative behaviour
 - can be motivated to imitate and repeat positive behaviour.
- Social learning theory ignores theories that behaviours/ responses may be influenced by genetic inheritance (nature and not nurture).
- Bandura's theory does not explain why children sometimes display behaviour that is not learned from a role model.

5 Example content may include:

Piaget's stages of cognitive development:

- Children are in the pre-operational stage from 2–7 years old.
- Children need to play an active role in their own learning.
- Free play enables children to explore.
- Children need to build their experiences of the world by exploring materials.
- Children use their senses to learn about the environment.
- Children need to explore their environment to develop schemas.
- Children assimilate new information as they explore their environment.
- Active learning helps children to construct new schemas.
- Children need to use symbols as a form of representation in their imaginative play.
- Children need opportunities to use symbolic behaviour in pretend play.

Criticism:

- If adults lead children's play they can support children to move to the next stage of learning.

6 Example answer:

When Kai begins puberty his voice will gradually change and begin to deepen, which is referred to as the voice 'breaking'. He will notice that he is growing more quickly and may experience a growth spurt over a short period of time. He will grow pubic and underarm hair. Kai will also notice changes relating to his sexual and reproductive organs, which were present when he was born but will mature during puberty with the release of hormones. His prostate gland will begin to produce secretions. His penis and testes will both enlarge and he will begin to produce sperm.

7 Example answer:

- 1 Mike will have grown to his full height and strength, so will have reached the peak of his physical fitness.
- 2 At Mike's life stage he is likely to be starting or in the early period of employment, which will give him independence leading to positive self-esteem.

8 Example answer:

Emotionally, Arlene may experience anxiety and stress from the break up. This can significantly affect her self-image and lead to negative self-esteem. She may feel less secure and upset for the children because their father is no longer there for them. Alternatively, if the partnership was difficult, Arlene could feel relieved and enjoy her independence. Arlene may find that her social circle changes as she is no longer part of a couple. It may also be more difficult to get out to socialise because she is now the children's only carer.

9 Example content may include:

Sofia is in the middle adulthood, life stage, which may involve changes such as:

- Children are now independent.
- Sofia may have personal independence, leading to increased socialisation.
- She may be financially secure, giving her more independence and choice, and be affected positively and negatively by economic factors.
- Sofia may notice a change in her physical ability and appearance:
 - greying hair
 - loss of muscle tone, strength and stamina
 - her body shape may change with an increase in, or loss of, weight.