

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Candidate Number

Pearson BTEC Level 1/Level 2 Tech Award

Wednesday 10 January 2024

Afternoon (Time: 2 hours)

Paper
reference

BHS03

Health and Social Care **COMPONENT 3: Health and Wellbeing**

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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

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

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

- A Sensory impairment
- B Physical activity
- C Community participation
- D Financial resources

(Total for Question 1 = 1 mark)

2 State **two** positive effects that income can have on health and wellbeing.

1

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2

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(Total for Question 2 = 2 marks)

3 State **one** economic factor, **other** than income, that can affect health and wellbeing.

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(Total for Question 3 = 1 mark)

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

- A Inclusion
- B Substance misuse
- C Discrimination
- D Housing location
- E Physical activity

(Total for Question 4 = 2 marks)

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5 Explain **one** negative effect of gender expectations on an individual's health and wellbeing.

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(Total for Question 5 = 2 marks)

6 Explain **two** negative effects that using the drug cannabis can have on health and wellbeing.

1

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2

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(Total for Question 6 = 4 marks)

7 Give **one** positive effect that being able to express gender identity can have on the emotional health of an individual.

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(Total for Question 7 = 1 mark)



8 Explain **two** positive effects that becoming a parent could have on an individual's health and wellbeing.

1

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2

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(Total for Question 8 = 4 marks)

9 State **one** negative emotional effect of imprisonment on an individual.

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(Total for Question 9 = 1 mark)

10 Explain **two** effects that having mental ill health 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 resting heart rate of 65 bpm.

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(Total for Question 11 = 1 mark)

Staff in the rehabilitation clinic have explained to Raj that his resting heart rate (pulse) is too high.

12 Explain **two** ways that having a high resting heart rate could impact on Raj's current physical health.

1

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2

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(Total for Question 12 = 4 marks)

Staff in the rehabilitation clinic have created a plan for Raj, to help him increase his physical activity.

13 Explain how increasing his physical activity will lower Raj's resting heart rate.

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(Total for Question 13 = 2 marks)



Hope is underweight. She smokes cigarettes and uses the drug cocaine. Hope is socially isolated and has low self-esteem.

Hope has visited her doctor who has expressed concern about her health and wellbeing.

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

(i) stating **three** actions the doctor could suggest that will improve Hope's health and wellbeing (3)

(ii) giving **three** ways these actions could improve Hope's health and wellbeing. (3)

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

Table 1

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Hope receives a letter from the doctor.

- She has an appointment with a dietitian.
- She is invited to join a local support group for people who use drugs.
- She is allocated a drug and alcohol support worker.

(b) Explain **two** ways formal support could improve Hope's health and wellbeing.

(4)

1

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2

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(Total for Question 16 = 10 marks)



Dustin lives in a small town. He has a moderate learning disability and a hearing impairment. Dustin lacks confidence because he has a speech impairment. Dustin is on benefits and has been given free membership of the leisure centre in the next town, to support his health and wellbeing.

17 (a) Explain **two** barriers that could prevent Dustin from improving his health and wellbeing.

(4)

1

2



Dustin lives in a supported living flat, but he does not trust his support worker. His family do not live nearby and he struggles with friendships. Dustin dislikes new people and new places.

Dustin's support worker wants him to go to the leisure centre three times per week on his own, to improve his health and wellbeing.

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

(4)

1

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2

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(Total for Question 17 = 8 marks)



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