

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

Thursday 9 January 2025

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 . 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** lifestyle factor that can affect health and wellbeing.

- A Being employed
- B Attending church
- C Poor diet
- D Poor housing

(Total for Question 1 = 1 mark)

2 State **two** positive effects that a supportive relationship can have on health and wellbeing.

1

2

(Total for Question 2 = 2 marks)

3 State **one** cultural factor that can affect health and wellbeing.

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(Total for Question 3 = 1 mark)

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

- A Sexual orientation
- B Home environment
- C Physical activity
- D Air pollution
- E Employment situation

(Total for Question 4 = 2 marks)

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

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(Total for Question 5 = 2 marks)

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

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(Total for Question 6 = 4 marks)

7 Give **one** positive effect that a promotion at work can have on the emotional health of an individual.

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(Total for Question 7 = 1 mark)



8 Explain **two** negative effects that living in a damp house could have on an individual's health and wellbeing.

1

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(Total for Question 8 = 4 marks)

9 State **one** positive emotional effect of getting a divorce on an individual.

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(Total for Question 9 = 1 mark)



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10 Explain **two** effects of having reduced mobility because of an accident on the social wellbeing of an individual.

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(Total for Question 10 = 4 marks)

11 State the correct classification for a BMI of 27.2 Kg/m².

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(Total for Question 11 = 1 mark)



Tony's local practice nurse has told him that his blood pressure is very high.

12 Explain **two** ways that high blood pressure could be a risk to Tony's current physical health.

1

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(Total for Question 12 = 4 marks)

13 Explain the impact of Tony's high blood pressure on his emotional health.

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(Total for Question 13 = 2 marks)

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14 Identify **one** benefit of a person-centred approach for health and social care workers.

- A It takes circumstances into account
- B It ensures personal needs are met
- C It improves job satisfaction
- D Increases confidence in treatments

(Total for Question 14 = 1 mark)



Azeem is underweight. He has a job at a local factory where he works on shifts. Azeem smokes 20 cigarettes a day and also smokes cannabis to relax after work.

Azeem has had a health check with a nurse, and she has told him he needs to increase his weight.

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

- (i) stating **three** actions that will improve Azeem's health and wellbeing (3)
- (ii) giving **three** ways these actions could improve Azeem's health and wellbeing. (3)

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

Table 1



Azeem feels like he is stuck in a negative cycle of bad habits.

He lives close to his local health centre. There is a group of volunteers based in the health centre who have been trained to support people who want to improve their health. The volunteers have recently enabled people who want to improve their own health to set up a support group.

(b) Explain **two** ways formal support could improve the health and wellbeing of Azeem.

(4)

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(Total for Question 16 = 10 marks)

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Edith is retired and no longer has contact with the people she worked with. Her two friends in the village are older than her and are not very well. She feels responsible for them and visits them most days. She has two daughters who live too far away to visit her regularly.

Edith must have regular injections into her eyes. These are given at the eye clinic, which means that Edith cannot visit her friends on those days, which she finds upsetting.

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

(4)

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(Total for Question 17 = 8 marks)



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