

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

Tuesday 7 May 2024

Morning (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 ►

P80168RA

©2024 Pearson Education Ltd.
1/1/1/1




Pearson

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** environmental factor that can affect health and wellbeing.

- A Gender expectations
- B Exposure to pollution
- C Inherited conditions
- D Relationship changes

(Total for Question 1 = 1 mark)

2 State **two** positive effects that a balanced diet can have on health and wellbeing.

1

2

(Total for Question 2 = 2 marks)

3 State **one** lifestyle factor, **other** than nutrition, that can affect health and wellbeing.

.....

.....

(Total for Question 3 = 1 mark)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



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

- A Sexual orientation
- B Physical abilities
- C Supportive relationships
- D Gender identity
- E Employment situation

(Total for Question 4 = 2 marks)

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

.....

.....

.....

.....

(Total for Question 5 = 2 marks)

6 Explain **two** positive effects that community participation can have on health and wellbeing.

1

.....

.....

.....

2

.....

.....

.....

(Total for Question 6 = 4 marks)



7 Give **one** negative effect that redundancy can have on the emotional health of an individual.

.....
.....

(Total for Question 7 = 1 mark)

8 Explain **two** positive effects that inheriting a large sum of money could have on an individual's health and wellbeing.

1

.....
.....
.....

2

.....
.....
.....

(Total for Question 8 = 4 marks)

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

.....
.....

(Total for Question 9 = 1 mark)



Jan enjoys large meals and regularly eats at restaurants. He always drinks a pint of beer with his fish and chips.

13 Explain how Jan's diet could cause an increase in his body mass index (BMI).

.....

.....

.....

.....

(Total for Question 13 = 2 marks)

14 Identify **one** wish that an individual may have that the person-centred approach should consider.

- A** Having a lack of support
- B** Being addicted to substances
- C** The age of the person
- D** Prefers vegetarian food

(Total for Question 14 = 1 mark)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Branca is overweight. She has a desk job in a call centre and so she sits down all day. Branca describes her diet as unhealthy and she drinks 16 units of alcohol per week.

Branca had a health check at work and was advised to improve her health.

16 (a) Complete Table 1 by:

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

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

Table 1

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Branca feels like she is stuck in a negative cycle of bad habits.

She lives with three other young people in a house share and they all get on well. There is a community centre close to Branca's home and a gym at work. Branca's family are supportive.

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

(4)

1

2

(Total for Question 16 = 10 marks)



Ajit was born in northern India but now lives in central London. His religious beliefs mean that he follows a strict lifestyle, not consuming or using any animal products.

Ajit has a medical condition that reduces his physical mobility. He requires medication for his condition and last year he was referred to the hospital for surgery. The local NHS Trust is very busy and has reported staff shortages.

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

(4)

1

.....

.....

.....

.....

2

.....

.....

.....

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Ajit works long hours as an accountant and often feels stressed by his work. He lives alone, has no family nearby, and has not had time to build up a network of friends.

Ajit needs to complete twice weekly physiotherapy to improve his mobility. The physiotherapy has been scheduled for 11am on Mondays and Wednesdays.

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

(4)

1

.....

.....

2

.....

.....

(Total for Question 17 = 8 marks)



