

VOCATIONAL



WJEC Level 1 / Level 2
Vocational Award in
HEALTH & SOCIAL CARE

REGULATED BY OFQUAL

**SAMPLE ASSESSMENT
MATERIALS - EXTERNAL**

Teaching from 2017
For award from 2019



WJEC LEVEL 1/LEVEL 2 Vocational Award in Health and Social Care

SAMPLE EXTERNAL ASSESSMENT

For teaching from 2017

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Candidate Name	Centre Number	Candidate Number



**LEVEL 1/LEVEL 2 VOCATIONAL AWARD IN
HEALTH AND SOCIAL CARE**

UNIT 3: HUMAN DEVELOPMENT

AM/PM [date]

1 hour 30 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	22	
2.	5	
3.	13	
4.	8	
5.	18	
6.	12	
7.	12	
Total	90	

Instructions to candidates

Answer **all** questions.

Write your answers in the spaces provided in this booklet.

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

Information for candidates

The total for the paper is 90 marks.

The number of marks is given in brackets at the end of each question or part question. Calculators may be used.

Answer all questions.

1. Bella is a typical one-year-old. Her motor skills have developed normally and she can stand without help.

(a) Bella's life stage is infancy. Complete the table below to show either the life stage or the age range of the other life stages. [4]

Life stage	Age range (years)
(i)	4-10
(ii)	11-18
adulthood	(iii)
later adulthood	(iv)

(b) Describe how Bella's gross motor skills are likely to develop over the next two years. [3]

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(c) Bella has Down's syndrome. Explain the cause of Down's syndrome. [3]

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- (d) Describe the influence of **two** life chances on Bella's growth and development.

Life chance 1:[6]

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2. Aisha studied hard at school and has gained a high level of qualifications. Explain how studying hard at school and gaining a high level of qualifications will affect Aisha's self-concept. [5]

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3. Ethan is a typical five-year-old. He has just started going to school full-time and his baby sister has just been born.
- (a) Describe how Ethan is likely to develop intellectually over the next five years. [4]

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(b) Describe how Ethan is likely to develop socially over the next five years. [4]

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(c) Evaluate how the birth of his sister may affect Ethan's health and well-being. [5]

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4. Examine the chart below.

Year	Notification of the incidence of measles	Deaths from measles
1973	152,578	33
1983	103,700	16
1993	9612	4
2003	2488	0
2013	6102	1

From: Office for National Statistics, published January 2014

- (a) (i) State the year in which there was the highest notification of the incidence of measles. [1]

Year:

- (ii) State the year in which there was the lowest notification of the incidence of measles. [1]

Year:

- (b) Describe the patterns shown in the table above. [6]

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5. Steve is a 25-year-old man who eats a balanced diet. He exercises regularly in a local gym. Steve thinks that the holistic definition of health and well-being is best. His BMI is calculated to be 22.0.

(a) Explain what is meant by a holistic definition of health and well-being. [2]

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(b) Name and describe **one** other definition of health and well-being. [3]

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(c) Describe how BMI is worked out and discuss what a measure of 22.0 means for Steve's health. [6]

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- (d) Explain how Steve’s self-concept will benefit from his balanced diet and regular exercise in a gym. [7]

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6. Gavin is 28 years old. His friends try unsuccessfully to persuade him to drink large amounts of alcohol at weekends. But Gavin is aware that being healthy is important as both his parents have heart problems. He checks his blood pressure regularly.

- (a) Explain the possible risks for the health and well-being of Gavin’s friends from drinking large amounts of alcohol at weekends. [4]

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- (b) Describe **one** way Gavin might monitor his blood pressure. Include in your answer the equipment that he would use and how the procedure would be carried out. [5]

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- (c) Explain what the results of blood pressure readings might indicate about Gavin's health. [3]

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7. Noreen is 80 years old, lives alone and has no relatives. She has one friend called Edna, who lives a long way away. Noreen only goes out of the house to shop for food. She feels stressed as she has little money to live on. Noreen enjoys reading and watching television. She is becoming forgetful and her personal hygiene is poor. She has recently been offered a place in residential care.

(a) Using the information above, identify one **positive** factor and explain how this may affect Noreen's self-concept. [3]

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(b) Using the information above, identify one **negative** factor and explain how this may affect Noreen's self-concept. [3]

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(c) Analyse the possible impact of moving into a residential home on Noreen's health and well-being. [6]

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**WJEC LEVEL 1/LEVEL 2 VOCATIONAL AWARD IN
HEALTH AND SOCIAL CARE**

EXTERNAL ASSESSMENT TIMESHEET

UNIT 3: HUMAN DEVELOPMENT

Centre Name:

Centre Number:

Candidate Name:

Candidate Number:

The total time allowed must not exceed 1 hour 30 minutes

The timed, supervised hours took place as follows:

Task	Date	Time allowed: 1 hour 30 minutes	
		Hour	Minutes
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		Total	<input style="width: 100%; height: 20px;" type="text"/>

I certify that all candidates entered were informed of the above dates.

Supervisor's Signature: **Date:**

I confirm that the evidence submitted for assessment has been produced by me without any assistance beyond that allowed.

Candidate's Signature: **Date:**

Level 1/Level 2 Vocational Award in Health and Social Care – Unit 3

Mark Scheme

Question	Answer	Mark	LO
1. (a)	Award 1 mark for each correct answer. (i) Childhood (not child) (ii) Adolescence (iii) 19-65 (iv) 66+	1 1 1 1	1
(b)	Award a maximum of 3 marks for a detailed description of how Bella's gross motor skills are likely to develop over the next two years. Likely answers may include: Bella's gross motor skills are likely to improve and develop over the next two years, meaning that she will be able to move around independently. The development will take place incrementally, building on each of the stages of development, i.e. crawling→walking with help→cruising→walking→(and so on) Examples of stages of development: <ul style="list-style-type: none"> • walk with help, developing into cruise/walk without help • crawl upstairs • climb • run • kick a ball • stand on one foot • ride a tricycle/scooter • dance • throw • jump 	3	1
(c)	Award a maximum of 3 marks for a detailed explanation of the cause of Down's syndrome. Likely answers may include: Down's syndrome is a genetic condition that occurs as a result of an extra chromosome (chromosome 21). <ul style="list-style-type: none"> • Usually, individual cells contain 46 chromosomes. A child inherits 23 from the mother and 23 from the father. • In people with Down's syndrome, all or some of the cells in their bodies contain 47 chromosomes, as there is an extra copy of chromosome 21. (The additional genetic material causes physical and developmental characteristics associated with Down's syndrome). • Generally, Down's syndrome isn't inherited, and is simply the result of a one-off genetic anomaly in the sperm or egg. • In some cases, the genetic anomaly is passed on from one of the child's parents, even if they have no signs of Down's syndrome themselves. 		1

Question	Answer	Mark	LO
1. (d)	<p>For each of two life chances, award a maximum of 6 marks for a detailed description of the influence on Bella's growth and development.</p> <p>0 marks: Nothing worthy of any credit.</p> <p>1-3 marks: Answers that give a basic description of the influence of one life chance on Bella's growth and development, or a general description of one life chance not related to Bella. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>4-6 marks: Answers that give a detailed description of the influence of one life chance on Bella's growth and development. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <p>Bella's life chances may have an impact on her growth and development in that, for example, the type of school she is able to attend may depend on where she lives – this, in turn, may then have an impact on her attainment and what friendship groups she becomes part of. Where she lives may also have an impact on the educational and leisure facilities that she may be able to utilise and, therefore, her levels of physical and mental health. Life chances often inter-relate and one can lead to another.</p> <p>Examples of life chances:</p> <ul style="list-style-type: none"> • households • relationships • gender • environment • economy • age • culture <p>(Any other reasonable answer).</p>	6,6	2
	Total for Question 1	22	

Question	Answer	Mark	LO
2.	<p>0 marks: Nothing worthy of any credit.</p> <p>1-3 marks: Answers that give a basic explanation of how studying hard at school and gaining a high level of qualifications will affect Aisha’s self-concept. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>4-5 marks: Answers that give a detailed explanation of how studying hard at school and gaining a high level of qualifications will affect Aisha’s self-concept. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <p>Aisha is likely to have a positive self-concept. Because she has worked hard at school and achieved a high level of qualifications, she may feel proud of her achievement. Her self-confidence may increase and she could look forward to the future and to making positive decisions about what to do next. It is likely that her family would also be proud of her achievements, which would also improve her self-esteem.</p> <p>Examples of self-concept factors:</p> <ul style="list-style-type: none"> • having a sense of achievement • feeling proud • raising her (self)-confidence • raising her self-esteem/self-concept • helping her feel optimistic about her future • encouraging her to further develop intellectually <p>(Accept any other reasonable answer.)</p>	5	3
	Total for Question 2	5	

Question	Answer	Mark	LO
3. (a)	<p>0 marks: Nothing worthy of any credit.</p> <p>1-2 marks: Answers that give a basic description of how Ethan is likely to develop intellectually over the next five years. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>3-4 marks: Answers that give a detailed description of how Ethan is likely to develop intellectually over the next five years. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <ul style="list-style-type: none"> • develop his language skills/speaking/communication • learn to read • learn to write • begin to learn a foreign language • develop number skills • increase concentration span • increase memory • develop problem-solving skills 	4	1
(b)	<p>0 marks: Nothing worthy of any credit.</p> <p>1-2 marks: Answers that give a basic description of how Ethan is likely to develop socially over the next five years. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>3-4 marks: Answers that give a detailed description of how Ethan is likely to develop socially over the next five years. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <ul style="list-style-type: none"> • develop friendships • develop social skills such as sharing, taking turns • form relationships with extended family (including other adults) and/or teachers, and enlarge his social circle • weaken his attachment to parents/growing independence 	4	1

Question	Answer	Mark	LO
3. (c)	<p>0 marks: Nothing worthy of any credit.</p> <p>1-3 marks: Answers that give a limited evaluation of how the birth of Ethan's sister may affect his health and well-being. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>4-5 marks: Answers that give a detailed evaluation of how the birth of Ethan's sister may affect his health and well-being. Answers are well-structured and clearly expressed, and make some reference to Maslow's hierarchy of needs in relation to Ethan's health and well-being. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <p>Ethan may be very happy that he now has a sibling to play with; he may feel 'grown up' and pleased that he is now a big brother. He may be protective of his new sister and be excited as to what the future holds. Ethan may also feel jealous of his new sister and sad that his parents are giving her so much attention – he may feel 'left out' or isolated and want the family to be the same as before his sister was born. He may feel resentment towards his new sister and lash out or ignore her. He may also become more 'clingy' with one or both parents (most likely to be his mother).</p> <p>Learners are expected to make some synoptic links in relation to Maslow's hierarchy of needs.</p> <p>(Accept any other reasonable answer, including both positive and negative effects.)</p>	5	2
Total for Question 3		13	

Question	Answer	Mark	LO
4. (a)	Award 1 mark for each correct answer. (i) 1973 (ii) 2003	1 1	4
(b)	Award a maximum of 6 marks for a detailed description of the patterns shown in the table. Likely answers may draw synoptically on prior learning to include: <ul style="list-style-type: none"> • a description of the pattern in relation to the notification of the incidence of measles • a description of the pattern in relation to deaths from measles • a comparison of the notification of the incidence of measles and deaths from measles 	6	4
	Total for Question 4	8	

Question	Answer	Mark	LO
5. (a)	<p>Award a maximum of 2 marks for a detailed explanation of what is meant by a holistic definition of health and well-being.</p> <p>Likely answers may include:</p> <p>The holistic definition of health and well-being is a combination of physical, intellectual, emotional and social aspects of health.</p>	2	4
(b)	<p>Award 1 mark for naming one other definition of health and well-being, and up to a further 2 marks for a description (up to a total of 3 marks).</p> <p>Likely answers may include:</p> <p>A positive definition of health and well-being is the achievement and maintenance of physical fitness and mental stability.</p> <p>A negative definition of health and well-being is the absence of physical illness/disease and mental distress.</p>	3	4
(c)	<p>0 marks: Nothing worthy of any credit.</p> <p>1-3 marks: Answers that give a basic description of how BMI is worked out, with some attempt to discuss what a measure of 22.0 means for Steve's health. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>4-6 marks: Answers that give a detailed description of how BMI is worked out, with a comprehensive discussion of what a measure of 22.0 means for Steve's health. Answers are well-structured and easily expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <ul style="list-style-type: none"> • BMI is a statistical calculation • the formula is: <ul style="list-style-type: none"> - weight in kilograms (kg) divided by height in metres (m) multiplied by height (m) OR - weight (kg) divided by height (m), then divided by height (m) again • the result obtained is then compared to a BMI table • the table is gender-specific • a BMI of 22.0 indicates that Steve is in the 'ideal weight' category which means that his weight is in proportion to his height • Steve is at low risk of: <ul style="list-style-type: none"> - type 2 diabetes - heart disease - stroke • a BMI of 22.0 is not a measure of muscle tone so does not necessarily mean that Steve is healthy 	6	4

Question	Answer	Mark	LO
<p>5. (d)</p>	<p>0 marks: Nothing worthy of any credit.</p> <p>1-3 marks: Answers that give a limited explanation of how Steve's self-concept will benefit from a balanced diet and regular exercise. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>4-5 marks: Answers that give a detailed explanation of how Steve's self-concept will benefit from a balanced diet and regular exercise. Answers convey meaning, with some use of specialist vocabulary.</p> <p>6-7 marks: Answers that give a comprehensive explanation of how Steve's self-concept will benefit from a balanced diet and regular exercise. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <p>Self-concept is defined as the beliefs you have about yourself based on your own feelings about yourself and those of others. Steve's self-concept is likely to benefit from his balanced diet and regular exercise as he will be in control of his weight, will see physical changes to his body (that others may notice too) and, overall, feel better about himself.</p> <p>Benefits for Steve's self-concept of a balanced diet and regular exercise in a gym:</p> <ul style="list-style-type: none"> • balanced diet will give him the energy he needs to exercise • will feel good about himself • endorphins/chemicals are released during exercise • will gain approval from others at the gym for working out • less likely to become ill • his body will be fit, which will improve his self-concept • will be less stressed • have the opportunity to meet new people 	<p>7</p>	<p>3</p>
	<p>Total for Question 5</p>	<p>18</p>	

Question	Answer	Mark	LO
6. (a)	<p>0 marks: Nothing worthy of any credit.</p> <p>1-2 marks: Answers that give a basic explanation of the possible risks for the health and well-being of Gavin's friends from drinking large amounts of alcohol at weekends. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>3-4 marks: Answers that give a detailed description of the possible risks for the health and well-being of Gavin's friends from drinking large amount of alcohol at weekends. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <ul style="list-style-type: none"> • getting drunk • losing control • being confused • having difficulty communicating • being sick • being abused • being a victim of crime • committing a crime • becoming aggressive • becoming violent • having an accident • having unprotected sex • suffering a hangover the next day • short-term memory loss <p>Some candidates may make an attempt to make synoptic link with reference to the local and national support available for individuals with substance use addictions linked to lifestyle choices.</p> <p>(Accept any other reasonable answer).</p>	4	2
(b)	<p>0 marks: Nothing worthy of any credit.</p> <p>1-3 marks: Answers that give a basic description of one way Gavin might monitor his blood pressure. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>4-5 marks: Answers that give a detailed description of one way Gavin might monitor his blood pressure. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <p>Using a digital cuff/arm monitor, the band of which is inflated and tightens to stop the blood flow. This records pressure – heart beat pressure (systolic). The band is then deflated and loosens, and the pressure between beats (diastolic) is recorded. He may have his blood pressure monitored at his GP surgery or using a monitor at home.</p>	5	4
(c)	<p>Award a maximum of 3 marks for a detailed explanation of what the results of blood pressure readings may indicate about Gavin's health. Likely answers may include:</p> <ul style="list-style-type: none"> • the results will indicate if his blood pressure is high, normal or low • if normal, his heart circulation is good 	3	4

Question	Answer	Mark	LO
	<ul style="list-style-type: none"> • if high, he is at possible risk of a heart attack and may have heart/circulatory disease • if low, may cause problems such as feeling faint/dizzy, although these may not be life threatening 		
	Total for Question 6	12	

Question	Answer	Mark	LO
7. (a)	<p>Award 1 mark for identification of one positive factor, and a maximum of 2 marks for an explanation of how this factor may affect Noreen's self-concept.</p> <p>Likely answers may include:</p> <ul style="list-style-type: none"> • she has a friend, so is able to maintain a social relationship, has someone to talk to, feels less lonely • she enjoys reading and watching television so has intellectual stimulation – television can provide a form of 'company', reading keeps her occupied • she has been offered a place in residential care, which could lead to making new friends, having more social contact, building relationships with the friends and practitioners she will meet there 	3	3
(b)	<p>Award 1 mark for identification of one negative factor, and a maximum of 2 marks for an explanation of how this factor may affect Noreen's self-concept.</p> <p>Likely answers may include:</p> <ul style="list-style-type: none"> • she is 80 – may have lost friends/partners due to bereavement, may feel 'too old' to do things, fewer social contacts (for example, through work) • she lives alone – at risk of being socially isolated as she only goes out for food and there is no-one to talk to at home, which may lead to her becoming withdrawn • she is becoming forgetful – this could be a symptom of a wider problem, and she may injure herself (for example, by leaving a pan on a heated hob, or by forgetting to turn off the water when running a bath) • her personal hygiene is poor – may develop diseases, may affect other areas of her life, such as socialising 	3	3

Question	Answer	Mark	LO
7. (c)	<p>0 marks: Nothing worthy of any credit.</p> <p>1-3 marks: Answers that make some attempt at analysis of the impact of moving into a residential home on Noreen's health and well-being. Answers convey meaning but lack detail. Little or no use of specialist vocabulary.</p> <p>4-6 marks: Answers that give a detailed analysis of the impact of moving into a residential home on Noreen's health and well-being. Answers make some reference to Maslow's hierarchy of needs in relation to Noreen's health and well-being. Answers are well-structured and clearly expressed. Specialist terms used with ease and accuracy.</p> <p>Likely answers may include:</p> <p>Positives:</p> <ul style="list-style-type: none"> • may make new friends • practitioners available if she needs help • still has privacy but can access the company of others • medical and social care staff may visit the home • meals will be provided – contribute to balanced diet • staff can help with personal hygiene <p>Negatives</p> <ul style="list-style-type: none"> • may not want to move • lose independence • may be even further away from her friend <p>Learners are expected to make some synoptic links in relation to Maslow's hierarchy of needs.</p>	6	2
	Total for Question 7	12	

VOCATIONAL AWARD IN HEALTH AND SOCIAL CARE eSAM 26

Question	LO1	LO2	LO3	LO4	Total
1.	10	12			22
2.			5		5
3.	8	5			13
4.				8	8
5.			7	11	18
6.		4		8	12
7.		6	6		12
Total LO	18	27	18	27	90
% LO	18-24%	27-36%	18-24%	27-36%	100%