

New
Specification



General Certificate of Secondary Education
2018

Centre Number

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Candidate Number

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Health and Social Care

Unit 1

Personal Development,
Health and Well-Being



[GHL11]

GHL11

WEDNESDAY 13 JUNE, AFTERNOON

TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is **100**.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in questions **2(b)(ii)**, **3(c)(i)** and **3(f)**.



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20GHL1102



1 Molly, aged 72, leads an active life and enjoys taking part in physical activities for older people at the local leisure centre.

(a) Molly is in the life stage of later adulthood which is _____ + years. [1]

(b) List **three** examples of intellectual development during later adulthood.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(c) Explain **two** ways taking part in physical activities in the local leisure centre may have a positive effect on Molly's social health and well-being.

1. _____

_____ [2]

2. _____

_____ [2]

[Turn over



(d) Molly has recently been diagnosed with osteoporosis.

Use the headings below to describe how Molly's health and well-being may be affected by osteoporosis.

Effect on Molly's physical health and well-being

[3]

Effect on Molly's emotional health and well-being

[3]



(e) Describe how each of the following factors may positively affect Molly's self-concept.

Age

[3]

Appearance

[3]

[Turn over



- (f) Molly has a good income, as she has both a state pension and a work pension.

Use the headings below to describe how having a good income may affect Molly's health and well-being.

Effect on physical health and well-being

[3]

Effect on emotional health and well-being

[3]

Effect on social health and well-being

[3]



(c) Describe how gender identity may affect Lucy's self-concept.

[3]

(d) Explain **three** ways you would expect Mark to develop physically during his current life stage.

1.

[2]

2.

[2]

3.

[2]



(e) (i) Anna is in the life stage of infancy. Describe the expected pattern of social development during this life stage.

[3]

(ii) Explain how the birth of a sibling may affect Anna's emotional development.

[2]

[Turn over



- (f) Jake and Lucy share the shopping and cooking and try to ensure everyone in the family eats a healthy diet.

Explain **three** ways eating a healthy diet may affect physical health and well-being.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]



3 The Nowak family consists of Adam, aged 43 years, his wife Karolina, aged 41 years, and their two children, Emilia aged 16 and Marcin aged 14. The children attend the local high school where Emilia is studying for her GCSEs.

(a) Adam and Karolina are in the life stage of _____ adulthood [1]
which is from 40 to 64 years.

(b) Describe the expected pattern of emotional development during this life stage.

[3]

[Turn over



(ii) Describe how a voluntary sector organisation may help Karolina cope with the death of her friend.

[3]

(d) Emilia and Marcin are in the life stage of adolescence which is from _____ years to _____ years. [2]



(e) Use the table below to describe how you would expect Emilia and Marcin to develop physically during adolescence.

Emilia	
Marcin	

[3]

[3]

[Turn over



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For Examiner's use only	
Question Number	Marks
1	
2	
3	
Total Marks	

Examiner Number

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