



Practice Exams

for BTEC Tech Award L1/2 in Health & Social Care

Component 3: Health and Wellbeing

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Teacher's Introduction

This resource contains four practice assessments to support your teaching and revision of **Component 3: Health and Wellbeing** of the **BTEC Level 1/2 Tech Award in Health and Social Care** (*first teaching 2022; first assessment 2024*).

Each assessment has been written to match the structure and style of the BTEC Tech Award external assessments and covers the range of content included in the specification.

Component 3 is a synoptic assessment and builds on the knowledge learnt in Components 1 and 2. Since all content is required to be learnt for assessments, this resource should be issued to students during revision or for mock exams, once all content is taught.

Remember!

Always check the exam board website for new information, including changes to the specification and sample assessment material.

Each assessment has a time limit of two hours and is worth a total of 60 marks, to reflect the conditions in the actual assessment. The level of difficulty of each test has been carefully constructed to try to match that of the sample assessment material. Mark schemes are included for easy reference and timely performance feedback. These show a clear breakdown of the marks allocated in an answer and are accompanied by a guidance column which adds further clarity to the allocation of marks.

October 2024

Specification Reference

This table shows you how many questions covering the specification content are included in each assessment. You can use this table to help plan and decide which assessment to use, in order to focus more on specific topic areas or to pull out specific topic-related questions.

Component 3: Specification Points	Assessment A	Assessment B	Assessment C	Assessment D
A Factors that affect health and wellbeing				
<i>A1 Factors affecting health and wellbeing</i>	1 to 10 18	1 to 10 17a, 17b	1 to 10 15*, 18*	1 to 10 15*, 16b
B Interpreting health indicators				
<i>B1 Physiological indicators</i>	11, 12	12, 14	15*	16a(i), 16b, 18*
<i>B2 Lifestyle indicators</i>	13, 16a(ii)	16a(ii), 17b	12, 14, 16a(i)	16a(ii), 18*
C Person-centred approach to improving health and wellbeing				
<i>C1 Person-centred approach</i>	14	13	11	14
<i>C2 Recommendations and actions to improve health and wellbeing</i>	15*, 16a(i), 17a	15*, 16a(i), 16b, 18*	16b, 18*	12, 17a
<i>C3 Barriers and obstacles to following recommendations</i>	15*, 16b, 17b	11, 15*, 18*	13, 16a(ii), 17	11, 13, 17b

Questions marked with an asterisk (*) are synoptic questions that require knowledge from across Component 1 or Component 2. These are listed below.

Components 1 and 2: Specification Points	Assessment A	Assessment B	Assessment C	Assessment D
Component 1				
<i>A1 Human growth and development across life stages</i>	Q15, Q18		Q15, Q18	Q15, Q18
<i>A2 Factors affecting growth and development</i>	Q15, Q18	Q15, Q18	Q15, Q18	Q15, Q18
<i>B1 Different types of life event</i>	Q18	Q15, Q18	Q18	Q15, Q18
Component 2				
<i>A1 Healthcare services</i>	Q15			
<i>A2 Social care services</i>	Q18	Q15, Q18		
<i>A3 Barriers to accessing services</i>		Q18		
<i>B3 The obstacles that individuals requiring care may face</i>			Q18	Q15, Q18

Health and Social Care

Component 3: Health and Wellbeing

Practice Exam A

Name	
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Time allowed 2 hours
Instructions Answer all of the questions and use the space provided.
Information The total marks available for this assessment is 60 . The number of marks available for each question is shown in brackets. Questions should be answered in continuous prose and will be assessed on use of good English, structure of written answer and the use of specialist vocabulary (where appropriate). Use of an electronic calculator is permitted.

Question	Mark
Q1	/1
Q2	/2
Q3	/1
Q4	/2
Q5	/2
Q6	/4
Q7	/1
Q8	/4
Q9	/1
Q10	/4
Q11	/1
Q12	/4
Q13	/2
Q14	/1
Q15	/6
Q16a–b	/10
Q17a–b	/8
Q18	/6
Total	/60

Answer ALL questions in the spaces provided

Multiple-choice questions require you to put a cross in the box ☒. If you put a line through your first answer, e.g. ☒, and put a cross next to your second answer, e.g. ☐, you will be awarded 1 mark.

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

- ☐ A Gender identity
- ☐ B Discrimination
- ☐ C Financial circumstances
- ☐ D Living conditions

2. State **two** physical factors that can have negative effects on health and wellbeing.

1.
2.

3. State **one** positive effect that physical activity can have on health and wellbeing.

.....

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

- ☐ A Gender roles
- ☐ B Substance misuse
- ☐ C Home environment
- ☐ D Community participation
- ☐ E Sensory impairment

5. Explain **one** positive effect that social inclusion can have on the emotional health and wellbeing of an individual.

.....

.....

.....

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

1.
.....
.....
2.
.....
.....

7. Give **one** positive effect that belonging to a community group can have on the health and wellbeing of an individual.

-
.....

8. Explain **two** negative effects that being socially excluded may have on health and wellbeing.

1.
.....
.....
2.
.....
.....

9. Give **one** negative effect on physical health of living in the centre of a busy city.

-
.....

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10. Explain **two** negative effects that becoming disabled may have on emotional

1.
2.

11. State the normal range for resting heart rate.

.....

Nina's blood pressure is 144/90 mmHg; her GP says this is too high.

12. Explain **two** risks to physical health that Nina may face from high blood pressure

1.
2.

Nina has recently given up smoking.

13. Explain how giving up smoking might affect Nina's blood pressure.

.....

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14. Identify **one** reason why the person-centred approach is important for an individual.

☐ **A** It ensures an individual's unique and personal needs are met

☐ **B** It saves time and money for health and social care services

☐ **C** It reduces complaints about health and social care services

☐ **D** It increases an individual's dependence on health services

Nina has a very stressful job and works long hours. She often does not sleep and eats high-calorie, high-fat, and high-sugar snacks during the day. She drinks wine every evening. She often orders pizza and other takeaway meals late at night.

15. Discuss how Nina's lifestyle could be improved to help reduce her blood pressure.

David is 30 years old and works for a public relations company, which is on the evenings. He is single and often feels lonely when he is not at work with clients and uses recreational drugs. This has started to affect his health and wellbeing.

16. (a) Complete **Table 1** by:
- (i) Stating **three** actions the doctor could suggest that will improve David's health
 - (ii) Giving **three** ways these actions could improve David's health and wellbeing

Table 1

	Action	How this action will improve David's health and wellbeing
1		
2		

David finds it difficult to take the doctor's advice. He has borrowed money from a friend and has to work long hours to pay back the loan, which is adding to the stress.

- (b) Explain **two** obstacles that may prevent David from improving his health:
- 1.
 - 2.

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Ayesha is 70 years old and has arthritis, which makes it difficult for her recently, and she now lives alone. She does not belong to any of the local groups, and is becoming depressed, and her arthritis is becoming worse due to lack of exercise. Her faith is important to her.

17. (a) Explain **two** methods of formal or informal support that would help Ayesha's health and wellbeing.

1.



2.

Although Ayesha has lived in the UK for some time, her English is limited. She does not speak her native language at home and within her local community. She has no family in the UK and is not kept in touch with friends in the community.

- (b) Explain **two** barriers or obstacles that may prevent Ayesha from improving her health and wellbeing.

1.



2.



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Lila was born with a condition that affects her learning and development. She was very young, found it difficult to cope with Lila and she was neglected and did not form any firm attachments to adults. She was taken into care and was moved between homes. Lila is now five years old and about to start school.

18. Discuss how Lila's circumstances may affect her emotional development in early childhood.



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Practice Exam A

Answer ALL questions.

1. Identify **one** social factor that can affect health and wellbeing.
A Gender identity
B Discrimination
C Financial resources
D Housing conditions
2. State **two** physical factors that can have negative effects on health and wellbeing.
3. State **one** positive effect that physical activity can have on health and wellbeing.
4. Identify **two** cultural factors that may affect health and wellbeing.
A Gender roles
B Substance misuse
C Home environment
D Community participation
E Sensory impairment
5. Explain **one** positive effect that social inclusion can have on the emotional health of an individual.
6. Explain **two** negative effects that obesity can have on health and wellbeing.
7. Give **one** positive effect that belonging to a community group can have on the health of an individual.
8. Explain **two** negative effects that being socially excluded may have on health and wellbeing.
9. Give **one** negative effect on physical health of living in the centre of a busy city.
10. Explain **two** negative effects that becoming disabled may have on emotional health.
11. State the normal range for resting heart rate.

Nina's blood pressure is 144/90 mmHg; her GP says this is too high.

12. Explain **two** risks to physical health that Nina may face from high blood pressure.

Nina has recently given up smoking.

13. Explain how giving up smoking might affect Nina's blood pressure.
14. Identify **one** reason why the person-centred approach is important for an individual.
A It ensures an individual's unique and personal needs are met
B It saves time and money for health and social care services
C It reduces complaints about health and social care services
D It reduces an individual's dependence on health services

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Preview of Questions Ends Here

This is a limited inspection copy. Sample of questions ends here to avoid students previewing questions before they are set. See contents page for details of the rest of the resource.

Mark Schemes

Practice Exam A

Q	Spec ref	Total marks	Answer
1	A1	1	Award 1 mark for the correct response. B – Discrimination
2	A1	2	Award up to 2 marks for two physical factors that can have negative effects on health and wellbeing. <ul style="list-style-type: none"> • Inherited conditions (1) • Mental ill health (1) • Physical abilities (1) • Sensory impairments (1)
3	A1	1	Award up to 1 mark for any of the following: <ul style="list-style-type: none"> • Weight management • Strengthens bones and muscles • Reduces risk of illness • Improves mental wellbeing
4	A1	2	Award 1 mark for each correct response. A – Gender roles D – Community participation
5	A1	2	Award up to 2 marks for giving one positive effect and an explanation of how it affects emotional health. <ul style="list-style-type: none"> • Improved emotional health (1) – social inclusion provides a sense of belonging and connection. (1) • Better self-esteem and confidence (1) – being included makes you valued and accepted. (1) • More opportunity for learning and growth (1) – people have the chance to interact with others who may have different perspectives, which encourages personal growth. (1) • Improved quality of life (1) – being part of a community improves satisfaction, happiness and fulfilment. (1) • Provides emotional support (1) which reduces stress and anxiety.
6	A1	4	Award 1 mark for a negative effect of obesity and a further 1 mark for each expansion, up to a maximum of 4 marks. <ul style="list-style-type: none"> • Risk of developing serious illness (heart disease, diabetes, etc.) (1) which will shorten life / damage lifestyle (1) • May experience harassment/bullying or discrimination (1) which can affect self-esteem/self-confidence. (1) • May become isolated (1) due to feeling ashamed / being rejected • May become depressed (1) due to isolation / rejection / anxiety and health. (1) • Risk of impaired cognitive function (1) as being obese in mid-life is associated with higher risk of dementia. (1) <p>Effects may be physical, intellectual, emotional or social, and are not necessarily from same category. Expansions may be interchangeable but same cannot be awarded twice.</p>
7	A1	1	Award up to 1 mark for giving a positive effect that belonging to a group has on the emotional health of an individual. <ul style="list-style-type: none"> • Can give a sense of belonging • Can boost self-esteem • Supports sense of identity • Can support individuals to cope better with difficult times <p>Allow specific examples.</p>

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Q	Spec ref	Total marks	Answer
8	A1	4	<p>Award 1 mark for a negative effect of being socially excluded on wellbeing and a further 1 mark for a linked expansion, up to a maximum of 4 marks.</p> <ul style="list-style-type: none"> Becoming depressed (1) because of loneliness. (1) Low self-esteem (1) because of lack of acceptance/support Cognitive decline (1) from lack of interaction with others. (1) Anxiety and stress (1) due to having no one to talk to. (1) <p>Expansions may be interchangeable but can only be awarded once.</p>
9	A1	1	<p>Award up to 1 mark for a negative effect on physical health of people living in the centre of a busy city.</p> <ul style="list-style-type: none"> Risk of cardiovascular or respiratory diseases from pollution Higher risk of accidents Higher risk of physical injury <p>Specific examples of illness/injury are acceptable.</p>
10	A1	4	<p>Award 1 mark for an effect that becoming disabled may have on health and wellbeing and a further 1 mark for a linked expansion, up to a maximum of 4 marks.</p> <ul style="list-style-type: none"> Experiencing loss and grief (1) – mourning loss of abilities and lifestyle. (1) Loss of identity (1) – feeling defined by disability rather than previous self. Depression and/or anxiety (1) from dealing with physical limitations / changes / social exclusion. (1) Frustration/helplessness (1) from loss of independence. (1) <p>Effects can be positive or negative. Expansions may be interchangeable but can only be awarded once if appropriate. Do not accept reverse arguments.</p>
11	B1	1	<p>Award 1 mark for the correct response.</p> <p>60 to 100 bpm</p>
12	B1	4	<p>Award 1 mark for identifying a physical risk from high blood pressure and a further 1 mark for a linked expansion, up to a maximum of 4 marks.</p> <ul style="list-style-type: none"> Heart attack or stroke (1) due to blood clots and blocked arteries. Heart failure (1) – heart has to work harder to push blood through narrowed arteries. (1) Kidney disease or failure (1) due to damage caused to blood vessels by high blood pressure. (1) Vision problems (1) due to swelling of optic nerve. (1) <p>Expansions may be interchangeable but can only be awarded once.</p>
13	B2	2	<p>Award 1 mark for how this might affect Nina's blood pressure and a further 1 mark for a linked expansion, up to a maximum of 2 marks.</p> <p>Blood pressure should reduce (1) due to:</p> <ul style="list-style-type: none"> Reduction of nicotine in blood (1) Reduction of hormones that increase blood pressure (1) Lower heart rate (1)
14	C1	1	<p>Award 1 mark for the correct response.</p> <p>A – It ensures that each individual's unique and personal needs are met.</p>

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Q	Spec ref	Total marks	Answer								
15*	C2 C3	6	<p>Award marks using the levelled mark scheme and the indicative content</p> <p>Indicative content</p> <ul style="list-style-type: none">• Try to reduce stress at work through stress management techniques such as mindfulness, relaxation.• Make time for proper healthy eating – high protein, five-a-day and vegetables.• Choose healthy eating over low carb snacks, such as nuts and fruit.• Reduce alcohol intake and stick to recommended limits with no binge drinking. <p>Access alcohol support group.</p> <ul style="list-style-type: none">• Reduce number of takeaways and find healthier alternatives that can be cooked in advance and frozen.• Introduce exercise to help reduce stress and stay healthy.• Try relaxation exercises to wind down and improve sleep.• Improve physical activity, which she may not have much time for at the moment.• Ensure sufficient sleep. <p>Levelled mark scheme</p> <table><tr><td>Level 3 (5–6 marks)</td><td><ul style="list-style-type: none">• Knowledge and understanding are accurate and relevant to the question• Most information given is related to the context of the question• Analysis has been fully developed with a good level of detail which is logical and supports any conclusions drawn</td></tr><tr><td>Level 2 (3–4 marks)</td><td><ul style="list-style-type: none">• Knowledge and understanding are mostly accurate and linked to the question• Some points are contextualised but there are some points which are not relevant to the context• Some analysis/evaluation, but this is not sufficiently detailed and only partly supports any conclusions drawn</td></tr><tr><td>Level 1 (1–2 marks)</td><td><ul style="list-style-type: none">• Knowledge and understanding are not properly developed to the question and there are gaps in knowledge• Very few points are related to the context of the question• There is very little analysis/evaluation and points are mostly general and are unconnected with conclusions drawn</td></tr><tr><td>(0 marks)</td><td>Answer is irrelevant, or no answer has been provided</td></tr></table>	Level 3 (5–6 marks)	<ul style="list-style-type: none">• Knowledge and understanding are accurate and relevant to the question• Most information given is related to the context of the question• Analysis has been fully developed with a good level of detail which is logical and supports any conclusions drawn	Level 2 (3–4 marks)	<ul style="list-style-type: none">• Knowledge and understanding are mostly accurate and linked to the question• Some points are contextualised but there are some points which are not relevant to the context• Some analysis/evaluation, but this is not sufficiently detailed and only partly supports any conclusions drawn	Level 1 (1–2 marks)	<ul style="list-style-type: none">• Knowledge and understanding are not properly developed to the question and there are gaps in knowledge• Very few points are related to the context of the question• There is very little analysis/evaluation and points are mostly general and are unconnected with conclusions drawn	(0 marks)	Answer is irrelevant, or no answer has been provided
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Preview of Answers Ends Here

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