

# Health and Social Care



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## Unit 1: Human Lifespan Development

### *Practice Exam Paper 1*

ZigZag Education supporting Edexcel BTEC Level 3

**Time: 1 hour 30 minutes**

**You do not need any other materials.**

**Total Marks**

**90**

**Name:** .....

#### **Instructions for Candidates**

- Answer **all** questions in the spaces provided. *There may be more space than you need.*

#### **Information for Candidates**

- The marks for **each** question are shown in brackets. *Use this as a guide as to how much time to spend on each question.*

Answer all of the questions in this exam paper in the spaces provided.  
All the questions relate to one family.

Sundus is 24 years old; she came to England to marry her husband, Hassan, who is 41 years old. It was an arranged marriage and she met him for the first time on her wedding day when she was 17.

They have six children: Ahmed, 5, Huda, 4, Khalid, 3, Noor, 2, and 10-month-old twins Salma and Amira.

1. Describe the developmental difference in the fine motor skills between the twins and three-year-old Khalid. **(6 marks)**

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Amira and Salma have just mastered crawling.

2. What type of motor skill is this? **(1 mark)**

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3. Explain the effects a healthy attachment to a loving caregiver have on emotional development. **(4 marks)**

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4. Sundus married at 17 years of age. Describe three physical changes which occur in both sexes throughout puberty. **(6 marks)**

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(2) .....

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(3) .....

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5. Evaluate how an understanding of Piaget's theory of the four stages of cognitive development will aid Hassan in selecting age-appropriate toys. **(10 marks)**

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Khadijah has smoked heavily all her adult life. Noor, her two-year-old grandson, has developed a persistent cough which has caused the health visitor concern. She has made a referral for him to the asthma clinic. Khadijah blames his cough on the family cat.

8. Outline how Khadijah’s addiction to cigarettes could impact on her grandchildren’s health and development.

(6 marks)

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Sundus has started to feel sick in the morning and is worried that she may be pregnant. Their three-bedroom house is already cramped. The twins sleep in their bedroom, and Huda shares a bed with her grandmother. The three boys share the other bedroom. She doesn’t want another baby as they only just earn enough to keep on top of the bills.

9. Outline how the arrival of another baby will affect the health and development of the other children. (6 marks)

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Hassan is very controlling and buys all of Sundus's clothes and personal items, even her sanitary protection. Other than at work she is not allowed any contact with people outside the home unless she has his permission or he knows them. She is not allowed to read any books or magazines that he has not chosen for her and is not allowed to watch TV unless he is with her.

Sundus is a diabetic, and she is insulin-dependent. She had a blood clot in her leg when she was 13 and cannot take the contraceptive pill. Her husband refuses to use contraception as he is a very strict Muslim.

Sundus does not like marital relations and her husband is very demanding, even if her babies are crying. She tells him that she doesn't want these relations with him and sometimes he hits her and still makes it happen. She thinks she may be pregnant and has become bulimic in the hope that it will make her ill enough to miscarry the baby. She has taken to wearing her hijab and niqab all of the time because it makes her feel safe.

Khadija, her mother-in-law, is not very caring or emotionally supportive towards Sundus; she believes her son has not married a suitable wife and that he has married a woman beneath his status. She treats Sundus like a slave but is pleasant to her if Hassan is around. She dotes on her grandchildren and sometimes undermines Sundus on issues of behaviour, mealtimes and bedtime.

Sundus was educated in the Netherlands and did very well in her exams. Her teachers wanted her to study for university but her parents wanted her to get married. Her mother was very ill with breast cancer and thought it would be better if her daughter were to marry. Her mother died at the age of 39, Sundus's grandma also died of breast cancer at a young age. Sundus has six brothers who are all younger than her. The youngest was only three when the mother died. Her father has since remarried. She has a good command of English but her reading is not as good as her spoken language.

10. Identify three formal and voluntary services that may be of help to Sundus regarding the domestic abuse. **(3 marks)**

- 1. ....
- 2. ....
- 3. ....

Hassan has a demeaning attitude towards his wife.

11. To what extent has this impacted on her health and well-being? **(12 marks)**

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