

# Health and Social Care



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## Unit 1: Human Lifespan Development

### *Practice Exam Paper 3*

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.

Tom is five years old and has been at school since Easter. He has cystic fibrosis and is the eldest of three children. His mother died of cancer shortly after the birth of his youngest brother Eddie, who is a year old. He also has a brother aged three named Johnny. His father Clive is 27 years old. He had to give up work in order to look after his family and money is very tight.

1. Growth and development are two different concepts.  
Describe the concepts of growth and development. **(6 marks)**

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Tom's mother died of cancer.

2. Give one example of an unexpected 'life event' which happened to Clive. **(1 mark)**

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Eddie is a year old and is able to stand and move around the furniture. He also likes to put things in his mouth.

3. Explain the difference between (a) gross motor skills and (b) fine motor skills. **(4 marks)**

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b. ....

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4. The children are very close in age. Describe three stages of play. (6 marks)

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5. To what extent do environmental factors influence behaviour? Illustrate your answer, making reference to Bandura. (10 marks)

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Clive’s wife Vanilla was an only child. Her mother died suddenly a short time after her daughter’s death. Frank, her father, took the death of his wife and daughter very hard and has found it difficult to motivate himself and to engage with his grandchildren and son-in-law. Clive is worried that Frank is depressed.

6. Discuss the effects of the Disengagement Theory and, using the information given and your own knowledge, assess how Frank fits into this model.

**(10 marks)**

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Cystic fibrosis is a hereditary illness; usually men with this condition are infertile.

8. Outline the differences between a congenital and a hereditary illness.

(6 marks)

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The house has been modified to accommodate Tom’s needs. The floors have been laminated and the windows have integrated blinds. This is to limit the amount of dust present in the environment. It makes it easier for Clive to keep the house clean and prevent illness.

9. Outline why it is important for Tom’s physical and intellectual development that the house has been modified.

(6 marks)

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The sudden death of his wife left Frank deeply distressed and unable to resume his usual activities. Prior to his wife's death he was a devout Catholic and very active in fundraising; until recently he had no energy and had stopped taking care of himself.

Frank's doctor referred him for grief counselling and prescribed him a low dose of antidepressants. He still feels angry sometimes at the sudden death of his wife but he is slowly beginning to accept his situation. He has resumed his voluntary work at the church.

Apart from a few aches and pains, Frank is in very good shape. He takes an active part in the running of the church finances and has a fantastic memory. He goes for an early morning swim every day and swims at least three miles a week.

He collects Johnny, his grandson, from preschool three afternoons a week and takes him back to his house for lunch. This takes some of the pressure off his son.

Frank eats a healthy balanced diet and lately has started to cook Sunday lunch for his son and grandchildren. He attends a men's club run by the church on Saturday and meets up with three friends to catch up on current affairs comparing it to 'the good old days'. They drink tea and chat about their late wives.

He has a busy, active life; the only complaint he has is that he feels more tired than he used to, and he has to get up in the night several times to urinate. Also he can't open jars of chutney like he used to.

He has a positive mental outlook and good relations with his family and grandchildren whom he says keep him young. Apart from missing his wife, he feels that he has achieved all of his life goals and is happy and fulfilled.

10. Identify three voluntary agencies which would have been of use to Frank. **(3 marks)**
- a. ....
  - b. ....
  - c. ....

Frank has retired and is in receipt of a works and state pension. He is able to take an active role in looking after his grandchildren.

11. To what extent will an ageing population impact the economy? **(12 marks)**
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Frank is very healthy for his age.

12. With reference to the scenario, explain two possible reasons for this. **(6 marks)**

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b. ....

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Johnny is more outgoing than his brothers and has excellent social skills. His vocabulary is advanced for a three-year-old. His grandad lets him play on his iPad and is also teaching him to swim. He has a lot of one-on-one time with his grandad, who encourages him to ask questions and plays games with him. This has given him a lot of confidence.

13. Justify how a combination of nature and nurture has influenced Johnny's social and intellectual development.

**(10 marks)**

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**Total for the paper 90 marks**