

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA

SECONDARY EDUCATION CERTIFICATE LEVEL

MAY 2017

SUBJECT:	Health and Social Care
PAPER NUMBER:	Controlled – Unit 1
DATE:	29 th May 2017
TIME:	10:00 a.m. to 11:35 a.m.

**THIS PAPER SHOULD BE RETURNED TO THE INVIGILATOR
AFTER THE EXAMINATION.**

Name of candidate _____

I.D. number _____

School _____

Class _____

Answer **ALL** questions

SECTION A

Case Scenario 1

You have decided to continue your studies in the health and social care field. Before being accepted to continue your studies, you were asked to show your knowledge about the human body and human development.

Question 1

K 2 (4 marks)

Below are the pictures of four key organs with their name. State the main system in which the organ is found and outline **THREE** main functions of each system. Answer **ALL** questions in the space provided.

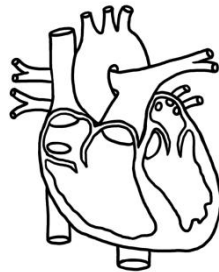


Figure 1: Heart

Taken from: www.clipartbest.com

Main system in which the organ is found: _____ (0.25)

Outline **THREE** main functions of the system:

_____ (0.75)

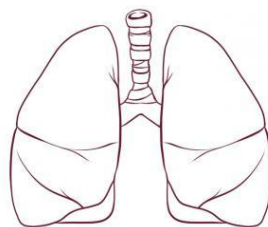


Figure 2: Lungs

Taken from: www.drogoart.com

Main system in which the organ is found: _____ (0.25)

Outline **THREE** main functions of the system:

(0.75)

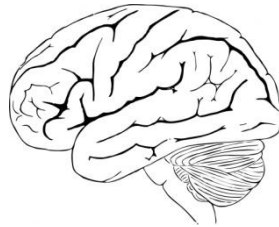


Figure 3: Brain

Taken from: www.publicdomainpictures.net

Main system in which the organ is found: _____ (0.25)

Outline **THREE** main functions of the system:

(0.75)

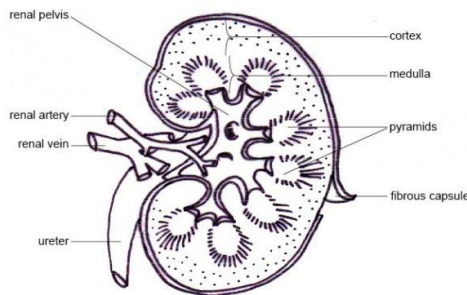


Figure 4: Kidney

Taken from: www.printablediagram.com

Main system in which the organ is found: _____ (0.25)

Outline **THREE** main functions of the system:

(0.75)

Question2

C2 (6 marks)

Have a look at the statements below and answer **ALL** the questions.

1. Paul, 54 years old, has just been informed by his doctor that he has high blood pressure. His doctor did not tell him the reason why he has high blood pressure. Explain to Paul what could be **ONE** common reason for his problem.

(2)

2. Mary, 20 years old, has climbed a flight of stairs and lost her breath. She cannot understand the reason why this happened. Explain to Mary what could be **ONE** common reason for her problem.

(2)

3. Tristan, 7 years old, woke up not feeling well this morning. His mother checked his temperature and it turned out to be 39°C. Explain **ONE** common reason why Tristan might have a high temperature.

(2)

Question 3

K9 (4 marks)

One of the main reasons as to why people might have health problems is the failure to follow a healthy lifestyle. Choose **TWO** components from the list below and outline (by mentioning **FOUR** points for each component) how these components can contribute to a healthy lifestyle.

physical fitness; a balanced diet; intellectual stimulation; emotional and social wellbeing.

Component 1: _____

Outline:

(2)

Component 2: _____

Outline:

(2)

Question 4

C3 (6 marks)

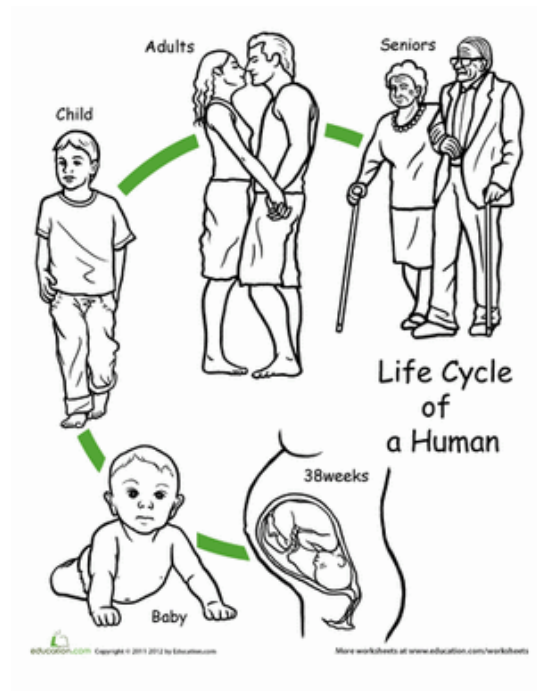


Figure 5: Life Stages

Taken from: www.education.com

The picture above shows different life stages of a human being. Choose **ONE** of the life stages from Figure 5 and explain the following key aspects of human growth and development in the life stage you chose. For each key aspect you are expected to explain **FOUR** main points related to human development.

Life stage: _____

a. Physical development: _____

(2)

b. Intellectual development: _____

_____ (2)

c. Social development: _____

_____ (2)

SECTION B

Case Scenario 2

Mary is a 15-year-old girl attending secondary school. Her care givers do not have enough money to buy and cook nutritious food. Due to this fact, Mary eats a lot of unhealthy food and has become obese. Due to her obesity, Mary is finding difficulty in conducting daily living tasks such as walking and climbing a flight of stairs since she loses her breath easily. John is another student in Mary’s class. John is very bright and very active. His care givers have well paid jobs and therefore can afford to send him to dancing lessons, have regular check-ups at the doctor and cook healthy food. As a result, John is quite an athletic boy who enjoys involving himself in sport activities.

Question 5 **K7 (4 marks)**

From the case scenario above, identify and outline the different life factors that can influence Mary and/or John’s health and well-being. In your answer, include **TWO** components of each life factor.

a. Socio-economic factors: _____

_____ (1)

b. Physical factors: _____

_____ (1)

c. Lifestyle factors: _____

_____ (1)

d. Health factors: _____

_____ (1)

Question 6

C4 (6 marks)

Choose **THREE** factors from the ones you mentioned in Question 5 and explain how these factors might affect the everyday needs of Mary and/or John.

Factor 1: _____

Explanation: _____

_____ (2)

Factor 2: _____

Explanation: _____

_____ (2)

Factor 3: _____

Explanation: _____

_____ (2)

Question 7

K8 (4 marks)

Identify **FOUR** life events that can influence the health and wellbeing of John.

• _____ (1)

• _____ (1)

• _____ (1)

• _____ (1)

Please turn the page.

SECTION C

Case Scenario 3

Mary has been approached by a dietician so that she starts losing weight. Her dietician has come up with a plan for Mary. She is to do a 30 minute walk twice weekly. In addition to the walk, she needs to follow the diet plan provided so that she loses two kilos per month until she reaches her desired weight. Every month she will meet with her dietician in order to review the plan.

Question 8

K10 (4 marks)

Looking at the above scenario, describe how the plan above is SMART. Choose **FOUR** out of the five components and describe them in detail.

Specific; Measurable; Achievable; Realistic; Time-Related

Component 1: _____

Description: _____

_____ (1)

Component 2: _____

Description: _____

_____ (1)

Component 3: _____

Description: _____

_____ (1)

Component 4: _____

Description: _____

_____ (1)

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