



**L-Università  
ta' Malta**

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE  
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL  
2018 MAIN SESSION**

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<b>SUBJECT:</b>	<b>Health and Social Care</b>
<b>PAPER NUMBER:</b>	Controlled – Unit 1
<b>DATE:</b>	28 <sup>th</sup> May 2018
<b>TIME:</b>	10:00 a.m. to 11:35 a.m.

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

**Name of candidate** \_\_\_\_\_

**I.D. number** \_\_\_\_\_

**School** \_\_\_\_\_

**Class** \_\_\_\_\_

Answer **ALL** questions in the space provided.

**SECTION A**

**Case Scenario 1**

- John is a 15 year old boy with a physical disability.
- He is wheelchair user.
- He would like to continue his studies to become an electrician but he is not sure whether this is possible.
- John has a good social life but is a bit worried about whether this will be affected when his friends would want to start going to pubs and discos.
- John has to be very careful about his diet due to his disability and has regular medical check-ups.
- His medical check-ups and medication are creating some financial difficulties for his parents.

**Question 1**

**K2 (4 marks)**

During one of John's medical appointments, the doctor showed him some organs and body parts that can be affected due to his disability. Below are the pictures of four key organs (together with their name) that were shown to John. State the main system in which the organ is found and outline **THREE** main functions of each system.



Figure 1: Spinal Cord

*(Taken from <http://clipground.com>)*

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

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

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\_\_\_\_\_ (0.75)

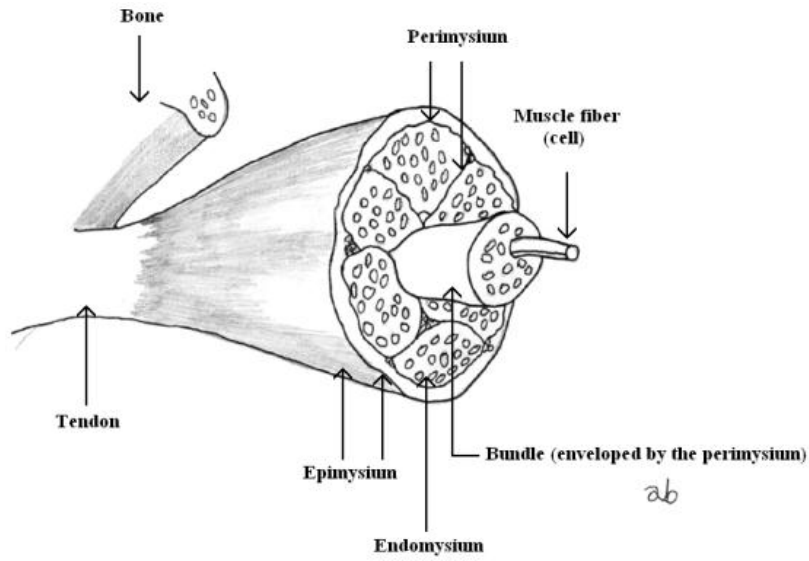


Figure 2: Muscle

(Taken from <https://www.intechopen.com>)

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (0.75)

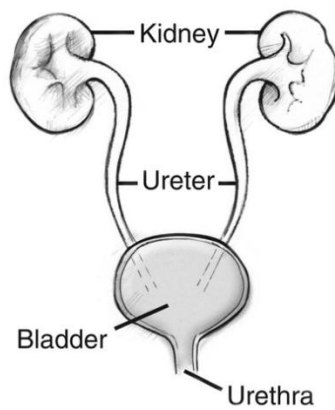


Figure 3: Bladder

(Taken from <https://www.printerest.com.au>)

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

**Question continues on next page.**

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

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(0.75)



Figure 4: Stomach

*(Taken from <http://www.fotosearch.com>)*

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

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

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(0.75)

**(Total: 4 marks)**

**Question 2**

**C2 (6 marks)**

John's doctor took some readings as soon as he entered the clinic and found out that his pulse, breathing rate and blood pressure were slightly out of range. Explain **ONE** common reason why this could have happened for **EACH** reading.

a. Pulse

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(1.5)

b. Breathing Rate

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(1.5)

c. Blood Pressure

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(1.5)

d. Temperature

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(1.5)

**(Total: 6 marks)**

***Please turn the page.***

**Question 3**

**K9 (4 marks)**

Sometimes, John finds it difficult to maintain a healthy lifestyle. The doctor identified two reasons why John’s lifestyle is affected. The doctor told John that he is not following a balanced diet and that his emotional wellbeing is not being taken care of. Outline **EACH** of these components and mention **FOUR** measures that John has to take to lead a healthy lifestyle.

Balanced diet

Outline:

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(2)

Emotional wellbeing

Outline:

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(2)

**(Total: 4 marks)**

**Question 4**

**C3 (6 marks)**



Figure 5: Adolescent

(Taken from <https://soinscomplexesadomicilepourenfants.com>)

John is in the adolescence life stage. Explain the following key aspects of human growth and development in this specific life stage. For **EACH** key aspect (mentioned below) explain **FOUR** main points related to human development.

a. Physical development: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

b. Intellectual development: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

c. Social development: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

**(Total: 6 marks)**

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**Question 5**

**K7 (4 marks)**

Referring back to John's situation, outline the different life factors that can influence his health and well-being. In your answer, include **TWO** factors for **EACH** of the below.

a. Socio-economic factors: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

b. Physical factors: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

c. Lifestyle factors: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

d. Health factors: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

**(Total: 4 marks)**



**Question 6**

**C4 (6 marks)**

Choose **THREE** factors from the ones you mentioned in Question 5 and explain how these factors might affect John’s everyday needs.

Factor 1: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (2)

Factor 2: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (2)

Factor 3: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (2)

**(Total: 6 marks)**

***Please turn the page.***

**Question 7**

**K8 (4 marks)**

Identify **FOUR** life events that can influence John's health and wellbeing.

- a. \_\_\_\_\_ (1)
- b. \_\_\_\_\_ (1)
- c. \_\_\_\_\_ (1)
- d. \_\_\_\_\_ (1)

**(Total: 4 marks)**

**Question 8**

**K10 (4 marks)**

After further assessment, John's doctor noticed that he is also suffering from a mild depression. The doctor simply told him that he should not be depressed and that he needs to enjoy life.

In light of the above, the doctor plan is **not** SMART. Choose **FOUR** out of the five components found in the box below and describe in detail a plan that John would benefit from. Provide examples of what the doctor could have suggested instead.

Specific; Measurable; Achievable; Realistic; Time-Related
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Component 1: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

Component 2: \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

Component 3: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (1)

Component 4: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (1)

**(Total: 4 marks)**

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