

Draft- subject to accreditation and change

Paper Reference(s)

**Edexcel GCSE**  
**Health and Social Care**  
Unit 3: Task  
Pre-Release

Controlled Assessment Task  
Sample Assessment Material

**Materials required for examination**

Nil

**Items included with question papers**

Nil

**Information for Candidates**

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## **PRE-RELEASE**

### **UNIT 3: PROMOTING HEALTH AND WELL-BEING**

#### **Controlled Assessment Task**

#### **Background Information**

Fitness and Health Direct is based in a modern purpose centre. The business has large number of private members who use the sporting facilities, but also takes referrals from local Primary Care Trusts. Referrals are usually made on the basis of a variety of social, cultural and emotional factors which affect health and well-being. These include issues such as weight control and increasingly for events such as unemployment, redundancy and divorce/relationship breakdown.

This new approach to health and well-being has proved to be highly successful.

Fitness and Health Direct practice an 'holistic' approach to health and well-being. All new members or referrals receive an introductory interview using this way of looking at health and well-being. The business employs a range of specialist and fully qualified staff to meet the needs of its members. These include:

- fitness instructors
- personal trainers
- life coaches
- counsellors
- physiotherapists.

The gym and health centre has modern, state-of-the-art, facilities which include

- aerobic training machines such as cross-trainers, cycling machines and rowing machines
- a weights suite
- a swimming pool
- a running track
- sprung floor rooms for fitness classes
- a sauna, steam room and Turkish bath
- facilities for interviewing and counselling.

A range of social activities is regularly organised to encourage the social development of members. The centre also runs courses on drug and alcohol dependency.

This controlled assessment is based on four people who presently attend Fitness and Health Direct:

- Joe Simpson
- Claire Dudley
- Marion Fellows
- Andreas Costa

### Service User Profiles

<b>Joe Simpson</b>	<b>Claire Dudley</b>
<p>Joe lives with his parents and two younger brothers. He attends a local college where he is studying to achieve the qualifications he needs to go to university. Despite being an active sports person Joe smokes occasionally. He currently feels stressed trying to fit in all his college work, balance this with a part time job and still have an active social life. During the week he tends to eat fast-foods. He has recently been selected for the national badminton squad. Joe realises he will have to train seven days a week to improve his strength and fitness if he is to be successful.</p> <p>Joe attends the gym regularly seven times a week to work on muscle building as well as practising his badminton skills.</p>	<p>Claire is a married woman with three children. During the week she has a very quiet life as two of her children have now left home. She often feels lonely and isolated. Claire's husband works away during the week. Claire comfort eats and has struggled to maintain a healthy weight. She has constantly been on one type of diet or another. Claire is not happy with the way she presently looks and feels she has no sense of direction in her life.</p> <p>During the week she meets up with her friends and drinks heavily. Claire often drinks at home when she is alone. She is a regular smoker and rarely does any type of exercise. Claire has just had her first introductory session at Fitness Direct after a referral from her doctor as she wishes to make significant changes in her life-style.</p>
<b>Marion Fellows</b>	<b>Andreas Costas</b>
<p>Marion is a very talented runner and athlete. She competes at international level in Masters Athletics, events for women over the age of 35. She is currently injured and is concerned that she has gained 10kgs of weight. Marion is feeling depressed as her husband is seriously ill, she cannot train and finds it difficult to meet up with her family and friends. To help deal with the stress of the present situation Marion has started to smoke, something she had given up over 20 years ago. She has been a member of the Fitness Direct since it opened and does most of her training there. As she cannot attend at present she misses her friends and the social life she had joining in the group activities.</p>	<p>Andreas is a happily married man with three children. He has never enjoyed exercise and does not currently exercise at all. He has been referred to Fitness and Health Direct by his GP to try and lose some weight and improve his fitness. Andreas loves to spend time with his family and they eat fast foods seven days a week. He has an office job and regularly goes for a drink on the way home from work. Andreas has recently been diagnosed as having diabetes and high cholesterol. There is a history of heart disease in the family.</p>

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### Health Measures Data

	<b>Joe Simpson</b>	<b>Claire Dudley</b>	<b>Marion Fellowes</b>	<b>Andreas Costa</b>
<b>Age</b>	17	51	73	35
<b>Height</b>	1.90m	1.53m	1.60m	1.78m
<b>Weight</b>	82Kg	70Kg	61.3Kg	83.5Kg
<b>Average Peak Flow Reading</b>	600 l/min	420 l/min	470 l/min	350 l/min
<b>Resting Pulse Rate</b>	56BPM	82BPM	65BPM	90BPM
<b>Blood Pressure</b>	120/81mmHg	140/98mmHg	110/75mmHg	160/95mmHg