

Sample question paper and mark scheme

DRAFT

LEVEL 3 CAMBRIDGE ADVANCED NATIONAL (AAQ) IN

HEALTH AND SOCIAL CARE

Extended Certificate H125

For first teaching in 2025

**F091: Anatomy and physiology for health and
social care**

Introduction

This is Sample Assessment Material (SAM). It is an example exam paper that we publish alongside a new specification to help illustrate the intended style and structure of our question papers.

During the lifetime of the qualification, updates to the question paper template may happen. We always recommend you look at the most recent set of past papers where available.

We also produce two further specific resources to support you with using this SAM:

- An assessment story. We explain the research we have undertaken during the development of the qualification and how consultation with teachers, students and schools have helped shape our assessment approach.
- Annotated SAMs. We take you through the key points of the assessment and highlight the different types of questions your students will experience in the exam.

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Designed and tested with teachers and students



Helping young people develop an ethical view of the world



Equality, diversity, inclusion and belonging (EDIB) are part of everything we do

Summary of updates

Date	Version	Page number	Summary of change
July 2023	1 DRAFT	All	Creation of document

Teacher support

We have a range of support services to help you at every stage, from preparation to delivery.

Our teacher support is designed to make teaching our qualifications straightforward, whether you are an experienced teacher, new to teaching, new to OCR, or not a subject specialist of the qualification you are teaching.

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- Updates on resource developments and training opportunities
- Information on our subject networks giving an opportunity to share ideas and expertise.

Further help and support

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Contact details are available on the [final page](#) of the SAM.

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Our equality, diversity, inclusion and belonging principles are that we:

- are respectful and considerate
- celebrate differences and promote positive attitudes to belonging
- include perspectives that reflect the diverse cultural and lifestyle backgrounds of our society
- challenge prejudicial views and unconscious biases
- promote a safe and supportive approach to learning
- are accessible and fair, creating positive experiences for all
- provide opportunities for everyone to perform at their best
- are contemporary, relevant and equip everyone to live and thrive in a global, diverse world
- create a shared sense of identity in a modern mixed society with one humanity.

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**If you prefer to use a printed copy of the SAMs, consider printing a selection of pages.
The following are the pages which you might find useful to print:**

Question paper pages 5-20

Mark scheme pages 21-32



Oxford Cambridge and RSA

Level 3 Cambridge Advanced National (AAQ) in Health and Social Care (Extended Certificate)

H125 F091: Anatomy and physiology for health and social care

Sample Assessment Material (SAM)

Time allowed: 1 hour 30 minutes

No extra materials are needed.

Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

First name(s)

Last name

Date of birth

D	D	M	M	Y	Y	Y	Y
---	---	---	---	---	---	---	---

INSTRUCTIONS

- Use black ink.
- Write your answer to each question in the space provided. You can use extra paper if you need to, but you must clearly show your candidate number, the centre number and the question numbers.
- In the live exam there might be lined pages at the end of the question paper for you to use if you need extra space. Remember, you must clearly show the question numbers.
- Answer **all** the questions.

INFORMATION

- The total mark for this paper is **60**.
- The marks for each question are shown in brackets [].
- This document consists of **16** pages.

ADVICE

- Read each question carefully before you start your answer.

Section A

1 State **one** function of white blood cells.

..... [1]

2 What type of test is used to monitor the cardiac cycle?

..... [1]

3 Where in the respiratory system does gaseous exchange happen?

Tick (✓) **one** box.

Alveoli

Bronchi

Bronchioles

Pleural fluid

[1]

4 State **one** sign or symptom of asthma.

..... [1]

5 What are carbohydrates broken down into during chemical digestion?

Tick (✓) **one** box.

Amino acids

Fatty acids

Glucose

Glycerol

[1]

6 State **one** bone in the appendicular skeleton.

..... [1]

7 Which hormone is released by the pancreas to lower blood glucose levels?

..... [1]

8 State **one** factor that makes it more likely someone will have an ischaemic stroke.

..... [1]

9 Where in the female reproductive system does a foetus gestate?

..... [1]

- 10** Carpal tunnel syndrome can be diagnosed using physical examination or an ultrasound scan.

State **one** other way to diagnose carpal tunnel syndrome.

..... **[1]**

Sample

Section B

11 (a) Complete the sentences below to describe what happens in inspiration when breathing.

Use words from the list.

You can use each word once, more than once or not at all.

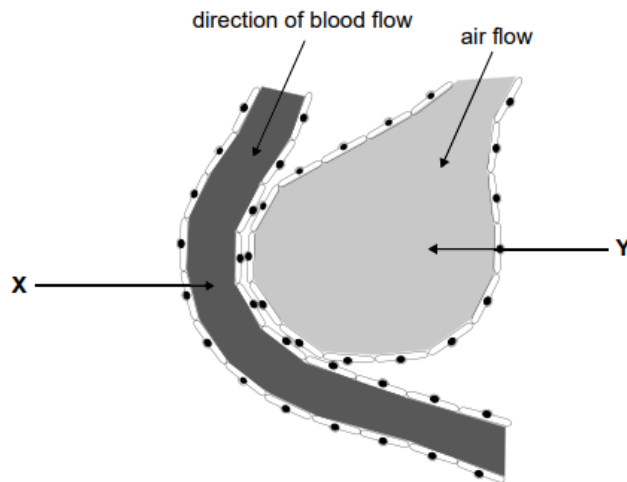
downwards	enters	external	internal
leaves	left	remains in	upwards

In inspiration, the intercostal muscles contract. This pulls the ribs At the same time the diaphragm contracts and moves

This increases the volume in the chest cavity, which decreases the pressure. Air then the lungs to equalise the pressure.

[4]

(b) The diagram shows a capillary and an alveolus.



Explain how gases are exchanged between X and Y as the blood flows in the capillary.

.....

.....

.....

.....

.....

[3]

(c) Complete the sentence below about cellular respiration.

..... + → carbon dioxide + water +
energy released as ATP molecules

[2]

(d) Nina has brought her 6-month-old baby to hospital with a cough, breathing difficulties and a fever.

(i) Which respiratory condition is most likely to be affecting Nina’s baby?

Respiratory condition **[1]**

(ii) Explain why you think this condition is most likely.

.....

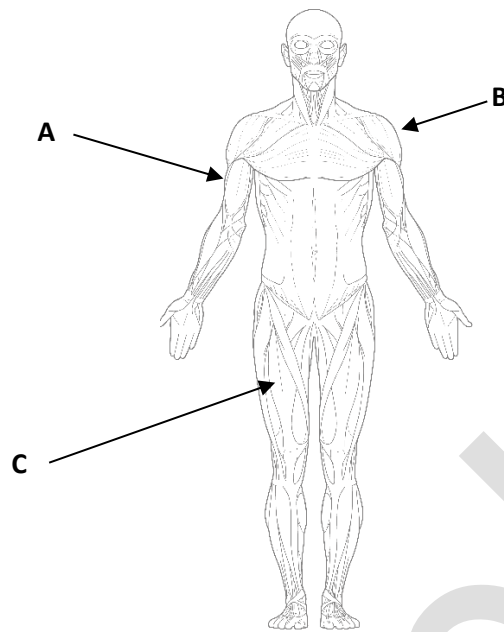
.....

.....

..... **[2]**

Sample

12 (a) Identify the muscles in the diagram below



Letter	Muscle
A	
B	
C	

[3]

(b) Describe synovial fluid and its role in the movement of a synovial joint.

.....

.....

.....

.....

.....

[3]

(c) Analyse how osteoarthritis affects the musculoskeletal system.

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Sample

[6]

- (d) Eve is 93 years old. She has recently been diagnosed with osteoarthritis in her hip joint. The doctor has recommended she is treated with pain medication and uses joint support devices.

Explain why the doctor would recommend pain medication and joint support devices for Eve, rather than a hip replacement operation.

.....

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[3]

Sample

13 (a) Outline the luteal phase of the menstrual cycle.

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[3]

Sample

(b) Sundip is 19 years old and has been diagnosed with endometriosis.

She gets severe period pains and very heavy periods which mean she finds it difficult to go to work or out with her friends when she is having her period.

The doctor has already prescribed pain relief and hormonal contraceptives, but these have not worked.

The doctor has now suggested **two** possible treatments for Sundip:

- laparoscopic removal of the endometriosis tissue
- hysterectomy.

Discuss which treatment would be best for Sundip.

In your answer you must write about:

- any benefits of each treatment for Sundip
- any limitations of each treatment for Sundip
- which treatment you would recommend for Sundip **and** your reasons.

[9]

Sample

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14 Jack is a 65-year-old male. He is a heavy smoker and is overweight.

He is going on holiday in six months' time. He will travel there on an aeroplane and the flight is 8 hours long.

Jack is worried as he has previously had deep vein thrombosis (DVT) and knows that taking a long flight will increase his risk of developing it again.

(a) State **three** symptoms of deep vein thrombosis.

1

2

3

[3]

(b) Describe how a deep vein thrombosis can lead to a pulmonary embolism.

.....

.....

.....

.....

[2]

Sample

This is sample assessment material for our specification. It is to help show how the live assessment materials will look. During the lifetime of the qualification you might see small adjustments to the assessment materials. This is part of continuous improvement, designed to help you and your students. We recommend you look at the most recent set of past papers where available.



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Q 12 a, Human body, muscles by red-frog / Image supplied by Getty Images www.gettyimages.co.uk

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Level 3 Cambridge Advanced National (AAQ) in Health and Social Care (Extended Certificate)

F091: Anatomy and Physiology for Health and Social Care

Sample assessment material (sam)

Mark scheme

This document has 11 pages.

Sample

OCR (Oxford Cambridge and RSA) is a leading UK awarding body, providing a wide range of qualifications to meet the needs of candidates of all ages and abilities. OCR qualifications include AS/A Levels, Diplomas, GCSEs, Cambridge Nationals, Cambridge Technicals, Functional Skills, Key Skills, Entry Level qualifications, NVQs and vocational qualifications in areas such as IT, business, languages, teaching/training, administration and secretarial skills.

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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Marking instructions

Crossed-out answers

If a student has crossed out an answer and written a clear alternative, do **not** mark the crossed-out answer.

If a student has crossed out an answer and **not** written a clear alternative, give the student the benefit of the doubt and mark the crossed-out answer if it's readable.

Multiple choice question answers

When a multiple choice question has only one correct answer and a student has written two or more answers (even if one of these answers is correct), you should **not** award a mark.

When a student writes more than one answer

1. Questions that ask for a set number (including 1) of short answers or points

If a question asks for a set number of short answers or points (e.g. **two** reasons for something), mark only the **first set number** of answers/points.

First mark the answers/points against any printed numbers on the answer lines, marking the **first** answer/point written against each printed number. **Then**, if students have not followed the printed numbers, mark the answers/points from left to right on each line and **then** line by line until the set number of answers/points have been marked. Do **not** mark the remaining answers/points.

2. Questions that ask for a single developed answer

If a student has written two or more answers to a question that only requires a single (developed) answer, and has **not** crossed out unintended answers, mark only the first answer.

3. Contradictory answers in points-based questions

When a student has written contradictory answers, do **not** award any marks, even if one of the answers is correct.














Levels of Response marking

1. To determine the level start at the highest level and work down until you reach the level that best describes the answer

2. To determine the mark within the level, consider the following:

Quality of the answer	Award mark
Consistently meets the criteria for this level	At the top of the level (6 and 9 mark questions)
Meets the criteria but with some inconsistency	At the middle of the level (9 mark questions)
On the borderline of this level and the one below	At the bottom of the level (6 and 9 mark questions)

Annotations

Annotation	Meaning
	Correct response
	Incorrect response
	Positive
	Negative
	Level 1
	Level 2
	Level 3
	Omission mark
	Benefit of doubt given (this annotation counts as a mark so do not tick as well)
	Contradiction
	Repeat
	Too vague
	Noted but no credit given

Mark scheme

1	
Max mark	1
Answer	<ul style="list-style-type: none"> • fight infections. • destruction of cancer cells.
Guidance	No other answers are acceptable.

2	
Max mark	1
Answer	<ul style="list-style-type: none"> • Electrocardiogram (ECG)
Guidance	No other answers are acceptable.

3	
Max mark	1
Answer	<ul style="list-style-type: none"> • Alveoli
Guidance	No other answers are acceptable.

4	
Max mark	1
Answer	<ul style="list-style-type: none"> • Wheezing • Coughing • Tight Chest • Breathlessness
Guidance	No other answers are acceptable.

5	
Max mark	1
Answer	<ul style="list-style-type: none"> • Glucose
Guidance	No other answers are acceptable.

6	
Max mark	1
Answer	<ul style="list-style-type: none"> • Scapula • Clavicle • Humerus • Radius • Ulna • Pelvis • Femur • Patella • Tibia • Fibula
Guidance	Accept any correct answer.

7	
Max mark	1
Answer	<ul style="list-style-type: none"> • Insulin
Guidance	No other answers are acceptable.

8	
Max mark	1
Answer	<ul style="list-style-type: none"> • Obesity • High fat and/or salt diet • Smoking • Diabetes • Stress • Hypertension
Guidance	No other answers are acceptable.

9	
Max mark	1
Answer	<ul style="list-style-type: none"> • Uterus
Guidance	No other answers are acceptable.

10	
Max mark	1
Answer	<ul style="list-style-type: none"> • Electromyography/nerve test
Guidance	No other answers are acceptable.

11 (a)	
Max mark	4
Answer	<ul style="list-style-type: none"> • External • Upwards • Downwards • Enters
Guidance	<p>No other answers are acceptable.</p> <p>If more than one answer is given in a space, no mark should be awarded.</p>

11 (b)	
Max mark	3
Answer	<ul style="list-style-type: none"> • Oxygen moves from area of high concentration (Y/alveolus) to area of low concentration (X/capillaries). • Carbon dioxide moves from area of high concentration (X/capillaries) to area of low concentration (Y/alveolus). • Movement is through diffusion. • Movement is because of a diffusion gradient. • Oxygen binds to haemoglobin in the capillaries to form oxyhaemoglobin.
Guidance	Credit any other appropriate answer.

11 (c)	
Max mark	2
Answer	<p>One mark for oxygen. One mark for glucose.</p>
Guidance	No other answers are acceptable.

11 (d) (i)	
Max mark	1
Answer	One mark for bacterial pneumonia.
Guidance	BOD Pneumonia No other answers are acceptable.

11 (d) (ii)	
Max mark	2
Answer	Up to two marks for explanation e.g.: <ul style="list-style-type: none"> • The baby is showing (three) symptoms of bacterial pneumonia. • The condition is more common in babies. • Could not be asthma, as this would not have the symptom of fever.
Guidance	Do not credit explanation for wrong condition or if no condition given. No other answers are acceptable.

12 (a)	
Max mark	3
Answer	<ul style="list-style-type: none"> • A=Biceps. • B=Deltoid. • C=Quadriceps.
Guidance	No other answers are acceptable.

12 (b)	
Max mark	3
Answer	<ul style="list-style-type: none"> • It is a fluid found in the joint cavity. • It is made by the synovial membrane. • It lubricates the joint/reduces friction, so it moves smoothly. • Acts as a shock absorber. • Nourishes the tissue surrounding it.
Guidance	One mark for each correct point made.

12 (c)	
Max mark	6
Levels of Response	<p>Level 3 (high) 5-6 marks A thorough analysis, which includes:</p> <ul style="list-style-type: none"> • identification of a range of effects • detailed knowledge and understanding in the context of the question • clear explanation • consistent use of appropriate subject terminology. <p>Level 2 (mid) 3-4 marks An adequate analysis which includes:</p> <ul style="list-style-type: none"> • identification of some effects • sound knowledge and understanding in the context of the question • adequate explanation • some use of appropriate subject terminology. <p>Level 1 (low) 1-2 marks A basic analysis which includes:</p> <ul style="list-style-type: none"> • identification of at least one effect • limited knowledge and understanding in the context of the question • basic explanation • use of appropriate subject terminology is limited. <p>0 marks Answer is not worthy of credit.</p>
Indicative content	<p>Answers can include some of the following:</p> <ul style="list-style-type: none"> • The condition develops due to loss of joint space... • resulting in bones touching. • This causes cartilage to be broken down/worn away... • over a period of time... • which results in friction between bones • ...causing pain... • and inflammation of the affected joints... • ...which can reduce the range of motion. • In addition, bone spurs can form on the outer area of the joint... • ...which can reduce the range of motion.

12 (d)	
Max mark	3
Answer	<ul style="list-style-type: none"> • Pain medication and joint support devices are non-surgical treatments and so are low risk for Eve. • Hip replacement is major surgery and is high risk (especially because of Eve's age). • Only a recent diagnosis so would try non-surgical treatments first. • Only recently diagnosed so may not yet know the severity, so pain medication and joint support might be sufficient to treat the condition.
Guidance	One mark for each correct point made.

13 (a)	
Max mark	3
Answer	<ul style="list-style-type: none"> • It is the phase between ovulation and start of next period. • It begins around day 15 of 28 day menstrual cycle. • Lining of uterus thickens. • Uterus is prepared for pregnancy/(ovum) implantation. • If no pregnancy the uterus begins to shed.
Guidance	One mark for each correct point made.

13 (b)	
Max mark	9
Levels of Response	<p>Level 3 (high) 7-9 marks A thorough discussion which shows detailed evaluation, which includes:</p> <ul style="list-style-type: none"> • a range of benefits and limitations of both treatments • a detailed analysis in the context of the question • a clear conclusion with detailed reasons • consistent use of appropriate subject terminology. <p>Level 2 (mid) 4-6 marks An adequate discussion which shows sound evaluation, which includes:</p> <ul style="list-style-type: none"> • some benefits and limitations of both treatments • some analysis in the context of the question • an adequate conclusion with relevant reasons • some use of appropriate subject terminology. <p>Level 1 (low) 1-3 marks A basic discussion which shows limited evaluation, which includes:</p> <ul style="list-style-type: none"> • a few benefits and limitations of the treatments • a limited analysis in the context of the question • a brief conclusion with limited reasons • use of appropriate subject terminology is limited. <p>0 marks Answer is not worthy of credit.</p>
Indicative content	<p>Answers can include some of the following:</p> <p>Laparoscopic removal of endometriosis tissue</p> <ul style="list-style-type: none"> • Keyhole surgery (used to remove endometriosis tissue) <p>Benefits</p>

13 (b)	
	<ul style="list-style-type: none"> • For most people (approximately 70%) it cures the condition • Relieves symptoms/pain. • Less invasive • Quicker recovery • Minimal scarring • Can improve fertility. <p>Limitations</p> <ul style="list-style-type: none"> • May require multiple operations. • Risk of infection • Problems can reoccur. <p>Hysterectomy</p> <ul style="list-style-type: none"> • Open surgery • Removal of the uterus and fallopian tubes • Normally only considered if other less invasive treatment have been tried and been unsuccessful • Used where people have severe pain symptoms. <p>Benefits</p> <ul style="list-style-type: none"> • Relieves symptoms/pain • More successful than laparoscopic removal of endometriosis tissue in reducing pain. <p>Limitations</p> <ul style="list-style-type: none"> • More invasive • Longer recovery • Larger scars • Risk of infection • Inability to be pregnant • Not always successful at relieving symptoms • May require HRT treatment after surgery. <p>Recommended treatment</p> <ul style="list-style-type: none"> • Candidates may conclude that laparoscopic removal is the most appropriate treatment because: <ul style="list-style-type: none"> ○ Only 19 may well still want to have children ○ Hysterectomy only used after other treatments have been unsuccessful.

14 (a)	
Max mark	3
Answer	<ul style="list-style-type: none"> • Pain (at the site of the DVT). • Swelling (at the site of the DVT). • Redness (at the site of the DVT).
Guidance	No other answers are acceptable.

14 (b)	
Max mark	2
Answer	<ul style="list-style-type: none"> • Pieces of clot break off from the DVT (travels to a blood vessel in the lungs) • Blocking the blood vessel in the lungs/reducing blood flow to the lungs.
Guidance	One mark for each correct point made.

14 (c)	
Max mark	6
Levels of Response	<p>Level 3 (high) 5-6 marks A clear and thorough explanation, which includes:</p> <ul style="list-style-type: none"> • identification of a range of relevant points that are explained • detailed knowledge and understanding in the context of the question • consistent use of appropriate subject terminology. <p>Level 2 (mid) 3-4 marks An adequate explanation which includes:</p> <ul style="list-style-type: none"> • identification of points that are mostly relevant and sometimes explained • sound knowledge and understanding in the context of the question • some use of appropriate subject terminology. <p>Level 1 (low) 1-2 marks A basic explanation which includes:</p> <ul style="list-style-type: none"> • identification of at least one point with basic explanation attempted • limited knowledge and understanding in the context of the question • use of appropriate subject terminology is limited. <p>0 marks Answer is not worthy of credit.</p>
Indicative content	<p>The answer must be linked to the scenario to reach Level 3.</p> <p>Answers can include some of the following:</p> <ul style="list-style-type: none"> • Use of compression stockings on the flight... • ...which improves blood flow and prevent swelling of legs. • Regular movement whilst on the flight... • ...which increases the flow of blood through the legs. • Jack staying hydrated whilst on the flight... • ...which means blood will be more viscous and thus less likely to clot. • Jack quitting smoking a significant period of time before the flight... • ...as chemicals in cigarettes can cause platelets to clump together and form a clot, therefore quitting smoking reduces this risk. • Jack could lose weight prior to going on holiday... • ...excess fat compress veins making and thickens blood making blood clots more likely. Weight loss reduces these risks.

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