

unit four area of study one practise questions

question four (7 marks)

a) explain the difference between sex, sexual orientation, and gender identity as a basis for discrimination. 3 marks

sex refers to the psychological characteristics, including the dna and sex organs present in an individual at birth, whereas sexual orientation describes the sex that an individual is sexually and romantically attracted to, however, gender identity describes how individuals perceive themselves as male, female, a blend of both, or neither.

b) explain two ways that discrimination based on sex may impact health status in low-income countries. 4 marks

women are often given the task of collecting water from far places. this means they are likely to be carrying heavy objects for long distances which can lead to musculoskeletal conditions, increasing years lost due to disability (YLD). women are also forced into marriage, or are not allowed to choose their partners. this can lead to lesser feelings of belonging, meaning they are less likely to have a positive self-assessed health status. girls are married off at young ages and therefore having children before they are biologically ready, increasing morbidity through affected mental health.

question five (4 marks)

using examples, explain the difference between human development and health and wellbeing.

human development refers to creating an environment in which people can develop to their full potential and lead productive, create lives according to their needs and interests. it is about expanding people's choices and enhancing capabilities, having access to knowledge, health and a decent standard of living, and participating in the life of their community and decisions affecting their lives. whereas, health and wellbeing refers to the state of a person's physical, social, emotional, mental, and spiritual existence, characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged, the understanding of h&w allows areas of improvement to be identified and targeting, it will also allow for predictions to be made about the likely effect that introduced strategies and actions will have on the people they are targeting.

question six (2 marks)

explain how protecting species of plant and animals could promote h&w.

the world's ecosystems provide many of the processes and resources required for human health and wellbeing. each species within an ecosystem plays an important role in maintaining balance within their

environment. if a species is removed from an ~~environment~~ ecosystem, the ecosystem can become unbalanced and may not be able to carry out its processes effectively, which can directly impact people's health and wellbeing.