

| Health & Social Care at a Glance |              |
|----------------------------------|--------------|
| Head of Department               | Mr K Barrett |
| Lessons per fortnight            | 5            |
| Homework per fortnight           | 30-60mins    |

## Year 10 Health & Social Care

### 1. Course & Subject Information

This course will provide students with the opportunity to focus on units from 'Social influences on Health and Wellbeing' to the 'Impact of Nutrition on Health and Wellbeing'. Students will be given a range of optional specialised units which provides the opportunity for students to focus on a vocational area. The course supports progression into a more specialised level 3 course or an apprenticeship.

Students will carry out a number of course work units that will focus on a range of areas related to health and social care and undertake an externally assessed written exam.

#### **Certificate** = Equivalent of 2 GCSE

##### **2 Core Units**

Human Lifespan development (**EXTERNAL EXAM**)  
Health and Social Care Values

##### **2 Mandatory Units**

Effective communication in Health and Social Care  
Healthy Living (**EXTERNAL EXAM**)

##### **4 Optional Specialist Units**

Effective Communication in Health and Social Care  
Social Influences on Health and Wellbeing  
Promoting Health and Wellbeing  
The Impact of Nutrition on Health and Wellbeing  
Services in Health and Social Care

### 2. Course/Subject Structure

|               |   |
|---------------|---|
| <b>Term 1</b> | <p><b>Unit 1:</b> Human Lifespan Development<br/><b>Examination will be sat in January</b><br/>In this unit you will explore how people grow and develop throughout their lives and the factors that affect this growth and development.</p>  |
| <b>Term 2</b> | <p><b>Unit 2:</b> Health &amp; Social Care Values<br/>This unit will focus on the 6 main values used within Health and Social care services and how they can be followed in everyday life. It will investigate how staff within health and social care settings can empower service users making them feel comfortable and involved in their care.</p>                                  |
| <b>Term 3</b> | <p><b>Unit 6:</b> The Impact of Nutrition on Health &amp; Wellbeing<br/>This unit will provide you with a good understanding of the principles of nutrition so you can use them to maintain or improve your own health and that of service users. You will look at special dietary requirements and explore the dietary needs if people from different religions and other factors.</p> |

### 3. Recommended texts or websites to support home learning

Books

Edexcel - BTEC First Health and Social Care

Websites

Point Of Care Foundation, NHS, BBC Good Food, Health Line, Children's food Trust