

Year 10 Health and Social Care Tech Award

Component 3 – Health and Wellbeing

You will learn about:

- Different factors that affect an individual's health and wellbeing
- Different indicators that are used to measure health
- Person-centred health and wellbeing improvement plans

You will be able to:

- Demonstrate knowledge and understanding of how different factors can affect an individual's health and wellbeing
- Interpret data and indicators to measure an individual's physiological health
- Explain the features of health and wellbeing improvement plans and how potential obstacles can be overcome

<p>Lesson Overview</p> <p>Learning Aim A:</p> <ul style="list-style-type: none">➤ Physical and lifestyle factors<ul style="list-style-type: none">- Genetic inheritance- Ill health- Diet- Exercise- Substance use- Personal hygiene➤ Social, emotional and cultural factors<ul style="list-style-type: none">- Social interactions- Stress- Willingness to seek help➤ Economic factors<ul style="list-style-type: none">- financial resources➤ Environmental factors:<ul style="list-style-type: none">- Environmental conditions- housing➤ Impact of life events <p>Learning Aim B:</p> <ul style="list-style-type: none">➤ Physiological indicators<ul style="list-style-type: none">- Pulse- Blood pressure- Peak flow- Body mass index- Using published guidance to interpret readings➤ Lifestyle Indicators<ul style="list-style-type: none">- Interpretation of lifestyle data, specifically risks to physical health associated with:<ul style="list-style-type: none">- Smoking- Alcohol consumption- Inactive lifestyles <p>Learning Aim C:</p> <ul style="list-style-type: none">➤ Health and wellbeing improvement plans<ul style="list-style-type: none">- Importance of a person-centered approach- Information to be included in the plan:<ul style="list-style-type: none">- Recommended actions to improve health and wellbeing- Short term and long term targets- Appropriate sources of support	<p>Key Words</p> <p>Acute – illness comes on quickly, is short term and can be cured</p> <p>Chronic – illness comes on gradually, is long term (more than 3 months) and generally can be treated but not cured</p> <p>Short term – less than 6 months</p> <p>Long term – 6 months or more</p> <p>Monitor – to check progress over a period of time</p> <p>Social class – a broad group in society having the same social or economic status, most commonly upper, middle and lower class</p> <p>Physiological – relates to how a person and bodily parts function normally</p> <p>Cardiovascular system – is the system that moves blood, nutrients and gases around our bodies. It is made up of the heart, blood and blood vessels; also known as the circulatory system</p> <p>Potential significance – could develop into something important</p> <p>Norm – is something that is usual, typical or standard</p>
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<p>Assessment: Externally marked, exam type assessment</p>	
<p>Suggested reading or support available</p> <p>Student shared area – Health and Social Care – Component 3</p> <p>Pearson website – search course – BTEC Level 1/2 Tech award in /Health and Social Care</p> <p>Showbie class group</p>	<p>Cross curricular</p> <p>SMSC: Person-centered approach Factors affecting an individual’s lifestyle</p> <p>Literacy: Key Words</p>