

## Year 11 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><b>Lesson Overview</b></p> <p><b>Learning Aim A:</b></p> <ul style="list-style-type: none"><li>➤ <b>Physical and lifestyle factors</b><ul style="list-style-type: none"><li>- Genetic inheritance</li><li>- Ill health</li><li>- Diet</li><li>- Exercise</li><li>- Substance use</li><li>- Personal hygiene</li></ul></li><li>➤ <b>Social, emotional and cultural factors</b><ul style="list-style-type: none"><li>- Social interactions</li><li>- Stress</li><li>- Willingness to seek help</li></ul></li><li>➤ <b>Economic factors</b><ul style="list-style-type: none"><li>- financial resources</li></ul></li><li>➤ <b>Environmental factors:</b><ul style="list-style-type: none"><li>- Environmental conditions</li><li>- housing</li></ul></li><li>➤ <b>Impact of life events</b></li></ul> <p><b>Learning Aim B:</b></p> <ul style="list-style-type: none"><li>➤ <b>Physiological indicators</b><ul style="list-style-type: none"><li>- Pulse</li><li>- Blood pressure</li><li>- Peak flow</li><li>- Body mass index</li><li>- Using published guidance to interpret readings</li></ul></li><li>➤ <b>Lifestyle Indicators</b><ul style="list-style-type: none"><li>- Interpretation of lifestyle data, specifically risks to physical health associated with:<ul style="list-style-type: none"><li>- Smoking</li><li>- Alcohol consumption</li><li>- Inactive lifestyles</li></ul></li></ul></li></ul> <p><b>Learning Aim C:</b></p> <ul style="list-style-type: none"><li>➤ <b>Health and wellbeing improvement plans</b><ul style="list-style-type: none"><li>- Importance of a person-centered approach</li><li>- Information to be included in the plan:<ul style="list-style-type: none"><li>- Recommended actions to improve health and wellbeing</li><li>- Short term and long term targets</li><li>- Appropriate sources of support</li></ul></li></ul></li></ul>	<p><b>Key Words</b></p> <p><b>Acute</b> – illness comes on quickly, is short term and can be cured</p> <p><b>Chronic</b> – illness comes on gradually, is long term (more than 3 months) and generally can be treated but not cured</p> <p><b>Short term</b> – less than 6 months</p> <p><b>Long term</b> – 6 months or more</p> <p><b>Monitor</b> – to check progress over a period of time</p> <p><b>Social class</b> – a broad group in society having the same social or economic status, most commonly upper, middle and lower class</p> <p><b>Physiological</b> – relates to how a person and bodily parts function normally</p> <p><b>Cardiovascular system</b> – 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><b>Potential significance</b> – could develop into something important</p> <p><b>Norm</b> – is something that is usual, typical or standard</p>
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<p><b>Assessment:</b> Externally marked, exam type assessment</p>	
<p><b>Suggested reading or support available</b></p> <p><b>Student shared area – Health and Social Care – Component 3</b></p> <p><b>Pearson website – search course – BTEC Level 1/2 Tech award in /Health and Social Care</b></p> <p><b>Showbie class group</b></p>	<p><b>Cross curricular</b></p> <p><b>SMSC:</b> Person-centered approach Factors affecting an individual’s lifestyle</p> <p><b>Literacy:</b> Key Words</p>