



## Health and Social Care

Year						
<b>10</b>	<b>Component 1</b> <b>Learning Aim A - Assessment 1</b> Understand human growth and development across life stages and the factors that affect it. A: Human growth and development across the life stages. Main life stages linked to age - physical, intellectual, emotional and social (PIES) classification.	<b>Component 1</b> <b>Learning Aim A - Assessment 1</b> Understand human growth and development across life stages and the factors that affect it. A: Human growth and development across the life stages. Main life stages linked to age - physical, intellectual, emotional and social (PIES) classification.	<b>Component 1</b> <b>Learning Aim B – Assessment 2</b> Investigate how individuals deal with life events Different types of life event – Sources of support and Types of support: (emotional, information and advice, practical help).	<b>Component 1</b> <b>Learning Aim B – Assessment 2</b> Investigate how individuals deal with life events Different types of life event – Sources of support and Types of support: (emotional, information and advice, practical help).	<b>Component 2</b> <b>Learning Aim A.</b> Different health care services and how they meet service-user needs: primary care Different health care services and how they meet service-user needs: secondary and tertiary care. Barriers to access the health and social care services.	<b>Component 2</b> <b>Learning Aim A.</b> Different health care services and how they meet service-user needs: primary care Different health care services and how they meet service-user needs: secondary and tertiary care. Barriers to access the health and social care services.
<b>11</b>	<b>Component 3</b> <b>A1 Factors affecting health and wellbeing.</b> Definition of health and wellbeing Physical and lifestyle factors: genetic inheritance, including inherited conditions and predisposition to other conditions. amount of exercise	<b>Physical and lifestyle factors:</b> substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs. <b>Physical and lifestyle factors:</b> personal hygiene Social, emotional and cultural factors: social interactions, for example supportive/unsupportive relationships and social integration/isolation	<b>A2 Interpreting health indicators Physical and lifestyle factors:</b> Physiological indicators Pulse (resting and recovery after exercise) Blood pressure Peak flow Body mass index (BMI) physiological indicators The potential significance of abnormal readings: risks to physical health.	<b>A3: Person-centred health and wellbeing improvement plans.</b> Health and wellbeing plans The importance of a person-centred approach that considers an individual's needs. Short-term (less than 6 months) and long-term targets. Appropriate sources of support (formal and/or informal).	<b>Other factors specific to individual:</b> ability/disability and addiction, barriers to accessing the services. <b>Formal examination Component 3.</b> Preparation for assessment: practice questions	<b>Component 2: Learning Aim B</b> Demonstrating care values and review own practice in a health and social care setting.