



HEALTH & SOCIAL CARE



**BTEC
Level 2**

COMPONENT 1: HUMAN LIFESPAN DEVELOPMENT

- Life stages: infancy, childhood, adolescence, early adulthood, middle adulthood, later adulthood
- Key physical, intellectual, emotional, and social development across life stages (PIES)
- Factors affecting growth and development:
 - Physical (e.g. genetic conditions, diet)
 - Social and cultural (e.g. relationships, culture)
 - Economic (e.g. income, education)

- Life events: expected and unexpected (e.g. starting school, bereavement)

- Impact of life events on individuals

- Sources and types of support (formal, informal, voluntary)

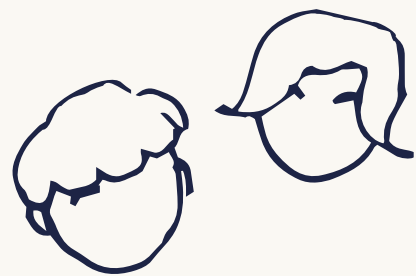
- Non-examined Assessment (NEA) - PSA 1



COMPONENT 2: HEALTH AND SOCIAL CARE SERVICES AND VALUES

- Non-examined Assessment (NEA) - PSA 2

- Reflecting on own practice and improvements



- Demonstrating and applying care values in role play scenarios

- Care values:
 - Empowering individuals
 - Maintaining confidentiality
 - Promoting equality and diversity
 - Respecting individual rights
 - Promoting effective communication
 - Safeguarding and duty of care

- Barriers to accessing services:
 - Physical
 - Sensory
 - Financial
 - Geographical
 - Language

- Social care services (e.g. residential care, domiciliary care)

- Health care services (e.g. GP, hospitals, mental health services)

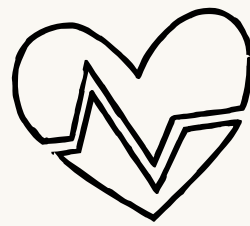
COMPONENT 3: HEALTH AND WELLBEING (EXTERNAL ASSESSMENT – EXAM)

- Factors affecting health and wellbeing:
 - Physical
 - Lifestyle
 - Social
 - Emotional
 - Environmental
 - Genetic



- Interpreting physiological data:
 - BMI
 - Pulse
 - Blood pressure
 - Peak flow

- Person-centred approach to health improvement plans



- Setting short- and long-term health goals

- Recommended actions to improve health

- Barriers to improving health and wellbeing

- Preparation for external exam



**AAQ
BTEC
Level 3**

UNIT 3: PRINCIPLES OF H&SC PRACTICE

- Core values & legislation: Equality, diversity, rights, ethical and legal frameworks in H&SC
- Person-centred care and ethics: Confidentiality, choice, dignity, empowerment, informed consent
- Multidisciplinary teamwork: Roles of professionals, communication, collaborative practice
- Social determinants: Impact of socioeconomic, environmental, cultural and lifestyle factors on health outcomes

UNIT 2: HUMAN BIOLOGY & HEALTH

- Body organisation: From cells → tissues → organs → systems (e.g. cardiovascular, respiratory, endocrine)
- Physiological functioning & homeostasis: Respiration, energy metabolism, blood pressure, internal regulation
- System-specific detail:
 - Cardiovascular: structure, blood flow, heart function
 - Respiratory: gas exchange, lung mechanics
 - Endocrine: hormonal control/regulation
 - Common disorders: e.g. asthma, diabetes, BMI interpretation, peak flow, blood pressure effects and health implications

UNIT 1: HUMAN LIFESPAN & DEVELOPMENT

- Lifespan stages & holistic development: PIES across infancy, childhood, adolescence, adulthood, later adulthood, including key life events and their impacts
- Theories & research methods: Piaget, attachment, cognitive, language development, ethical considerations and cultural/historical influences
- Factors affecting development: Genetic, environmental, socioeconomic, cultural, lifestyle
- Professional interventions & support systems: Early help, formal/informal networks, role of H&SC professionals at different life stages

UNIT 5: PROMOTING HEALTH EDUCATION

- Principles & purpose: Aims of health education—awareness raising, behaviour change
- Theoretical models: Health Belief Model, Stages of Change, HAPA, social cognitive theory (e.g. locus of control)
- Strategy components: Audience needs analysis, messaging, delivery channels, culturally sensitive approaches
- Planning & evaluation: Goal setting (SMART goals), monitoring outcomes, evaluating effectiveness, overcoming barriers

