

## Cambridge Nationals Health and Social Care

### Course Specifications

**Course Title:** Cambridge Nationals Health and Social Care

**Exam Board:** OCR

**Link to specification:**

<https://www.ocr.org.uk/Images/610950-specification-cambridge-nationals-health-and-social-care-j835.pdf>

**Grading:** All results are awarded on the following scale: Level 2 – Distinction\* (\*2), Distinction (D2), Merit (M2), Pass (P2) Level 1 – Distinction (D1), Merit (M1), Pass (P1) and Fail/Unclassified.

### Course Details

#### What will you learn?

##### Year 10

#### Autumn

**R033: Supporting individuals through life events**

**Topic Area 1: Life stages**

1.1 Life stages and development

**Topic Area 2: Impacts of life events**

2.1 Life events and their impacts on individuals

#### Spring

2.1 Life events and their impacts on individuals

**Topic Area 3: Sources of support**

3.1 Sources of support that meet individual needs

#### Summer

**R035: Health promotion campaigns**

Topic Area 1: Current public health issues and the impact on society

1.1 The importance of a healthy society

1.2 Public health challenges for society

1.3 Current health promotion campaigns and their benefits

**Topic Area 2: Factors influencing health**

2.2 Leading a healthy lifestyle

**Year 11****Autumn****R035: Health promotion campaigns continued****Topic Area 2: Factors influencing health**

2.3 Barriers to leading a healthy lifestyle

**Topic Area 3: Plan and create a health promotion campaign**

3.1 How to plan a health promotion campaign

**Topic Area 4: Deliver and evaluate a health promotion campaign**

4.1 How to deliver a health promotion campaign

4.2 How to evaluate own performance

**Spring****R032: Principles of care in health and social care settings****Topic Area 1: The rights of service users in health and social care settings**

1.1 Types of care settings

1.2 The rights of service users

1.3 The benefits to service users' health and wellbeing when their rights are maintained

**Topic Area 2: Person-centred values**

2.1 Person-centred values and how they are applied by service providers

2.2 Benefits of applying the person-centred values

2.3 Effects on service users' health and wellbeing if person-centred values are not applied

**Topic Area 3: Effective communication in health and social care settings**

3.1 The importance of verbal communication skills in health and social care settings

3.2 The importance of non-verbal communication skills in health and social care settings

3.3 The importance of active listening in health and social care settings

3.4 The importance of special methods of communication in health and social care settings

3.5 The importance of effective communication in health and social care settings

**Topic Area 4: Protecting service users and service providers in health and social care settings**

4.1 Safeguarding

4.2 Infection prevention

**Summer****Topic Area 4 Continued**

4.3 Safety procedures and measures

4.4 How security measures protect service users and staff

**How will you be assessed?****During the course:****Year 10:****R033 Completed Coursework unit****R035 Partial Coursework Unit****Year 11:****R032 External Exam****R035 Completed Coursework Unit****At the end of the course:****Your final grade will be awarded based on the following examinations and / or coursework.****R032: Exam unit (40%)****R033: Coursework unit (30%)****R035: Coursework unit (30%)****What independent work can you do?****Learn:**

Glossary of Key Terms

**RAG and Revisit:**

PLCs

**Explore:**

Recommended Reading

**Revise:**

Top tips and strategies

**Prepare:**

Exam papers

**Which resources should you use?**

Textbooks, websites, online resources

**Textbook chapter.**

**Revision Materials uploaded on GC**

**Past Exam Papers**

**Online Research for NEA units**