

The course is split into 3 parts:

- Component 1: Human Lifespan and Development
- Component 2: Health and Social Care services and values
- Component 3: Health and wellbeing

These lessons should also give you a taste for the components that you will be completing throughout the course.

Miss Parrish

Component 1: Human Lifespan Development

Lesson 1



In this unit you will cover physical, intellectual, emotional and social development across the human lifespan, and look at key life events

Research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Growth	
Development	
Norm	
Puberty	
Menopause	
Life expectancy	

For each image, write down the approximate age you think they are, then think of a word which could describe the life-stage they are in.

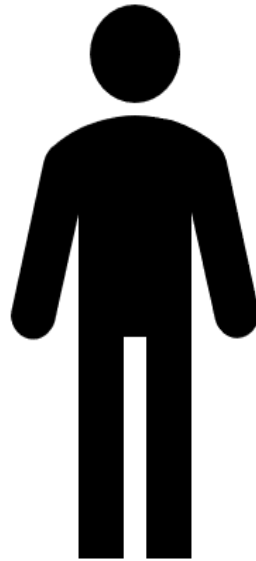


Age: _____ Age: _____ Age: _____ Age: _____
Life stage: _____ Life stage: _____ Life stage: _____ Life stage: _____



Age: _____ Age: _____ Age: _____
Life stage: _____ Life stage: _____ Life stage: _____

Around the person, list all the relationships you might have throughout your lifetime.



Component 2: Health and Social Care services and values

Lesson 2



In this unit, you will cover the different types of health and social care services and the barriers which can stop individuals accessing them.

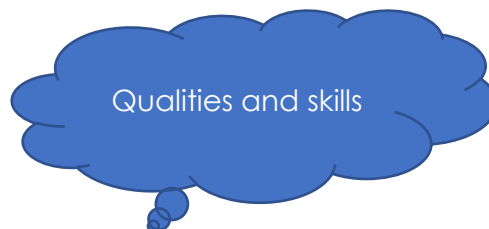
List as many jobs as you can you think of in the health and social care sector. (if you are finding this hard you could visit this link <https://www.healthcareers.nhs.uk/working-health/working-social-care>)

- Nurse

Research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Primary care	
Secondary care	
Tertiary care	
Allied health carer	
Empowerment	
Empathy	
Safeguarding	

Produce a mindmap on the qualities and skills you think might be needed to make a good carer.



Component 3: Health and wellbeing

Lesson 3

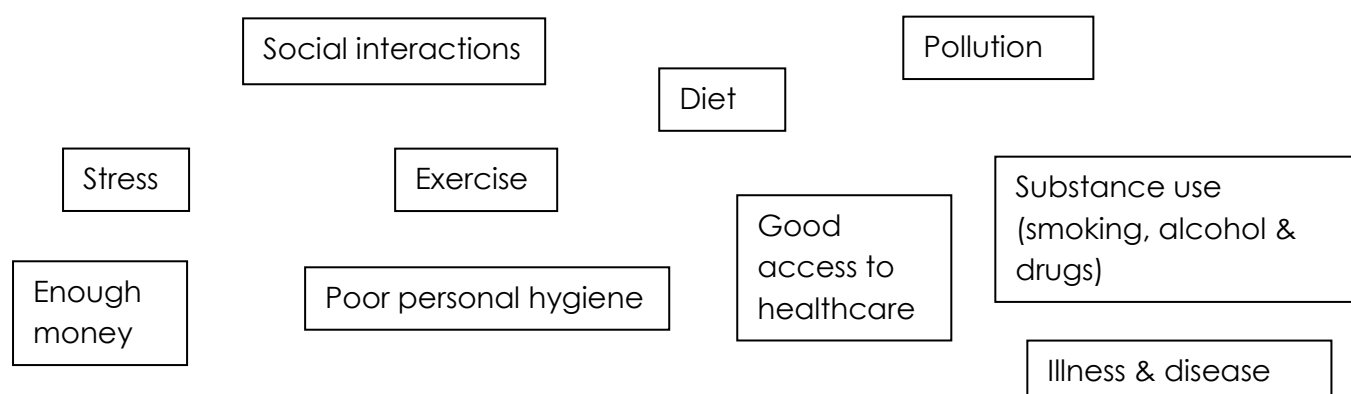


In this unit, you will cover the factors that have an effect on health and wellbeing.

What do you think makes a person healthy?

In **yellow**, highlight the factors you think might have a positive effect on the body.

In **blue**, highlight the factors you think might have a negative effect on the body.



Research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Wellbeing	
Barrier	
BMI	
Genetic inheritance	
Psychological	

Found out what the letters in following acronym stand for when looking at target setting:

S
M
A
R
T

Choose 1 of the programs identified below and complete the tasks. (You can however, do as many as you like)!



Rio and Kate: Becoming a Step Family

<https://www.bbc.co.uk/programmes/m000f9sg>

After the death of his wife this documentary follows the Ferdinand family as Kate integrates into the household. This film covers a number of experiences of a "step family". **At times this is moving and may have you reaching for the tissues.**

- 1) Produce a short review of this program as if you were writing for the school Highlights magazine and why students should or shouldn't watch it. Think about your use of language and structure.



Jesy Nelson: Odd one out <https://www.bbc.co.uk/programmes/p07lsr4d>

Jesy Nelson of Little Mix – discusses the online abuse she faced and the effect of the cyberbullies and Trolls. **This documentary has some bad language featured so please check with your parent/carer with this one. There are some aspects that some of you may find upsetting.**

- 1) Produce a short review of this program as if you were writing for the school Highlights magazine and why students should or shouldn't watch it. Think about your use of language and structure.



Junior Doctors: <https://www.bbc.co.uk/programmes/p07mwbtf>

Junior Doctors On The Front Line – Shows what life is like for several junior doctors working in a busy hospital. **This documentary has some bad language featured so please check with your parent/carer with this one. There are some aspects that some of you may find upsetting due to scenes of surgery and real injuries.**

- 1) Produce a short review of this program as if you were writing for the school Highlights magazine and why students should or shouldn't watch it. Think about your use of language and structure.



Born to be Different: <https://www.channel4.com/programmes/born-to-be-different/on-demand/29572-001>

Born to be different – Shows what life is like for parents and children with disabilities. This program shows the challenges the children and their parents face in early life.

There are some aspects that some of you may find upsetting due to scenes of surgery discussions and how parents feel.

- 1) Produce a short review of this program as if you were writing for the school Highlights magazine and why students should or shouldn't watch it. Think about your use of language and structure.



Old people's home for 4year olds: <https://www.channel4.com/programmes/old-peoples-home-for-4-year-olds>

Old People's Home for 4Year Olds - This show visits one of the largest retirement homes in Britain. In a heartwarming experiment 4 year olds are teamed with the elderly. Who benefits the most?

- 1) Produce a short review of this program as if you were writing for the school Highlights magazine and why students should or shouldn't watch it. Think about your use of language and structure.

From



History of the NHS

Make a leaflet outlining the history of the NHS

Include sections on:

- Healthcare before the NHS
- When/why the NHS was founded
 - What does the NHS do?
- What is the significance of the NHS?
- How is the NHS different in other countries?



The Beveridge Report, 1942

In 1942, a plan had been presented by William Beveridge, a senior civil servant, detailing key areas for post-war reconstruction, aimed at establishing a national system of welfare for the people. It identified 'five giants' that were to be overcome: want, disease, ignorance, squalor and idleness.

When the Beveridge Report first appeared, it was welcomed by all the parties. There was broad agreement that protection needed to be provided for all members of society, and so when Labour came to power in 1945, they implemented the proposals in this report, thereby establishing the welfare state, a system which all governments after 1951 accepted in its essentials. This common acceptance became known as **consensus**.

Giant	The 1945 Labour Government's Solution
Want	To be ended by National Insurance. The National Insurance Act created a system whereby the government, employers and employees all paid for insurance which would pay out in the event of unemployment, sickness, maternity and retirement.
Disease	To be ended by a comprehensive health service. The National Health Service Act provided free medical and hospital treatment for all (the NHS).
Ignorance	To be ended by an effective education system. The Labour Party continued to support the Conservative's 1944 Butler Education Act which provided free education within grammar schools, technical schools or secondary schools.
Squalor	To be ended by slum clearance and rehousing
Idleness	To be ended by full employment

Health and social care in a pandemic

At the moment, we are living through a time when health and social care services are needed more than ever! Those who have chosen this as a profession have stepped up to look after those affected by the COVID-19 pandemic. You will be seeing on the news constant stories about the amazing work that is going on in the British NHS and Care system and this task is your opportunity to find out more about pandemic control in the area and also the work of the World Health Organisation (WHO) in organising a global response. This will require you to research and understand why the steps have been taken around us and how this fits into the global picture.

Task 1 – What is the role of health promoters?

You will need to read and research to explain the roles of the following organisations in maintaining the health of the population:

World Health Organisation (WHO).
 Department of Health
 Public Health Agency
 Health professionals

Task 2 - Why do you think is necessary for local authorities to have control over the needs of the people in their area? For instance, think about the people living in

Ipswich and then compare that to the population living in London; do they have the same needs? What would their focus for health be on?