

Curriculum overview: Health and Social Care

Key skills/content requirements at GCSE	
<ul style="list-style-type: none"> ▪ Health and social care values ▪ Human lifespan development ▪ Effective communication in health and social care ▪ The impact of nutrition on health and well-being 	
Curriculum Overview	
Year 10	Year 11
<p>Human Lifespan Development:</p> <ul style="list-style-type: none"> ▪ Main life stages linked to ages ▪ Areas of growth and development across main life stages using PIES classification ▪ Physical development: gross and fine motor skills ▪ Physical development: infancy and early childhood, gross and fine motor skills and growth patterns ▪ Physical development in adolescence and early adulthood: growth patterns and primary and secondary sexual characteristics ▪ Physical development in middle and later adulthood: menopause, loss of mobility, muscle tone/strength and skin elasticity ▪ Intellectual/cognitive development: problem solving, abstract and creative thinking, development/loss of memory and recall ▪ Intellectual/cognitive development: language development ▪ Emotional development in infancy and early childhood including bonding and attachment, security and independence ▪ Emotional development in adolescence and adulthood: independence, security, contentment, self-image and self-esteem ▪ Social development in infancy and early childhood: formation of relationships with others and socialisation process ▪ Social development in adolescence and stages of adulthood: formation of relationships with others and socialisation process ▪ Physical factors that affect growth and development: genetic inheritance, experience of illness and disease ▪ Physical factors that affect growth and development: diet and lifestyle choices, and appearance ▪ Social and cultural factors that affect human growth and development: culture, religion, community involvement, gender roles and expectations and educational experiences ▪ Economic factors that affect human growth and development: income/wealth and material possessions ▪ Types of life events ▪ How individuals can adapt to changes caused by life events 	<p>Nutrition:</p> <p>Dietary intake and food groups</p> <ul style="list-style-type: none"> ▪ What is a balanced diet ▪ Carbohydrates ▪ Proteins ▪ Fats ▪ Vitamins, minerals, water ▪ The five food groups and their functions ▪ Recommended daily intakes <p>Long-term effects of balanced and unbalanced diets</p> <ul style="list-style-type: none"> ▪ Effects of a balanced diet ▪ Effects of an unbalanced diet including malnutrition (over-nutrition and under nutrition), vitamin and mineral deficiency, nutrient excess <p>Factors influencing the diet of individuals and their associated dietary needs</p> <ul style="list-style-type: none"> ▪ Religion and culture, moral reasons, environment, socio-economic factors, personal preference, illness, underlying health conditions ▪ Nutritional variation during life stage development: infancy, early childhood, adolescence, early to middle adulthood, later adulthood ▪ factors influencing the diet of individuals and their associated dietary needs; life stage of individual and associated nutritional requirements <p>Communication</p> <ul style="list-style-type: none"> ▪ Effective communication ▪ Alternative forms of communication ▪ Barriers to communication and how to overcome them ▪ Communicate effectively in health and social care ▪ Communicating with groups and individuals by the use of: <ul style="list-style-type: none"> ○ active listening ○ body language ○ facial expression

- Types of support: emotional, information and advice, and practical help
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Health and Social Care Services and Values

- Primary care
- Secondary and tertiary care
- Allied health professionals
- Services for children and young people
- Services for adults or children with specific needs
- Services for older adults
- Informal social care
- Barriers to accessing services:
 - Physical
 - Sensory
 - Social, cultural and psychological
 - Language
 - Geographical
 - Intellectual
 - Resource
 - Financial
- Empowering and promoting independence
- Respect for others
- Maintaining confidentiality
- Preserving dignity
- Effective communication
- Safeguarding and duty of care
- Promoting anti-discriminatory practice
- Applying care values in a compassionate way

- eye contact
- use of appropriate language
- tone of voice
- pace of speech
- proximity
- clarifying, repeating.

BTEC external assessment:

Health and social care BTEC is largely internally assessed non-examination assessment. There is one externally assessed core unit. The grades that students' can achieve are pass, merit, distinction and distinction*.

SMSC in Health and social care

Our department endeavour to deliver all aspects of the spiritual, moral, social and cultural agenda. The department identified a number of core values which we believe are crucial to every learner, ensuring they are a well-rounded individual with suitable qualities for life-long learning. The six core values are equality; friendship; respect; determination; courage and excellence. These values have been successfully applied to all of our lessons to develop a range of behaviours, qualities and inter-personal skills.