



The curriculum for this stage of students' education has been designed to build on knowledge acquired in Component 1 as the focus here is on the effects of various factors on the physical, intellectual, emotional and social needs of a person. Students will then learn to interpret indicators that can be used to measure physiological health and lifestyle data in relation to risks posed to physical health. Finally, they will learn how to design a health and well-being improvement plan and understand how obstacles that individuals may face when implementing such a plan might be overcome. Component 3 consolidates prior learning and allows students to put into action what they have learnt about care values and the health and social care sector. The external assessment takes the form of a task spread over several days. Students will complete this in exam conditions. The first opportunity for assessment is February, with a further opportunity in May.

<p>HALF TERM 1: COMPONENT 3 LEARNING AIM B</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> Health indicators, resting pulse rate and recovery after exercise, blood pressure, peak flow, body mass index, using published guidelines to interpret health indicators, risks to physical health of abnormal readings. How to interpret lifestyle data on smoking, alcohol use and inactivity. <p>HOW THIS WILL BE ASSESSED: Weekly quizzes Homework</p>	<p>HALF TERM 2: COMPONENT 3 LEARNING AIM C</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> The importance of a person-centred approach, recommend action to improve health and wellbeing, short- and long-term targets, sources of support. Potential obstacles to implementing plans; emotional/psychological, time constraints, availability of resources, unachievable targets, lack of support, ability/disability, addiction, barriers to accessing services. <p>HOW THIS WILL BE ASSESSED: Weekly quizzes Homework Mock exam</p>	<p>HALF TERM 3: COMPONENT 3</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> A review of learning of Component 3. (Social interactions, stress, willingness to seek help or access services. Financial resources, environmental conditions, housing. The impact of life events relating to relationships changes. The impact of life events relating to changes in life circumstances.) <p>HOW THIS WILL BE ASSESSED: Weekly quizzes Homework Re-sit opportunity Externally assessed task</p>
<p>HALF TERM 4: COMPONENT 3</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> A review of learning of Component 3. (Health indicators, resting pulse rate and recovery after exercise, blood pressure, peak flow, body mass index, using published guidelines to interpret health indicators, risks to physical health of abnormal readings. How to interpret lifestyle data on smoking, alcohol use and inactivity.) <p>HOW THIS WILL BE ASSESSED: Weekly quizzes Homework</p>	<p>HALF TERM 5: COMPONENT 3</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> A review of learning of Component 3. (The importance of a person-centred approach, recommend action to improve health and wellbeing, short- and long-term targets, sources of support. Potential obstacles to implementing plans; emotional/psychological, time constraints, availability of resources, unachievable targets, lack of support, ability/disability, addiction, barriers to accessing services.) <p>HOW THIS WILL BE ASSESSED: Weekly quizzes Externally assessed task</p>	<p>HALF TERM 6: N/A</p>

Embedding this knowledge can be supported at home by revising content regularly and completing all pieces of homework. Students may wish to challenge themselves to create their own versions of the set tasks to practice from. Students will be provided with a range of revision materials, as well as the opportunity to purchase a revision guide, which they should be using each day in the run up to the assessment. Students will benefit from engaging with healthcare documentaries, such as Ambulance and 24 Hours in A&E, to understand how life events impact health and wellbeing.