

Swanshurst School

Health Social and Child Care Department

Preparation Work for AS/BTEC Health and Social Care



Congratulations on choosing Health and Social Care! This subject is relevant to everything that goes on around you and therefore to life. This is a subject that mixes well with Sociology, Biology and Psychology.

You will build on what you have learned in GCSE/BTEC and study in depth topics such as communication, positive care environments and human lifespan development.

Year plan of GCE AS Health and Social Care

September – January	Units F911/912	4 lessons/week	Coursework in January
January – May	Unit F910	4 lessons/week	Examination in May

Year plan of NQF BTEC L3 Health and Social Care

September – January	Unit 5 and 1	4 lessons/week	Coursework in January
January – May	Unit 5 and 1	4 lessons/week	Examination in May

Link to the OCR specification

<http://www.ocr.org.uk/Images/76408-specification.pdf>

Link to Pearson/Edexcel specification

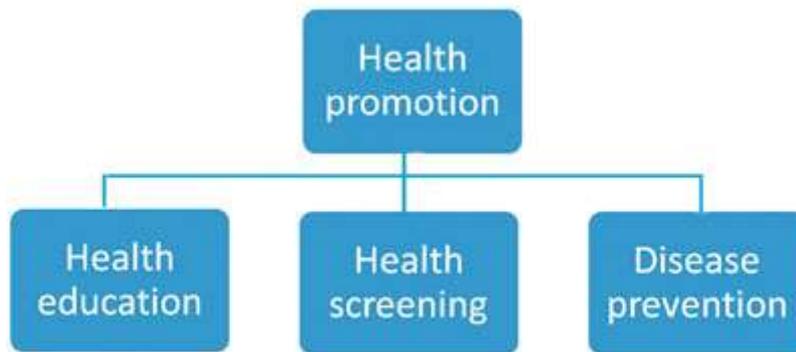
<http://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Health-and-Social-Care/2016/specification-and-sample-assessments/Specification-Health-and-Social-Care-National-Certificate.pdf>

Read the whole assignment first before starting it.

Hand in date: First teaching week back after the summer break

Induction Task

Health Promotion



One of the units that you will be taking in September will be to do with health promotion and so information you gather for this assignment will help you with your first assessment in September. The deadline for this indication assignment is the first week you start 6th form.

Task 1

Read the following 10 tips for better health and answer the following questions –

- Don't smoke. If you can, stop. If you can't, cut down.
- Follow a balanced diet, with plenty of fruit and vegetables.
- Keep physically active.
- Manage stress by, for example, talking things through and making time to relax.
- If you drink alcohol, do so in moderation.
- Cover up in the sun, protect children from sunburn.
- Practice safer sex.
- Take-up cancer screening opportunities.
- Be safe on the roads.
- Learn the First Aid ABC – airways, breathing, circulation.

1. For each of the 10 tips, why could following the advice lead to better health? (I expect a detailed explanation for each, e.g. for tip 1 how would your health improve?)
2. Identify which aspects of an individual's health and well-being each tip might influence. (Remember PIES – physical, intellectual, emotional and social) You could produce a table e.g. the first one has been completed for you:

	Physical	Intellectual	Emotional	Social
Don't smoke. If you can, stop. If you can't, cut down	✓		✓	✓

3. If the advice is followed, who besides the individual might benefit? Write a paragraph.

Task 2 – What do we mean by health?

What is your definition of 'being healthy'?

What is the World Health Organisation's (WHO) definition of health?

Ask 10 different people (of differing ages) what their definitions are, and write a paragraph explaining these.

Task 3 – Health Promotion



Describe what the term health promotion means.

Go onto the following website:

<http://www.nhs.uk/Change4Life/Pages/breakfast-for-life.aspx>

Produce a hand out for sixth form students:

- Explaining the benefits of eating breakfast
- If breakfast is not eaten then how will this affect us physically, intellectually, emotionally and socially?
- List 5 healthy breakfasts and 5 unhealthy ones -
http://www.nhs.uk/change4life/supporter-resources/downloads/B4L_Good_Breakfast_Guide_acc.pdf

Task 4 – write an essay (500 words)

To what extent do you agree with the following statement ‘You are what you eat’?

Task 5 – produce a report (follow the guidelines below of how you should present your report)

Smoking is an extremely dangerous habit and health care professionals have been trying very hard to deter people from continuing this bad habit.

- Explain what the health risks of smoking are?
- Research and find out how many people die of lung cancer in the UK?
- Why is it dangerous for pregnant women to smoke?
- If an individual wanted to stop smoking – what would the alternatives be?
- Find a health promotion campaign (smoking) and explain what strategies have been used

Follow these guidelines to ensure that your work meets Level 3 standards in coursework

- Must be word processed – size 12 for main body of work and 14 for headings
- Headings and sub-headings in BOLD
- Formal use of language – no ‘I decided or Mrs ?? said’.
- Remember paragraphs.
- SPAG – check for spelling, punctuation and grammatical errors
- Spell check
- No plagiarism – write everything in your own words or reference whatever you have copied
- Include a bibliography (see below)

Bibliography - Make sure you provide a list of books; articles (newspapers or magazines) that you have used to help you write the report. If you directly quote from one of these sources of information within your report, then YOU MUST give the author's name within your writing.

Books

Edition	Author	Publisher
Place of publication	Title of the book	(Year)

Author (Year) *Title of the book*. Edition. Place of publication: Publisher.

Michie, V. (2007) *Working in care settings*. 2nd ed. Cheltenham: Nelson Thornes.

Baldock, J., Mitton, L., Manning, N. and Vickerstaff, S. (eds.) (2011) *Social policy*. 4th ed. Oxford: Oxford University Press.

Standard reference

Webpages

Available at: URL	Author	(Accessed: date)
(Year)	Title of the website	

Author (Year). *Title of the website*. Available at: URL (Accessed: day month year).

Equality and Human Rights Commission (2013) *Home care commissioning practices by local authorities must protect older people's human rights*. Available at: <http://www.equalityhumanrights.com/news/> (Accessed: 8 October 2013).

Standard reference

You will be marked according to the grid on the accompanying sheet

Induction Assignment				
What you need to do:				
You need to produce a report on the meaning of health to different people and the main health issues of this country.				
AO1: Relevant research for tasks 1, 2 and 3				
AO2: Detailed explanations for tasks 4 and 5				
How you will be assessed				
Assessment Objective	Mark Band 1	Mark Band 2	Mark Band 3	Mark Awarded
AO1	An attempt made at explanation of PIES. An attempt made at the meaning of health and why breakfast is so important. (0 1 2 3 4 5)	Good explanations and the correct identification of PIES. Good explanation of the meaning of health and why breakfast is so important. (6 7 8 9 10)	Detailed explanation and the correct identification of PIES. Detailed explanation of the meaning of health and why breakfast is so important. (11 12 13 14 15)	/15
AO2	An attempt made at producing a report and essay which has SPAG errors. A bibliography and attempt at referencing made. (0 1 2 3 4 5)	A good report and essay which has some SPAG errors. A bibliography and attempt at referencing made. (6 7 8 9 10)	A well written report and essay which has very few SPAG errors. A detailed bibliography and attempt at referencing made. (11 12 13 14 15)	/15
Sources of information	Limited – 1	Range – 3	Wide - 4	/30

