

# Health & Social Care

## Skills for adult life

The Social Health department aims to provide students with the skills and knowledge required to work and live as a valuable member of society. We aim to ensure that our students can work within the constructs of both social work and health based settings. We aim to nurture an interest in caring skills whilst developing sound communication and presentation skills. Pursuing the skills to empathise and see different viewpoints in relation to key issues in modern society. Our students will become independent learners who are able to meet the challenges of an ever changing world.

Autumn	Spring	Summer
Unit 6 The impact of nutrition on health and wellbeing	Unit 1 Human Lifespan theory Exam technique Unit 6 The impact of nutrition on health and wellbeing	Unit 1 resit exam Completion of all units to date in

- Students will be required to complete one 30-60 minute piece of homework every week.
- Homework will consist of a variety of different tasks, for example: revision, spelling/definitions, research tasks, preparations and research for controlled assessments, exam questions and real world applications including watching TV programs and reading magazines/books.
- Homework set will be recorded by the teacher on the school's Virtual Learning Environment (VLE) and also in their own records.
- For non-completion, students will be given a chance to bring the work into school the next day. Failure to do so will result in a 15 minute lunch/break time detention with the class teacher. Failure to attend this detention will result in a 30 minute detention with the HOD.

Unit	Duration (lessons)	Learning Objectives/Outcomes
<p>Human Development</p> <p>External exam</p>	<p>20</p>	<p>This unit provides them with the opportunity to explore how we grow and develop throughout our lives and to investigate the factors that affect this growth and development. They will go on to consider how these factors are interrelated. There are four distinct aspects to human growth and development, usually classified as physical, intellectual, emotional and social development. These four aspects are closely related to each other, and a change in one can affect some, or all, of the other areas.</p> <p>Life events have an impact on how we grow and develop. People experience many different types of life events; some are expected and some are unexpected. Being able to manage and handle these events is an important skill in health and social care professions.</p> <p>In this unit they will explore the impact of these life events and the types of support available to help people manage them.</p> <p>Understanding and recognising the impact of these major life events is an important part of a number of roles in the health and social care sector.</p> <p>It is split into two learning aims and is assessed via a one hour exam:</p> <p style="padding-left: 40px;">A - explore human growth and development across life stages</p> <p style="padding-left: 40px;">B - investigate factors that affect human growth and development and how they are interrelated</p>
<p>The impact of nutrition on health and wellbeing</p>	<p>40</p>	<p>In this unit they will explore what is meant by a balanced diet and its effects on the body, for example in raising immunity to infection and improving concentration.</p> <p>They will also explore what is meant by an unbalanced diet and how this may lead to various types of ill health. The knowledge and understanding you will gain in this unit is essential for a career in health and social care.</p> <p>It is split into two learning aims:</p> <p style="padding-left: 40px;">A - explore the effects of balanced and unbalanced diets on the health and wellbeing of individuals</p> <p style="padding-left: 40px;">B - understand the specific nutritional needs and preferences of individuals</p>