

Level 2 First Award (equivalent to 1 GCSE)**Course Overview**

This course provides opportunities for learners interested in Healthcare to gain a nationally recognised vocational qualification while developing a range of skills, techniques, personal qualities and attitudes essential for successful performance in working life. The course also looks at the role of the health or social care worker, their relationship with patients/service users and their responsibilities towards patient/service users and the wider health and social care sectors. Students will complete the units outlined below.

**Core Unit 1: Human Lifespan Development**

In this unit you will explore human growth and development across life stages and investigate factors that affect human growth and development and how they 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. This is assessed by an hour long exam in May of Year 10.

Core Unit 2: Health and Social Care Values

In this unit you will explore the care values that underpin current practice in health and social care and investigate ways of empowering individuals who use health and social care services. You will also investigate methods used to empower individual users of health and social care services. This is important in health and social care, as it enables individuals to take control of their own care, and helps them to ensure that their specific needs are met. This unit is assessed by a coursework portfolio.

Optional Specialist Unit 3: Effective Communication in Health & Social Care

In this unit you will investigate different forms of communication, investigate barriers to communication in health and social care and examine how to communicate effectively in health and social care. This unit will help you to explore the communication skills needed to interact with individuals who use health and social care services. You will put these skills into practice in real-life or simulated situations, in both one-to-one and group interactions. This unit is assessed by a coursework portfolio.

Optional Specialist Unit 6: The Impact of Nutrition on Health and Wellbeing

This unit provides you with some answers and extends your understanding of how important a balanced diet is to your health. You 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. You will also explore what is meant by an unbalanced diet and how this may lead to various types of ill health. This unit is assessed by a coursework portfolio.

Qualities needed for success in the course

You do not need any prior knowledge of Health and Social Care but you do need to be very interested in studying it or even thinking of a career in Health and Social Care. The course does involve a lot of work and you should be able to work independently.

Possible Post 16 study
BTEC Level 3 Subsidiary
Diploma in Health and
Social Care (equivalent
to A Level).

