

**Alternative Academic Qualification  
(AAQ)**

**Health & Social  
Care  
Bridging Tasks**

# What will I be studying?

## Exam units

### **Unit 1: Human Lifespan and Development Level**

Unit in brief Students examine physical, intellectual, emotional and social development across the human lifespan, the interaction between biological and social factors in health and well-being and how health care professionals provide effective care.

*A: Human growth and development through the life stages A1 Physical, Intellectual, Emotional and Social development at each life stage. Students will explore holistic development. They will understand the relationship of the different areas of development and the effect they have on each other.*

*B: Factors affecting human growth and development across each life stage. Students will explore the different factors that can positively and negatively affect an individual's holistic growth and development.*

*C: Health and social care promotion, prevention and treatment at different life stages. Students will explore the prevalence of the stated health conditions within the following life stages.*

Assessment- 90 minute external exam consisting of 80 marks

### **Unit 2: Human Biology and Health**

Unit in brief Students explore the organisation, structure and normal physiological functioning of the human body, and the effect on health of common disorders of the body systems.

*A: Organisation of the human body. Students will know and understand the organisation of the human body.*

*B: Body systems. Students will know and understand the structure and normal physiological functioning of the body systems and their organs.*

*C: Disorders of the body and effect on body systems. Students will know and understand how disorders can affect various body systems, including the primary and secondary effects on those systems.*

Assessment- 90 minute external exam consisting of 80 marks 2

# What will I be studying?

## PSA Units

### **Unit 3: Principles of Health and Social Care Practice**

Unit in brief Students focus on the principles that underpin meeting the care and support needs of individuals, which are the foundation of all services within health and social care

*A Understand the principles of health and social care practice which underpin meeting the care and support needs of individuals*

*B Examine how organisation, legislation and guidance inform practice in health and social care*

*C Examine how social determinants affect the health status of individuals and the importance of equality, diversity and inclusion in practice.*

Assessment: PSA (internal assessment) duration 12 hours

### **Unit 5: Promoting Health Education**

Unit in brief Students explore the purpose of health education, models and approaches to educating the public and encouraging behaviour change in the population.

*A Understand the purpose of health education*

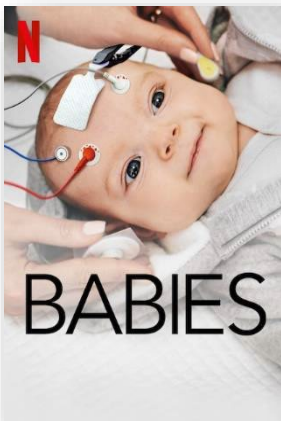
*B Explore key issues and priorities for health and the factors that affect health and wellbeing*

*C Examine approaches to health education campaigns and their impact on health and wellbeing*

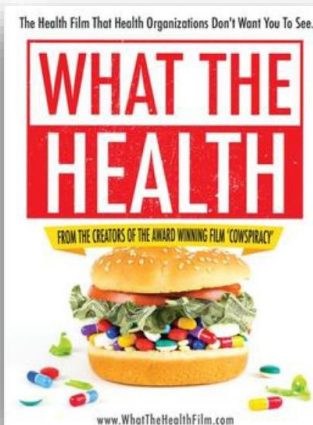
Assessment: PSA (internal assessment) duration 17 hours

# NETFLIX

**Babies**



**What the Health**



**Louis Theroux: Extreme love, Dementia**



**Five Feet Apart**



**Brain on Fire**



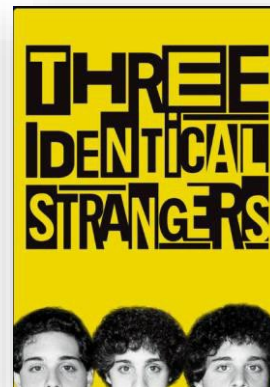
**Theory of Everything**



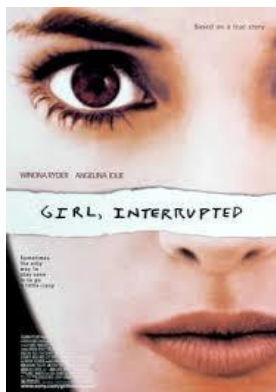
**Humans; Body Systems**



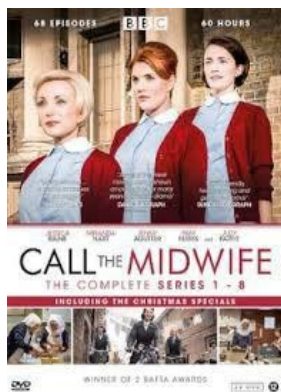
**Three identical strangers**



**Girl, interrupted**



**Call the Midwife**



**13 Reasons Why**



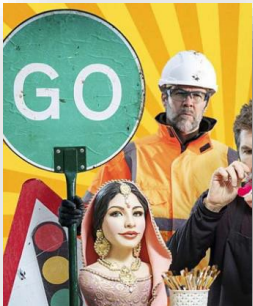
**The Game Changer (2018)**



**Recommended Watching for Health & Social**

# Not NETFLIX

Rhod Gilbert's  
Work Experience



Katie Price;  
Harvey and Me



Inside our  
Minds



Stacey Dooley  
9-5 Care  
Home



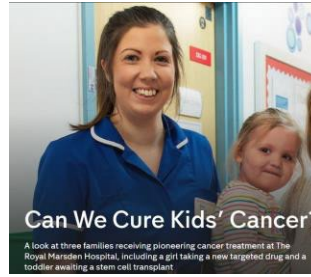
24 hours in  
A&E



Born to be  
different



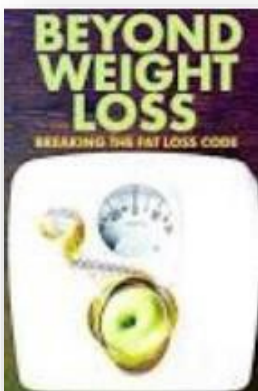
The Royal  
Marsden



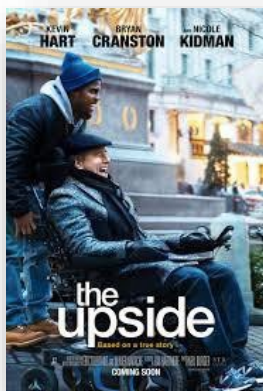
Losing it: Our  
mental health



Beyond weight  
loss



The Upside



ALLELUJAH



Miss you  
Already



No Netflix paid account

iPlayer  
BBC

All 4

Amazon  
Prime



# Dive into a boo



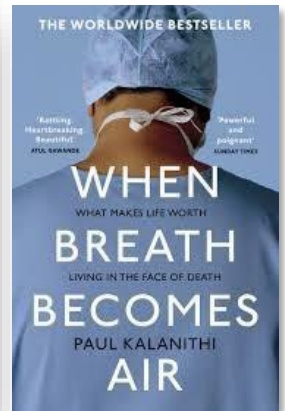
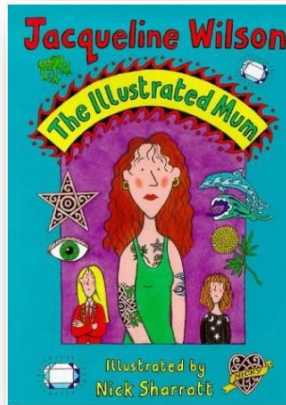
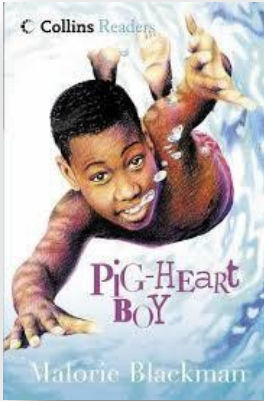
**Pig Heart Boy** by Malorie Blackman

**The Illustrated Mum** Jacqueline Wilson

**This is Going to Hurt** by Adam Kay

**When Breathe becomes Air** by Paul Kalanithi

Further Reading

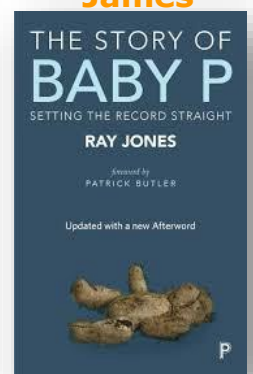
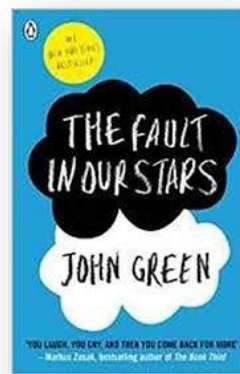
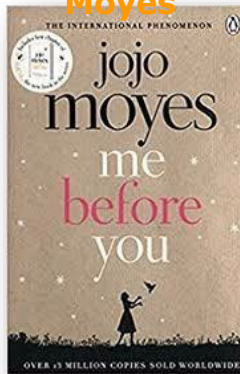


**The Hate U Give** by Angie Thomas

**Me Before you** by Jojo Moyes

**The Fault in Our Stars** by John Green

**The Story of Baby P** by Ray Jones

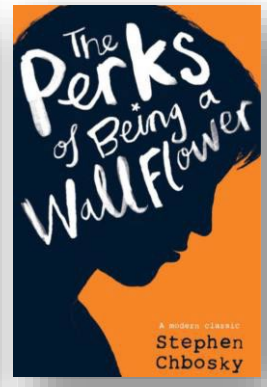
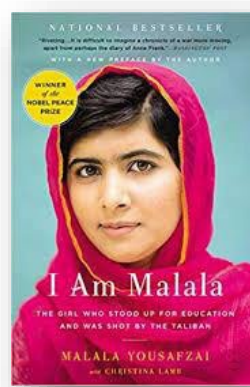
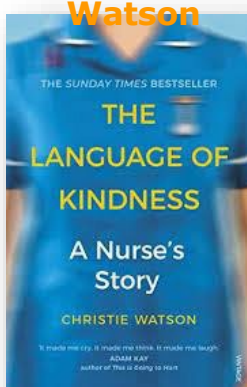
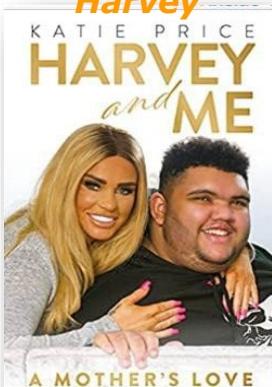


**Katie Price; Harvey**

**The Language of Kindness** by Christie Watson

**I am Malala** by Malala Yousafzai

**The Perks of Being a Wallflower**



**Recommended Reading for Health & Social Care**  
Yes, some of these are also films, if you prefer!



Follow

# Social Media

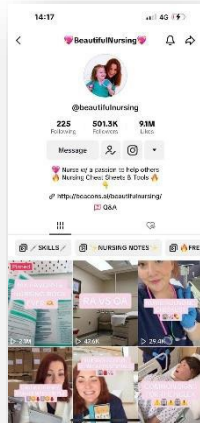


Follow

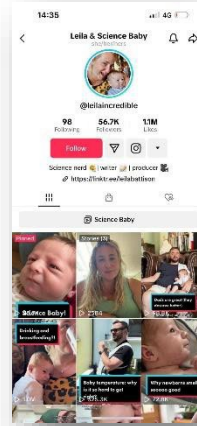
@midwifemama



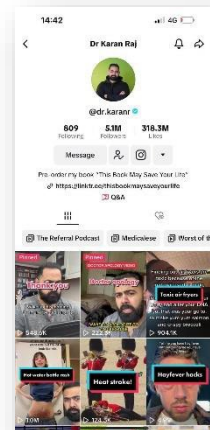
@beautifulnursing



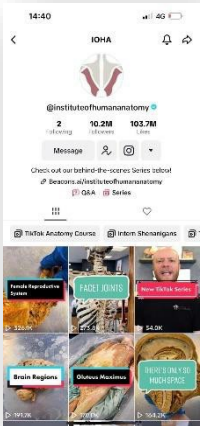
@leilaincredible



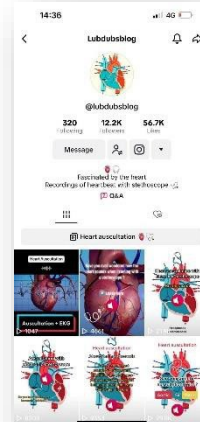
@dr.karanr



@instituteofh  
umananatom



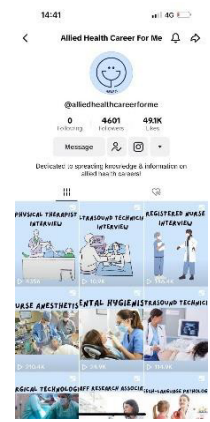
@lubdubsblog



@nhsuk



@alliedhealthcaref  
orme



Instagram Nurses.co.uk



nurses.co.uk Follow Message  
1,518 posts 21.8K followers 2,210 following  
Nurses.co.uk  
Medical & health  
The No.1 Nursing Jobs & Careers Site  
linktr.ee/NursingCommunity

@nursezara\_uk



If you have any others, you think are good, let us know



- Nurse Quotes
- STRIKE
- Cup of Care
- Nurse Interv...

# Health and Social Care in the Media



It is important to have a **broad understanding** of health care and social issues which affect services and professionals working for the NHS. One way of raising your awareness is to **prepare you before your course** starts with summer learning using different forms of media.

Your task is to pick...

- 2 Films
- 1 Book
- 2 Documentaries

You are then tasked with writing a **handwritten** report which is to be a **minimum of half side of A4 page per item** with the following title:

**'Discuss the issues [in the film/book or documentary] and impact on health care provision'**

**THIS SHOULD NOT BE TYPED.**

You must watch or read using examples on the previous slides or another media resource relevant to your learning.

Consider the following:

- What issues, if any, are being raised in the stimulus? E.g. dementia
- How does the stimulus present health? E.g. care for people with dementia
- Explain why the topic of the media source is relevant to your learning and whether you think it is helpful and why?

This list is NOT exhaustive there may be other questions/ideas you wish to consider as you watch or read – it would be lovely to share with us all.

*This will be submitted in your first Health and Social Care lesson.*

# Learning Log

Record here any additional reading/viewing you are undertaking in order to show what you have been completing in order to prepare you for the course. Use the reading list on the previous slides you have been given for guidance on what you could you watch/read/research

**You may use your own template if you wish.**

Date	Title	Summary of content	My thoughts

# GLOSSARY

**Task:** Research and define the following words which are words you will need to use correctly. Then, end column summarise the term visually to help you remember it. **You may create your own template if you wish.**

Term	Definition	Pic/image/draw w
Adolescence		
Advocate		
Attachment		
Care package		
Safeguarding		
Discrimination		
Diversity		
Empathy		
Ethical		

# GLOSSARY

Term	Definition	Pic/image/draw
Person-centred care		
Care values		
Holistic Approach		
Multi-disciplinary team		
Physiology		
Health and care legislation		
Risk Assessment		
Meeting people's needs		
Self-Esteem		

# An information leaflet task

**Research the government recommendations for the below lifestyle factors, pick one and produce an educational information leaflet;**

- **Alcohol units**
  - **Exercise**
  - **Hydration**
- **Nutritional diet**
  - **Sleep**
  - **Smoking**
- **Prescription and illegal drugs**

**This will be submitted in your first Health and Social Care lesson.**



# Submission Checklist

- 5 x 1/2 A4 page (minimum) reviews (handwritten)**
- Completed keyword list with picture**
- Information leaflet (may be word processed)**

## *Optional*

- Learning log of additional reading /watching/listening**

**To be submitted in the first lesson of Health and Social Care**