



**Summer Term  
Term 3**

# **Health & Social Care**

**Year 11**

**Name:** \_\_\_\_\_

**Tutor:** \_\_\_\_\_

*Care to Learn*

*Learn to Care*

## Year 11 Homework Timetable

<b>Monday</b>	English Task 1	Option A Task 1	Option C Task 1
<b>Tuesday</b>	Sparx Science	Option B Task 1	Sparx Maths
<b>Wednesday</b>	Sparx Maths	Science Task 1	Option C Task 2
<b>Thursday</b>	Option A Task 2	Sparx Catch Up	Option B Task 2
<b>Friday</b>	Science Task 2	English Task 2	

### Sparx Science

- Complete 100% of their assigned homework each week

### Sparx Maths

- Complete 100% of their assigned homework each week

Option A
French
Health and Social Care
Psychology
Performing Arts

Option B
History
Health and Social Care
Psychology

Option C
Health and Social Care
Psychology
Spanish
Sports Studies

**Half Term 5 (6 weeks) - Year 11**

<b>Week / Date</b>	<b>Homework task 1 Cornell Notes</b>	<b>Homework task 2 Exam Question</b>
Week 1 15th April 2024	<b>Cornell Notes on:</b> A Person-centred approach to improving health and well-being.	<b>Question:</b> Explain two positive effects of having a good income on health and wellbeing.
Week 2 22nd April 2024	<b>Revision Cards on:</b> Cultural Factors: Religion and Community Participation. Gender roles and expectations, gender identity and sexual orientation.	<b>Question:</b> Explain two potential long-term risks of having a high BMI on an individual's physical health.
Week 3 29th April 2024	<b>Cornell Notes on:</b> The impact of Life Events: Physical events, relationship changes and life circumstances.	<b>Question:</b> Explain two effects divorce could have on the intellectual well-being of an individual.
Week 4 6th May 2024	<b>Revision Cards on:</b> Recommendations and actions to improve health and wellbeing.	<b>Question:</b> Explain two positive effects of supportive relationships on health and well-being.

# Knowledge Organiser

## Component 3

# Health & Wellbeing



..from unhealthy to healthy.. your plan...

### PIES health & wellbeing impact of different types of life event:

- \* physical events
- \* relationship changes
- \* life circumstances

### Physical Factors

- o inherited conditions
- o physical ill health
- o mental ill health
- o physical abilities

### Social Factors

- o supportive and unsupportive relationships
- o inclusion & exclusion
- o bullying
- o discrimination.

### Cultural

- o religion
- o gender roles, identity and expectations
- o sexual orientation
- o community

### Lifestyle Factors

- o nutrition
- o physical activity
- o smoking
- o alcohol
- o substance misuse.

### Economic

- o employment situation
- o financial resources – income, inheritance, savings.

### Environmental

- o housing needs, conditions, location
- o home environment
- o exposure to pollution
- air, noise and light.

### Factors that affect Health & Wellbeing

**Person-centred care** ALL ABOUT THE INDIVIDUAL.. their circumstances, their needs to reduce health risks, individual's wishes, preferences and choices

Guidance from the government...



Eatwell plate guide proportions



Max 14 units alcohol



Health plan...  
Short-term  
Long-term



No smoke and nicotine



No legal or illegal drugs

Problems and solutions....

### Potential barriers

- o physical barriers
- o sensory disability
- o social and cultural backgrounds
- o language barrier or speech impairments
- o geographical barriers
- o resource barriers for service provider
- o financial barriers.

### Types or support to get and remain healthy:

- Formal support eg.GP
- Informal support eg. family

### Potential obstacles:

- o emotional/psychological
- o time constraints
- o availability of resources
- o unachievable targets
- o lack of support.

### Importance of a person-centred approach for people

more comfortable with recommendations, advice and treatment, more confidence, seen as unique and personal needs are met, increases the support available, improves their independence, more motivated, feel happier and more positive about their health and wellbeing.

### Importance of person-centred approach for staff and services

job satisfaction for staff, saves time for services, saves money and reduces complaints about health and social care services and workers.

### Recommendations for improving health:

- o Improving resting heart rate and recovery rate after exercise
- o Improving blood pressure and maintaining a healthy weight
- o eating a balanced diet and getting enough physical activity
- o quitting smoking, sensible alcohol consumption, stop substance misuse.

## Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)	or	Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 80	or	less than 60
Normal	80-120	and	60-80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	higher than 180	or	higher than 110

### Physiological indicators, measuring what's healthy and what's

Measuring good and not so good...

## Resting Heart Rate Chart

### Men (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	40 - 55	40 - 54	50 - 56	50 - 57	51 - 56	50 - 55
Excellent	56 - 61	55 - 61	57 - 62	56 - 63	57 - 61	56 - 61
Great	62 - 65	62 - 65	63 - 66	64 - 67	62 - 67	62 - 65
Good	66 - 80	66 - 70	67 - 70	66 - 71	66 - 71	66 - 69
Average	70 - 73	71 - 74	71 - 75	72 - 76	72 - 75	70 - 73
Below Average	74 - 81	75 - 81	76 - 82	77 - 83	76 - 81	74 - 79
Poor	82 +	82 +	83 +	84 +	82 +	80 +

### Women (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	54 - 60	54 - 59	54 - 59	54 - 60	54 - 59	54 - 59
Excellent	61 - 65	60 - 64	60 - 64	61 - 65	60 - 64	60 - 64
Great	66 - 69	65 - 68	65 - 69	66 - 69	65 - 68	65 - 68
Good	70 - 73	69 - 72	70 - 73	70 - 73	69 - 72	69 - 72
Average	74 - 78	73 - 76	74 - 76	74 - 77	74 - 77	73 - 76
Below Average	79 - 84	77 - 82	79 - 84	78 - 83	76 - 83	77 - 84
Poor	85 +	83 +	85 +	84 +	84 +	85 +

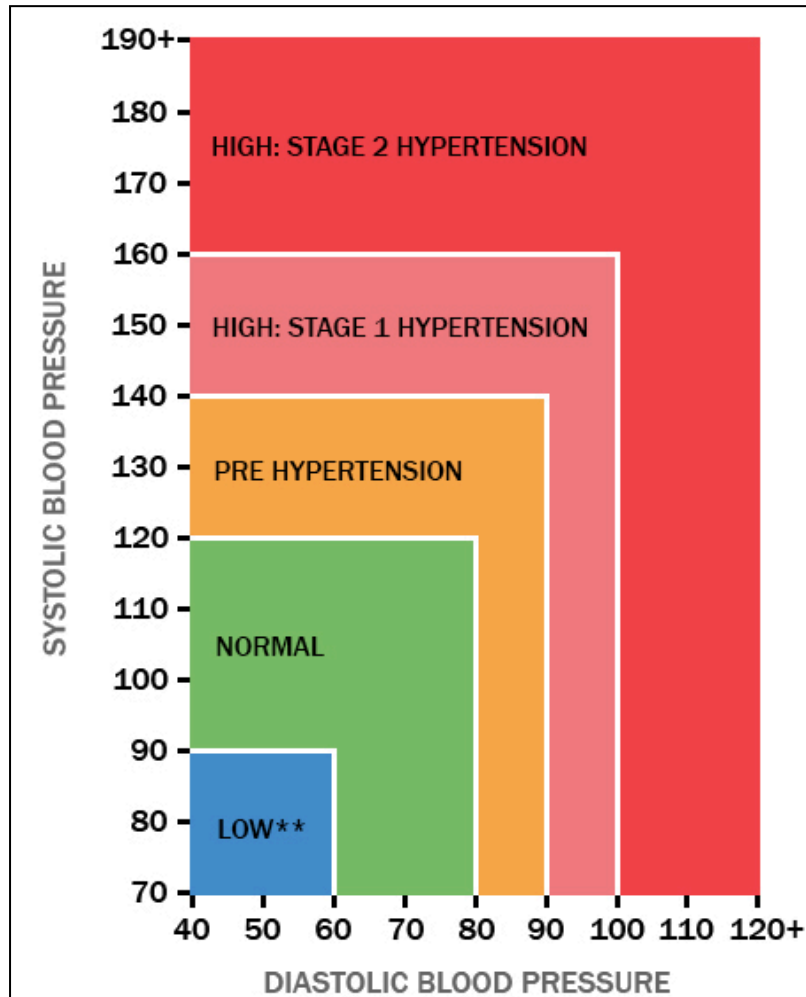
## BMI Chart

WEIGHT in	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
Age	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
HEIGHT in	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
5'0"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'1"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'2"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'3"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'4"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'5"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'6"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'7"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'8"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'9"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'10"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
5'11"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8
6'0"	40.5	47	53.6	60.2	66.8	73.4	80	86.6	93.2	99.8	106.4	113	119.6	126.2	132.8	139.4	146	152.6	159.2	165.8	172.4	179	185.6	192.2	198.8

Impact on current and future health risks

# Knowledge Organiser

## Physiological Indicators- Impact on current and future health risks:



### Resting Heart Rate Chart

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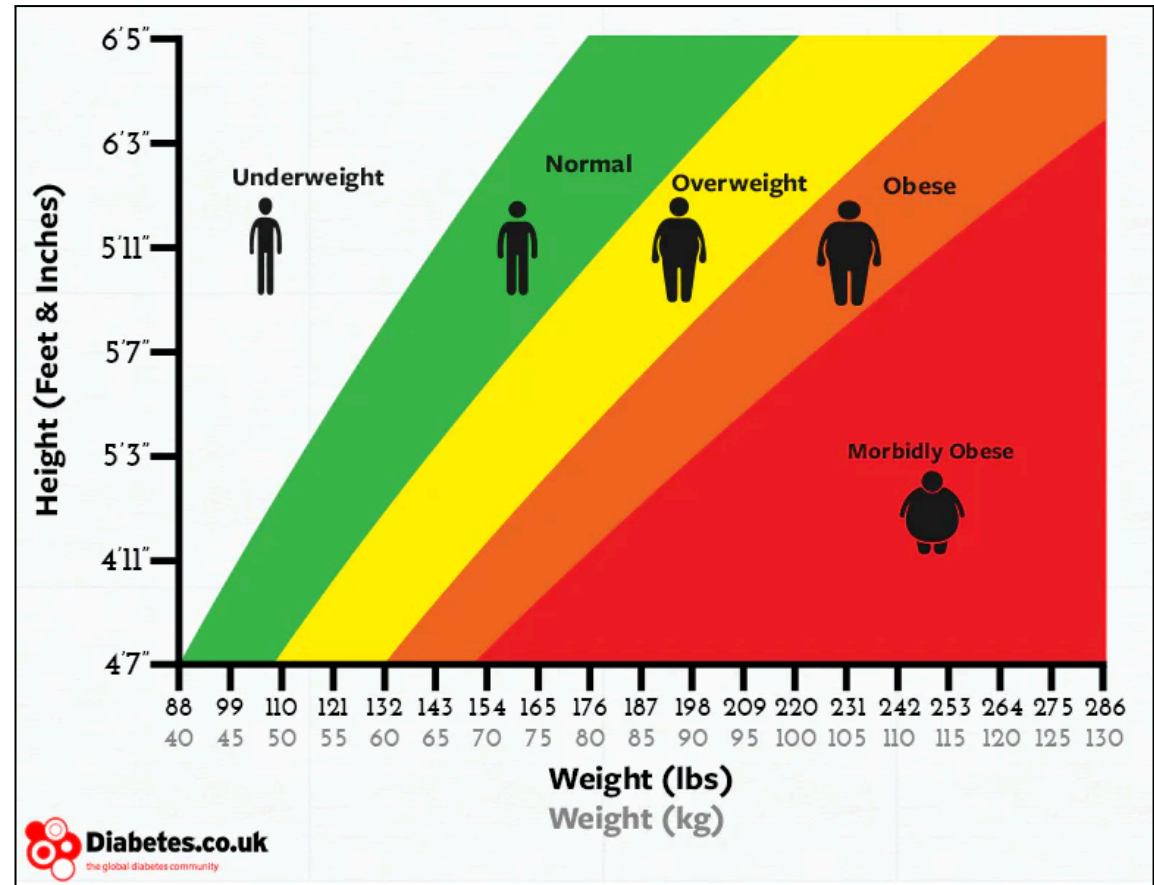
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Average	74 - 78	73 - 76	74 - 78	74 - 77	74 - 77	73 - 76
Below Average	79 - 84	77 - 82	79 - 84	78 - 83	78 - 83	77 - 84
Poor	85 +	83 +	85 +	84 +	84 +	85 +

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# Knowledge Organiser

## Physiological Indicators- Impact on current and future health risks:

BMI	CLASSIFICATION
Under 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 - 39.9	Obese
40 +	Extremely Obese



## STEP 2: CREATE CUES

**What:** Reduce your notes to just the essentials.

**What:** Immediately after class, discussion, or reading session.

**How:**

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

**Why:** Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

## STEP 1: RECORD YOUR NOTES

**What:** Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

**When:** During class lecture, discussion, or reading session.

**How:**

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

**Why:** Important ideas must be recorded in a way that is meaningful to you.

## STEP 3: SUMMARISE & REVIEW

**What:** Summarise the main ideas from the lesson.

**What:** At the end of the class lecture, discussion, or reading session.

**How:** In complete sentences, write down the conclusions that can be made from the information in your notes.

**Why:** Summarising the information after it's learned improves long-term retention.

# WEEK 1: Cornell Notes (Homework task 1)

<b>Date:</b> 15th April 2024	<b>Topic:</b> A Person-centred approach to improving health and well-being.	N/A
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Links	Notes
<b>Questions</b>	

**Summary**







# WEEK 3: Cornell Notes (Homework task 1)

<b>Date:</b> 29th April 2024	<b>Topic:</b> The impact of Life Events: Physical events, relationship changes and life circumstances.	N/A
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<b>Links</b>	<b>Notes</b>
<b>Questions</b>	

**Summary**







## Week 2

### Revision Card on: Cultural Factors

1. Name one reason why personal beliefs may prevent an individual from accessing health and social care services.
2. What is a 'Pride' march?
3. What does 'Diversity' mean?
4. Provide a reason for why gender roles and expectations may impact a person and how they access health and social care services.
5. If somebody is unable to express their gender identity, how could this impact their emotional development?
6. What does 'Gender expression' mean?

### Answers



## Week 4

### Revision Card on: Recommendations and actions to improve health and wellbeing.

1. A 22 year old adult has a pulse rate of 165 bpm during exercise. What could this indicate about his lifestyle?
2. A person has a reading of 160/ 93 mmHg for their blood pressure. Name a potential cause of this.
3. Explain a recommendation for a 40-year-old adult who drinks 3 units of alcohol per day.
4. Explain a recommendation for a 35 year old who smokes 20 cigarettes every day.
5. How much exercise should a 20 year old adult complete each week?
6. A 30 year old has a BMI of 37. Please provide them with a recommended action.

### Answers