

Health & Social Care Transition Project



You are about to begin the transition project to prepare you for studying Health and Social Care.

The course is split into 3 parts:

- Component 1: Human Lifespan and Development**
- Component 2: Health and Social Care services and values**
- Component 3: Health and wellbeing**

During year 10 you will complete components 1 and 2. These units are both assessed through coursework. During year 11, component 3 will be assessed through an external examination. This project seeks to prepare you for the key skills and knowledge needed for this course.

You can complete your work within this document. If you have any trouble, please let me know.

Mrs. R Lee

Component 1: Human Lifespan Development

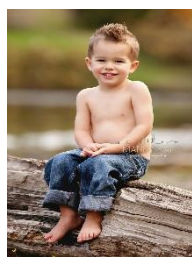


In this unit you will cover physical, intellectual, emotional and social development across the human lifespan, and look at key life events

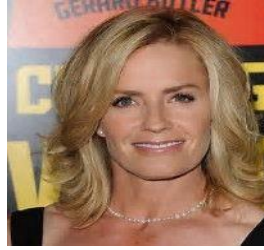
Research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Growth	
Development	
Norm	
Puberty	
Menopause	
Life expectancy	

For each image, write down the approximate age you think they are, then think of a word which could describe the life-stage they are in.

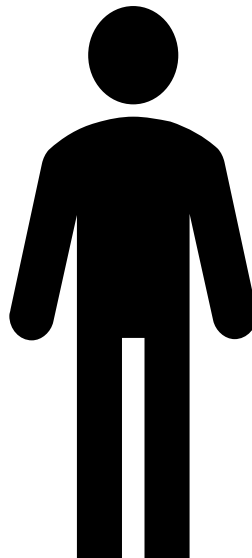


Age: _____ Age: _____ Age: _____ Age: _____
Life stage: _____ Life stage: _____ Life stage: _____ Life stage: _____

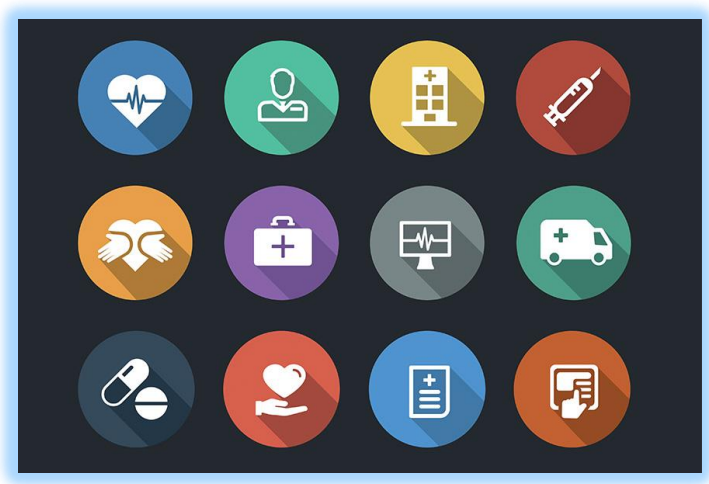


Age: _____ Age: _____ Age: _____
Life stage: _____ Life stage: _____ Life stage: _____

Around the person, list all the relationships you might have throughout your lifetime.



Component 2: Health and Social Care services and values



In this unit, you will cover the different types of health and social care services and the barriers which can stop individuals accessing them.

List as many jobs as you can you think of in the health and social care sector.

- Nurse

Research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Primary care	
Secondary care	
Tertiary care	
Allied health carer	
Empowerment	
Empathy	
Safeguarding	

Produce a brainstorm on the qualities and skills you think might be needed to make a good carer.



Component 3: Health and wellbeing

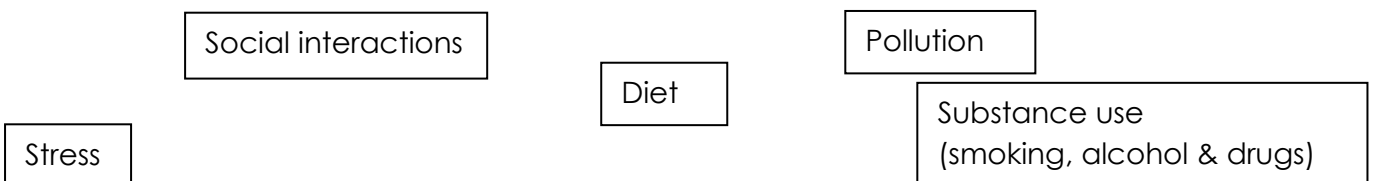


In this unit, you will cover the factors that have an effect on health and wellbeing.

What do you think makes a person healthy?

In **yellow**, highlight the factors you think might have a positive effect on the body.

In **blue**, highlight the factors you think might have a negative effect on the body.



Enough money

Exercise
Poor personal hygiene

Good access to healthcare

Illness & disease

Research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Wellbeing	
Barrier	
BMI	
Genetic inheritance	
Psychological	

Found out what the letters in following acronym stand for:

**S
M
A
R
T**