

Autumn 2, Spring 1, Spring 2

**Unit 1 Human Lifespan Development**

The unit provides you with the opportunity to explore how we grow and develop throughout our lives and to investigate the factors that affect this growth and development. You 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.

Outcome 1 – Explore human growth and development across life stage

Outcome 2 – investigate factors that affect human growth and development and how they are interrelated

**GLH 30hours**

Autumn 1, Autumn 2

**Unit 2 Health and social care values**

Health and Social Care values underpin good practice within the sector. These care values apply to all areas of health and social care work. In this unit you will gain an understanding of how these care values are applied in health and social care settings and their importance to work in the sector.

Outcome 1 - Explore the care values that underpin current practice in health and social care

Outcome 2 – Investigate ways of empowering individuals who use health and social care services

**GLH 30hours**

Spring 1, Spring 2

**Unit 5 Promoting Health and Wellbeing**

Being healthy can mean different things to different people. Many injuries and diseases can be prevented if people make healthy lifestyle choices and know how to reduce risks to their health. Health promotion is the area of health that raises awareness of these issues and educates people on how to be healthy. For example this could involve promoting the use of screening and vaccination to prevent disease or running campaigns designed to provide information about healthy lifestyle choices

Outcome 1 - explore the purpose, types and benefits of health promotion

Outcome 2 – investigate how health risks can be addressed through health promotion

**GLH 30hours**

Summer 1, Autumn 1

**Unit 6 – The Impact of Nutrition on Health and well being**

You will explore what is meant by a balanced diet and its effects on the body, for example raising immunity to infection and improving concentration. Learners 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 as it will help you support individuals to make the right choices to improve their health and well being.

Outcome 1 - explore the effects of balanced and unbalanced diets on the health and wellbeing of individuals

Outcome 2 - understand the specific nutritional needs and preferences of individuals

**GLH 30 hours**