




HSC COMPONENT 3

YEAR 11 TECH AWARD

			
LEARNING AIM A			
Definition of health and wellbeing: a combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness			
Physical and lifestyle factors that can have positive or negative effects on health and wellbeing: <ul style="list-style-type: none"> o genetic inheritance, including inherited conditions and predisposition to other conditions o ill health (acute and chronic) o diet (balance, quality and amount) o amount of exercise o substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs o personal hygiene 			
<ul style="list-style-type: none"> • Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing: <ul style="list-style-type: none"> o social interactions, e.g. Supportive/unsupportive relationships, social integration/isolation stress, e.g. work-related - willingness to seek help or access services, e.g. influenced by culture, gender, education 			
<ul style="list-style-type: none"> • Economic factors that can have positive or negative effects on health and wellbeing: <ul style="list-style-type: none"> o financial resources. 			
<ul style="list-style-type: none"> • Environmental factors that can have positive or negative effects on health and wellbeing: <ul style="list-style-type: none"> o environmental conditions, e.g. levels of pollution, noise o housing, e.g. conditions, location. • The impact of life events relating to relationship changes and changes in life circumstances 			

B Interpreting health indicators			
<ul style="list-style-type: none"> Physiological indicators that are used to measure health: <ul style="list-style-type: none"> pulse (resting and recovery rate after exercise) blood pressure peak flow body mass index (BMI). 			
<ul style="list-style-type: none"> Using published guidance to interpret data relating to these physiological indicators. 			
<ul style="list-style-type: none"> The potential significance of abnormal readings: risks to physical health 			
<p>B2 Lifestyle indicators Learners will interpret lifestyle data in relation to risks posed to physical health.</p> <ul style="list-style-type: none"> Interpretation of lifestyle data, specifically risks to physical health associated with: <ul style="list-style-type: none"> smoking alcohol consumption inactive lifestyles. 			
C Person-centered health and wellbeing improvement plans			
<ul style="list-style-type: none"> The importance of a person-centered approach that takes into account an individual's needs, wishes and circumstances 			
<p>Information to be included in plan:</p> <ul style="list-style-type: none"> recommended actions to improve health and wellbeing short-term (less than six months) and long-term targets appropriate sources of support (formal and/or informal). 			
<p>Potential obstacles to well being</p> <ul style="list-style-type: none"> emotional/psychological – lack of motivation, low self-esteem, acceptance of current state time constraints – work and family commitments availability of resources – financial, physical, e.g. equipment unachievable targets – unachievable for the individual or unrealistic timescale lack of support, e.g. from family and friends other factors specific to individual – ability/disability, addiction 			