

BTEC Tech Award HSC

Topic Learning aim A			
<p><u>HEALTH AND WELLBEING</u></p> <ul style="list-style-type: none"> • Definition of health and wellbeing • Explain what is meant by a holistic approach to health and wellbeing (PIES wellbeing) 			
<p><u>GENETIC INHERITANCE</u></p> <ul style="list-style-type: none"> • Inherited physical characteristics • Inherited conditions • Genetic predisposition and effects of inherited disorders 			
<p><u>ILL HEALTH</u></p> <ul style="list-style-type: none"> • Chronic illness • Acute illness • Accident and injury (the effects and managing effects) 			
<p><u>DIET AND EXERCISE</u></p> <ul style="list-style-type: none"> • Balanced diet and effects of an unbalanced diet • Types of exercise • Positive and negative effects of exercise 			
<p><u>PERSONAL HYGIENE</u></p> <ul style="list-style-type: none"> • Importance of hygiene • Negative effects of poor hygiene 			
<p><u>ALCOHOL</u></p> <ul style="list-style-type: none"> • Guidance for drinking • Negative effects of excessive alcohol on PIES 			
<p><u>SMOKING, NICOTINE AND DRUGS</u></p> <ul style="list-style-type: none"> • Reasons people smoke • Harmful chemicals • Negative effects of smoking on PIES • Misuse of drugs and the negative effects on PIES 			

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HEALTH AND WELLBEING

- Definition of health and wellbeing
- Explain what is meant by a holistic approach to health and wellbeing (PIES wellbeing)

GENETIC INHERITANCE

- Inherited physical characteristics
- Inherited conditions
- Genetic predisposition and effects of inherited disorders

ILL HEALTH

- Chronic illness
- Acute illness
- Accident and injury (the effects and managing effects)

DIET AND EXERCISE

- Balanced diet and effects of an unbalanced diet
- Types of exercise
- Positive and negative effects of exercise

PERSONAL HYGIENE

- Importance of hygiene
- Negative effects of poor hygiene

ALCOHOL

- Guidance for drinking
- Negative effects of excessive alcohol on PIES

SMOKING, NICOTINE AND DRUGS

- Reasons people smoke
- Harmful chemicals
- Negative effects of smoking on PIES
- Misuse of drugs and the negative effects on PIES

Topic Learning aim A

SOCIAL INTERACTIONS AND RELATIONSHIPS

- What is social integration?
- What is social isolation?
- The effects of relationships
- The types of relationships

STRESS

- The causes of stress
- The physical effects of stress

ASKING FOR HELP

- Barriers to seeking help
- Culture
- Gender

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Huxlow Academy BTEC Tech Award Health & Social Care PLCs

BTEC Tech Award HSC

Topic Learning aim C	RR		
<u>PERSON-CENTRED APPROACH</u> <ul style="list-style-type: none"> • Understand the approach • Benefits of a person-centred approach 			
<u>CARE VALUES</u> <ul style="list-style-type: none"> • The seven care values • 1. Empowerment and the barriers 			

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Topic Learning aim B			
<p><u>HEALTH</u></p> <ul style="list-style-type: none"> • Understand the indicators • Interpreting this data • Measurements of health (Pulse, BMI, blood pressure and peak flow) 			