



Getting Ahead – Pre-course Work

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Health & Social Care (Health Studies) Level 3 Extended Diploma

Welcome to the **BTEC Health and Social Care Level 3 (Health Studies)** In preparation for the start of the course, please complete these tasks and have them with you to hand in during your first week of college in September.

These tasks should take you approximately four and a half hours to complete and are designed to give you an introduction to the subject, and the expectations we have for you to complete at least four and a half hours of independent study, per subject, per week.

Task 1 – 6 Cs within Health and Social Care

Read up on the 6 Cs within health and social care. Take notes on the importance of each value and how they influence practice within health care.

<https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/03/introducing-the-6cs.pdf>

Task 2 – Human Lifespan and Development

Get ahead with your exam by reading up on some of the theories that you need to learn for your exam.

Bandura – Social Learning Theory

<https://www.simplypsychology.org/bandura.html>

Chomsky – Language Acquisition Device

<https://www.simplypsychology.org/language.html>

Task 3 – Physiological Disorders

Read up on diabetes as a physiological disorder. Write 300 words on the signs and symptoms that come with this disorder, how it can impact an individual, and available treatments. See if you can reference any websites that you use.

Reading list



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The following textbooks you will need for your course. If you are in receipt of a bursary they will be paid for by the bursary.

1. Course textbook 1

Pearson BTEC National Health and Social Care student book 1 for the 2016 specification ISBN 978-1-292-12601-2

https://www.amazon.co.uk/BTEC-Nationals-HealthSocialCare/dp/1292126019/ref=sr_1_1?s=books&ie=UTF8&qid=1465485996&sr=1-1&keywords=health+and+social+care++2016

2. Course textbook 2

Pearson BTEC National Health and Social Care Student Book 2: For the 2016 specifications (BTEC Nationals Health and Social Care 2016) ISBN-13: 978-1292126029

https://www.amazon.co.uk/BTEC-Nationals-Health-Social-Care/dp/1292126027/ref=pd_sim_14_6?ie=UTF8&psc=1&refRID=T8MHMQ9WHZXFB66MJST

3. Revision guide.

BTEC National Health and Social Care Revision Guide: Second edition (REVISE BTEC Nationals in Health and Social Care) Paperback – 19 Sept. 2017 ISBN-13: 978-1292230443

https://www.amazon.co.uk/National-Health-Social-Revision-Guide/dp/1292230444/ref=pd_sbs_14_1/258-2573756-1646411?encoding=UTF8&pd_rd_i=1292230444&pd_rd_r=586db69a-b832-435f-a951-6c64b7556747&pd_rd_w=sscCu&pd_rd_wg=dYcSK&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=9RNCPCCKDVJZNTX0M3M5N&psc=1&refRID=9RNCPCCKDVJZNTX0M3M5N

4. Revision workbook

BTEC National Health and Social Care Revision Workbook: Second edition (REVISE BTEC Nationals in Health and Social Care) Paperback – 7 Sept. 2017 **ISBN-13:** 978-1292230580



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https://www.amazon.co.uk/National-Health-Social-Revision-Workbook/dp/1292230584/ref=sr_1_1?dchild=1&keywords=btec+national+health+and+social+care+revision+workbook&qid=1593105035&s=books&sr=1-1

Websites to use for research and help with the course

- https://www.dignityincare.org.uk/_assets/Resources/Dignity/CSIPComment/Human_Rights_in_Healthcare.pdf
- <https://www.nmc.org.uk/standards/code/>
- <https://www.hcpc-uk.org/standards/standards-of-conduct-performance-and-ethics/>
- <https://www.skillsforhealth.org.uk/standards/item/217-code-of-conduct>
- <https://www.who.int/>
- <https://www.gov.uk/government/organisations/department-of-health-and-social-care>
- <https://cqc.org.uk/>
- <https://www.healthwatch.co.uk/>
- <https://www.theguardian.com/society>
- <https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/03/introducing-the-6cs.pdf>
- <https://www.skillsforcare.org.uk/Documents/Standards-legislation/6Cs/6Cs-in-social-care-guide.pdf>
- <https://www.skillsforcare.org.uk/Documents/Learning-and-development/Care-Certificate/Standard-4.pdf>
- <https://www.equalityhumanrights.com/en/equality-act-2010/what-equality-act>

Study tasks to do at home to help you get ahead with your knowledge before starting the course

General

Which NHS careers are you most suited to?

Take the quiz and read up about the job roles

<https://www.stepintothens.nhs.uk/careers/take-the-test>

Unit 1. Human Lifespan development.

Use the following link to explore the life stages across development. Read up and get ahead for your exam.



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<https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/periods-of-human-development/>

Unit 2. Working in Health and Social care.

Look at the website for British Sign Language and the different resources that you can use. Can you find out how to say your name in BSL?

<https://www.british-sign.co.uk/>

Unit 5 – Meeting individual care and support needs

Read this article and take the quiz at the end. Consider how our social class may affect our health.

<https://www.bbc.co.uk/news/magazine-34766169>

Unit 19. The impact of Nutrition on Health and Wellbeing

Look at the eat well plate on the website and the different foods we should eat to make a healthy balanced diet. Complete a food diary at home for the week. Do you think your diet is healthy?

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>