



Getting Ahead – Pre-course Work

#ThinkBrock

Health and Social Care Level 3 Extended Certificate (Equivalent to one A Level)

Welcome to the Health and Social Care. 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 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 hours of independent study, per subject, per week.

Task 1 and 2 – Human Biology and Health

Your first task is to create a mind map considering the impact of lifestyle factors on body systems. Research five different factors that link to healthy living and how this would affect the body systems.

Websites to support you with your task.

<https://www.verywellhealth.com/organ-system-1298691>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10650398/>

After you have created the mind map, find a research paper from the last two years, which focuses on one of the lifestyle factors you have chosen. Summarise your findings in no more than 250 words.

Websites to support you with your task:

<https://www.nice.org.uk/>

<https://www.gov.uk/government/organisations/public-health-england>

<https://www.nhs.uk/healthier-families/>

Getting Equipped

You will need the following:

- Stationery (pens, pencils, a ruler)
- Paper
- Access to a computer, laptop or another device to support you with your work