



Getting Ahead – Pre-course Work

#ThinkBrock

T Level 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.

Getting Equipped

You will need the following for when you start college:

- Access to a computer or tablet with internet access
- A notebook or folder to organise your work
- Pens, pencils and highlighters

Task 1 – Understanding the NHS and Healthcare Values

Research the National Health Service (NHS) and the values that underpin healthcare practice in the UK.

Your Task

Produce an information leaflet or poster that includes:

- The six NHS values
- What is meant by person-centred care
- Why these values are important in healthcare settings
- Examples of how healthcare professionals demonstrate these values in practice

Suggested Reading and Research

NHS Values:

<https://www.nhs.uk/nhsengland/thenhs/about/pages/nhscoreprinciples.aspx>

Personalised Care:

<https://www.england.nhs.uk/personalisedcare/>

Evidence to Submit

- A one-page leaflet or poster
- A short written explanation (approximately 300 words)

Task 2 – Exploring a Career in Health



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T Level Health can lead to a wide range of careers within the healthcare sector.

Your Task

Choose one of the following careers:

- Adult Nurse
- Midwife
- Paramedic
- Occupational Therapist
- Healthcare Support Worker
- Radiographer

Create a one-page career profile which includes:

- Main duties and responsibilities
- Qualifications required
- Essential skills and qualities
- Typical working environment
- Career progression opportunities
- Why this role interests you

Suggested Reading and Research

NHS Careers:

<https://www.healthcareers.nhs.uk>

Health T Level Information:

<https://www.tlevels.gov.uk/students/subjects/health>

Evidence to Submit

- A one-page career profile with images and references.

Task 3 – Health Promotion Project

Healthcare professionals play an important role in promoting healthy lifestyles and preventing illness.



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Your Task

Choose ONE of the following topics:

- Mental Health Awareness
- Obesity
- Smoking and Vaping
- Diabetes
- Physical Activity and Wellbeing

Research the topic and produce either:

- A four-slide presentation

Your work should include:

- What the health issue is
- Causes and risk factors
- Effects on individuals and society
- Prevention strategies

Suggested Reading and Research

NHS Health A-Z:

<https://www.nhs.uk/conditions/>

NHS Live Well:

<https://www.nhs.uk/live-well/>

Mental Health Information:

<https://www.nhs.uk/mental-health/>

Evidence to Submit

- Presentation

Presentation Standards

Please ensure all work:

- Is clearly labelled with your name
- Uses appropriate headings and subheadings
- Includes references for all sources used



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- Demonstrates good spelling, punctuation and grammar
- Is presented professionally

We look forward to welcoming you to T Level Health Studies in September.