



BTEC FIRST AWARD IN HEALTH & SOCIAL CARE

# Health & Social Care

## Units of Study

### Unit 1 – Human Lifespan Development

This unit provides you with the opportunity to explore how we grow and develop throughout our lives and to investigate the factors that affect this growth and development. You will go on to consider how these factors are interrelated.

### Unit 2 - Health and Social Care Values

In this unit you will gain an understanding of how these care values are applied in health and social care settings, and their importance to work in the sector. You will apply these values in practice. Through this activity you will develop skills that will be of use in all careers in the health and social

care sector. The values described in this unit may be applied to daily life, and to a variety of careers outside the health and social care sector.

### Unit 5 – Promoting Health & Wellbeing

This unit explores some of the reasons why health-promotion activities are carried out, and the benefits of health-promotion work both for individuals and for the health and wellbeing of the nation as a whole. You will also explore the different forms of health-promotion activities that are used by health care workers.



### Unit 6 – The Impact of Nutrition on Health & Wellbeing

In this unit, you will explore the nutritional needs of individuals at different stages of their lives. You will also learn more about the specific diets that some individuals need, for example individuals with allergies or other particular dietary needs. This unit will also enable you to understand some of the personal preferences individuals may have with regard to their diet.