

A Level Health and Social Care Curriculum Plan

2 year programme of study



Year 12

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 4 – Anatomy and Physiology												
	Anatomy and physiology for health and social care Understanding the cardiovascular system, there malfunctions and their impact on individuals.			Anatomy and physiology for health and social care Understanding the respiratory system, there malfunctions and their impact on individuals.		Anatomy and physiology for health and social care Understanding the digestive system, there malfunctions and their impact on individuals.		Anatomy and physiology for health and social care Understanding the musculoskeletal, there malfunctions and their impact on individuals.		Anatomy and physiology for health and social care Understanding the control and regulatory systems, there malfunctions and their impact on individuals.		Anatomy and physiology for health and social care Understanding the sensory system, there malfunctions and their impact on individuals.	
	Unit 10 – Nutrition for Health												
	Know nutritional and diet guidelines			Understand the functions of nutrients						Understand factors which influence nutritional health		Be able to make recommendations to improve nutritional health	
	Unit 7 - Safeguarding												
- Understand types and signs of abuse - Understand factors which may lead to abusive situations			- Understand legislation, regulatory requirements and guidance which govern the safeguarding of adults, young people and children - Understand how to deal with suspected abuse and disclosures of abuse						- Understand working strategies and procedures for the safeguarding and protection of adults, young people and children - Understand how workers within health, social care and child care environments can minimise the risk of abuse				

Spring	Unit 14 – Long term physiological conditions											
	Know what long-term physiological conditions are; their causes and symptoms	Be able to support individuals with long-term physiological conditions to plan their care and support	Understand effects of long-term physiological conditions	Know about end of life care								
Summer	Unit 2 – Equality, Diversity and Rights											
	Understand concepts of equality, diversity and rights and how these are applied in the context of health, social care and child care environments	Understand the impact of discriminatory practices on individuals in health, social care and child care environments	Understand how current legislation and national initiatives promote anti-discriminatory practice in health, social care and child care environments	Understand how equality, diversity and rights in health, social care and childcare environments are promoted.								
	Unit 15 – Promoting Health and Wellbeing											
	- Understand reasons for maintaining a healthy lifestyle - Understand the use of strategies and campaigns and the roles of professionals in promoting health and wellbeing	- Understand factors that influence responses to the promotion of health and wellbeing - Be able to implement and evaluate a campaign promoting health and wellbeing										
Exams	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

Autumn	Unit 4 – Anatomy and Physiology					
	• Composition of blood • Functions of blood • Structure of heart • Function of heart • Control and regulation of cardiac cycle • Types, structure and functions of blood vessels • Formation of tissue fluid and lymph • Cardiovascular malfunctions – possible causes and effects on the individual	• Structure of respiratory system, • Inspiration and expiration • Gaseous exchange • Cellular respiration • Respiratory malfunctions	• Gross structure of digestive system and functions of component parts • Mechanical and chemical digestion • Digestive roles of liver and pancreas, • Absorption and assimilation	• Structure of bone • Types of joint • Components of a synovial joint • Muscle action around a joint • Musculoskeletal malfunctions – possible causes and effects on the individual • Monitoring	• Components of nerve systems • Structure and function of brain • Nerve action • Organisation and function of endocrine system, • Structure of kidney • Functions of kidney	• Structure of the eye • Structure of the ear • Malfunctions of eye and ear – possible causes and effects on the individual
Spring	Unit 7 - Safeguarding					
	• Types of abuse ○ physical ○ sexual ○ emotional/psychological neglect ○ financial ○ institutional (e.g. sexual) • Signs of these types of abuse	• Adults, young people and children most at risk from abuse due to • Environmental factors that may make abuse more likely, • Other factors that may make abuse more likely • Current Applicable legislation • People who might suspect or be told about abuse • How to deal with disclosures of abuse and suspected abuse • Minimising the risk of abuse	• Developing the confidence and resilience of individuals who receive care and support • The policies and procedures that health and social care settings should have in place to safeguard vulnerable adults from abuse	• The policies and procedures that health and social care/child care environments should have in place to safeguard children from abuse		
Summer	Unit 2 – Equality, Diversity and Rights					
	• Concepts • Application of the concept • the values of care in child care services • Support networks	• Individuals affected • Impact on individuals • Key aspects of current Legislation • Overview of national initiatives			• Applying best practice in health, social care or child care environment	

	Discriminatory practices	The impact of legislation and national initiatives	Explaining discriminatory practice in health, social care or child care environments
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Coursework

Coursework	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 10 -Nutrition											
	- Dietary intake guidelines - Energy balance - Nutritional measures - Food labelling regulations	- Nutrients - macro nutrients - micro nutrients - energy - Functions - Dietary needs of individuals - Effects of nutritional deficiencies				- Health factors - Lifestyle factors - Economic factors - Sociocultural factors - Educational factors - Personal preference - Fluid balance - Labelling			- Record food intake - Review sources of nutritional information - Quantitative analysis - Compare to daily recommended intakes - Create nutritional plan - Analyse lifestyle influences			
Spring	Unit 14 – Long term Physiological Conditions											
	- Types - chronic illness - neurological conditions - degenerative conditions - Causes - Symptoms - Biological explanations			- Daily effects - Ways of monitoring - Treatment - Barriers to treatment			- Current frameworks - Local service provisions - Practitioners - Third sector - Best practice to support individuals			- End of life strategies and interventions - Regulatory frameworks - Ethics - Morals		
Summer	Unit 15 – Promoting Health and Wellbeing											
	- Personal benefits of regular physical activity - Personal benefits of healthy eating - Benefits to society of maintaining a healthy lifestyle - Adverse life style choices			- Health promotion strategies - Design principles - Government papers/initiatives/legislation - National campaigns - Targets - The roles of professionals in promoting health and wellbeing			- Routines to support health and wellbeing - Barriers to following health advice - Possible conflicts - Role of media			- Aims and objectives, - Target audience - Context - Choice of approach - Choice of media - Measurable outcomes - Evaluation		

Year 13

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Unit 5 – Infection Control											
	Understand infection control in health and social care			Know the chain of infection		Be able to control the spread of infection			Understand the role of the health and social care worker in controlling infection			
	Unit 6 – Person – Centred Approach											
	Understand personalisation in health and social care			Understand what is meant by a person-centred approach to care		Understand methods used to implement a person centred approach			Know how to plan and conduct review meetings using a person-centred approach			
	Unit 3 – Health, Safety and Security											
	Understand potential hazards in health, social care and child care environments			Understand how legislation, policies and procedures promote health, safety and security in health, social care and child care environments		Understand the roles and responsibilities involved in health, safety and security in health, social care and child care environments			Know how to respond to incidents and emergencies in a health, social care or child care environment			
Spring	Unit 21 – Looked After Children								Unit 1 – Building relationships			
	Know the types and causes of learning disabilities			Understand the difficulties that may be experienced by individuals with learning disabilities		Be able to support individuals with learning disabilities to plan their care and support			Understand relationships in health, social care or child care environment Understand the factors that influence the building of relationships			
Summer	Unit 1 – Building Relationships					Revisit any Work						
	Understand how a person-centred approach builds positive relationships in health, social care or child care environments. Be able to use communication skills effectively to build positive relationships in a health, social care or childcare environment.											

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Autumn	Unit 6 – Person – Centred Approach											
	• Definition of personalisation • Key features of personalisation • Benefits of personalisation to an individual • Impacts of personalisation • Legislation underpinning personalisation • Role of local authority	• Person-centred approach • Historic overview • Challenges to adopting a person-centred approach • Methods for overcoming challenge				• Tools to find out what is important to/for a person • Tools that enhance voice, choice and control • Tools to clarify roles and responsibilities in the care relationship			• Review meetings • Planning and preparing for review meetings • Conducting review meetings			
Spring	Unit 3 – Health, Safety and Security											
	• Types of hazard • Potential impacts of hazards for individuals who require care or support, employees and employers • Harm and abuse • Types of settings	• Legislation • Safeguarding • Influences • Implementation • Review of Policies				• Roles • Responsibilities • Consequences			• Incidents and Emergencies • Responses • Responsibilities of a first aider			
Summer	Retaken Exam Units Only											