



SUBJECT & QUALIFICATION: OCR Level 1/Level 2 Cambridge National in Health and Social Care

Why is the study of Sports Studies important?

Health and Social Care is a course that introduces you to the specialist knowledge and skills needed to work in a variety of care settings. Underpinning the qualification, is a focus on core values and communicating with individuals so as to maintain their dignity and a sense of being valued. The content covered within this course is not only relevant to everyday life, but also gives you the chance to fully explore and understand the requirements and skills needed to work in a variety of different health, social care and early years settings.

The exam board and specification we follow is OCR Level 1/2 Cambridge Nationals in Health and Social Care. Throughout the study of this qualification, you will complete a wide variety of units that include both a practical assessment as well as written coursework. The compulsory units allow students to really submerge themselves into a health, social care mindset, enabling them to think like care practitioners as well as act like them. This subject broadens horizons for you and gives a real life insight into what working in this type of profession really involves.

What skills will the study of Health and Social care teach you?

You will grasp a variety of new skills from undertaking this subject. These include;

- Understanding how to support individuals to maintain their rights
- Understand the importance of the person-centred values and the impact of maintaining these on service users and providers
- Learn a range of measures to prevent the spread of infection alongside and how different settings use safety and security measures to protect individuals
- Understand the personal qualities that contribute to effective care
- Understand the importance of safeguarding and how this applies to different groups and settings
- Be able to communicate effectively in a health and social care setting understanding how to adapt appropriately for the needs of an individual
- Understand the different stages of life and what development will occur in each
- Understand a range of factors that could impact an individual's development
- Have the knowledge of how to complete independent research in order to suggest appropriate methods of support
- Understand what some of the current health challenges are nationally and locally
- Understand how health promotion campaigns work on different scales
- Be able to plan and create, and then evaluate a health and promotion campaign



OPEN ELEMENT SUBJECT OVERVIEW

What will you know and understand from your study of Health and Social care?

You will study a variety of modules throughout the course.

These include;

- Principles of care in health and social care settings
- Supporting individuals through life events
- Health Promotion Campaigns

Within all of these modules, you will have the chance to complete practical assessments and tasks as well as written coursework documents that solidify and evidence the knowledge you have learnt. This includes conducting a face to face interview and preparing and presenting a health promotion campaign. Theory wise, you will complete set assignments from the exam board that include, powerpoint presentations, report style writing, completing tables and graphs as well as script writing. All of these tasks will give you the chance to excel in a number of different ways as well as gaining new skills and knowledge surrounding things they are not so confident with. By offering both practical and theory based elements, it contributes to your learning and development in a variety of ways allowing you to maximise your achievement.

How can you deepen your understanding of Health and Social care?

Throughout the study of this subject, you will have the chance to attend scheduled enrichment sessions within the academic year that will be tailored to your needs. Whether that be coursework catch-up or preparation and revision for your exam.

How are you assessed in Health and Social Care ?

There are 6 assessment points each year that we term Praising Stars©. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Health and Social Care curriculum. Students are assessed through two coursework modules that include small elements of practical work as well as a written one hour and 15 minutes long exam paper which is compulsory through the exam board.

Key Assessment Objectives

Mandatory units;

R032 Principles of care in health and social care settings

R033 Supporting individuals through life events

Optional units;

R034 Creative and therapeutic activities



OPEN ELEMENT SUBJECT OVERVIEW

R035 Health promotion campaigns
PO1: Recall knowledge and show understanding
PO2: Apply knowledge and understanding
PO3: Analyse and evaluate knowledge, understanding and performance
PO4: Demonstrate and apply skills and processes relevant to the subject area

Coursework requirements

R033: Supporting individuals through life events This unit is assessed by a Set Assignment. In this unit you will learn about growth and development through the life stages. You will also learn how to understand the needs of individuals who have been affected by life events and how to recommend support to meet their needs.

Topics include:

- Topic Area 1 Life stages
- Topic Area 2 Impacts of life events
- Topic Area 3 Sources of support

R034: Creative and therapeutic activities This unit is assessed by a Set Assignment. In this unit you will research therapies and learn about how they can benefit people. You will also learn about the benefits of creative activities and you will plan and deliver a creative activity to a group or individual.

Topics include:

- Topic Area 1 Therapies and their benefits
- Topic Area 2 Creative activities and their benefits
- Topic Area 3 Plan a creative activity for individuals or groups in a health or social care setting
- Topic Area 4 Deliver a creative activity and evaluate your own performance

How can Health and Social care support your future?

This qualification will help students to develop:

- Valuable communication skills that are extremely attractive in the modern workplace
- An understanding of the rights of individuals and person-centred values and how to apply these when working with service users
- Vital knowledge and understanding of how to protect individuals through infection prevention, safeguarding and safety and security measures
- An understanding of growth and development through the life stages
- An understanding of life events and how to support individuals through them
- Transferable skills, such as evaluation, planning, presentation/delivery and research skills.


Study of Health and Social care can lead to a wide range of careers:

- Ambulance Service careers
- Careers in pharmacy
- Careers in social care
- Careers in the Allied Health Professions
- Clinical psychologist
- Dental careers
- Healthcare scientist
- Medical career - doctor
- Nursing and midwifery
- Optometrist
- Wider healthcare team

Health and Social Care Course Overview

Term	Year 1	Year 2
Autumn 1	Using basic first aid procedures	Essential Values of Care for use with individuals in care settings
Autumn 2	Using basic first aid procedures	Essential Values of Care for use with individuals in care settings
Spring 1	Using basic first aid procedures	Communicating and working with individuals in health, social care and early years settings
Spring 2	Understanding the nutrients needed for good health	Communicating and working with individuals in health, social care and early years settings
Summer 1	Understanding the nutrients needed for good health	Essential Values of Care for use with individuals in care settings/Communicating and working with individuals in health, social care and early years settings
Summer 2	Understanding the nutrients needed for good health	