



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.

Why is the study of Health and Social Care important?

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 you to really submerge yourselves into a health, social care and early years 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 values of care and how they are applied
- Understand how legislation impacts upon care settings
- Understand how personal hygiene, safety and security measures protect individuals
- Understand how to communicate effectively
- Understand the personal qualities that contribute to effective care
- Be able to communicate effectively in a health, social care and early years setting
- Know the dietary needs of individuals in each life stage
- Be able to create dietary plans for specific dietary needs
- Be able to produce nutritional meals for specific dietary requirements
- Be able to assess scenes of accidents to identify risks and continuing dangers
- Understand the first aid procedures for a range of injuries
- Be able to apply basic first aid procedures

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;

- Essential Values of Care for use with individuals in care settings
- Communicating and working with individuals in health, social care and early years settings
- Understanding the nutrients needed for good health
- Using basic first aid procedures

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 practical role play surrounding communication methods, becoming level one first aid trained and finally planning and cooking a nutritionally balanced meal. 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 this subject 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. As well as this, a level one first aid qualification is gained throughout the first year of the course through a day of collapsed timetabled lessons, which allows you to become trained in how to deal with a variety of first aid scenarios.

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 x3 coursework modules that include elements of practical work as well as a written one hour exam paper which is compulsory through the exam board. Students will first sit the exam in January and again in June if necessary.

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

OCR Level 1/2 Cambridge National Certificate in 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	

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