

Module/Unit of Learning	Taught During	What will students learn?	What enriching opportunities will students engage in?	Links to other subjects
<p>Component 3 40% External Exam</p> <p>A – Factors that affect Health and Wellbeing</p> <p>B – Interpreting Health Indicators</p> <p>C – Health and Wellbeing Improvement Plans</p>	<p>Autumn & Spring Term</p>	<p>A1: Factors affecting health and wellbeing</p> <ul style="list-style-type: none"> ➤ Definition of health and wellbeing ➤ Physical and lifestyle factors ➤ Social, emotional and cultural factors ➤ Economic factors ➤ Environmental factors ➤ The impact of life events relating to relationship changes and changes in life circumstances. <p>B1: Physiological indicators</p> <ul style="list-style-type: none"> ➤ Physiological indicators that are used to measure health: <ul style="list-style-type: none"> - Pulse (resting and recovery rate after exercise) - Blood pressure - Peak flow - Body mass index (BMI). ➤ Using published guidance to interpret data relating to these physiological indicators ➤ The potential significance of abnormal readings: risks to physical health <p>B2: Lifestyle indicators</p> <ul style="list-style-type: none"> ➤ Interpretation of lifestyle data, specifically risks to physical health associated with: <ul style="list-style-type: none"> - Smoking - Alcohol consumption 	<p>Component 3 will include:</p> <p>Research</p> <p>Case Studies</p> <p>Past Papers</p> <p>Analyse and interpret Data</p> <p>Health Indicators</p> <p>Create Health Improvement Plans</p> <p>External Exam (Jan/Feb)</p> <p>May/June – Resit opportunity)</p>	<p>CLASS</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>Child Development</p>

		<ul style="list-style-type: none"> - Inactive lifestyles <p>C1: Health and wellbeing improvement plans</p> <ul style="list-style-type: none"> ➤ The importance of a person-centred approach that considers an individual's needs, wishes and circumstances. ➤ Information to be included in plan: <ul style="list-style-type: none"> - recommended actions to improve health and wellbeing - short-term (less than 6 months) and long-term targets - appropriate sources of support (formal and/or informal). <p>C2: Obstacles to implementing plans</p> <ul style="list-style-type: none"> ➤ Potential obstacles: <ul style="list-style-type: none"> - Emotional/psychological – lack of motivation, low self-esteem, acceptance of current state - Time constraints – work and family commitments - Availability of resources – financial, physical, e.g. equipment - Unachievable targets – unachievable for the individual or unrealistic timescale - Lack of support, e.g. from family and friends - Other factors specific to individual – ability/disability, addiction - Barriers to accessing identified services. 		
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