

# HEALTH & SOCIAL CARE



**Examination Board:** OCR Level 3 Cambridge Advanced National in Health and Social Care (AAQ) – Extended Certificate (Equivalent to 1 A-Level)

**Subject Leader:** Mrs K Barlow-Davenport

**Teachers:** Ms J Camm, Mrs B Morris-Brown



## Assessment Structure Overview

The Extended Certificate involves a mix of external and internal assessment:

- **External Assessment (40%):** Two written exams (F090 and F091).
- **Non-Examined Assessment (NEA) (60%):** Four controlled assessment coursework units (F092, F093, F096, F097).

### Year 12

| Unit | Topics/Unit Title                                                                                                                                                                                                                                                                                                                                                                                                                                    | Assessment                   |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| F090 | <b>Principles of Health and Social Care</b><br>This unit provides the foundational knowledge for working in the sector. Topics include: <b>Equality, Diversity, and Rights</b> in care settings. Key <b>Legislation</b> and policies (e.g., Equality Act, Children Act). <b>Managing Hazards, Health &amp; Safety</b> procedures. <b>Best Practice</b> including the roles, responsibilities, and values of care professionals (e.g., the 'Six Cs'). | External (Exam)<br>1.5 hours |
| F092 | <b>Person-centred Approach to Care</b><br>This unit explores the values and practices that underpin personalised care. Topics include: The <b>Person-Centred Approach</b> context and principles. <b>Meeting Needs and Providing Support</b> for individuals' physical, emotional, social, and intellectual needs. <b>Communication Skills</b> for effective person-centred care. <b>Ethical Issues</b> in personalising care.                       | Internal NEA<br>15%          |
| F093 | <b>Supporting People with Mental Health Conditions</b><br>This unit provides knowledge about mental health and how to support individuals effectively. Topics include: <b>Definitions and Views of Mental Health</b> . Exploring the main <b>Mental Health Conditions</b> and their impact. <b>Provision of Mental Health Services</b> (e.g., NHS, third sector). <b>Treatment and Support</b> options.                                              | Internal NEA<br>15%          |

### Year 13

| Unit | Topics/Unit Title                                                                                                                                                                                                                                                                                                                                                      | Assessment                   |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| F091 | Exam unit, covering the structure and function of the human body. This is the second mandatory exam unit, covering the structure and function of the human body. Topics include: <b>Cardiovascular System. Respiratory System. Digestive System. Musculoskeletal System. Control and Regulatory Systems</b> (Nervous, Endocrine, Urinary). <b>Reproductive System.</b> | External (Exam)<br>1.5 hours |

|      |                                                                                                                                                                                                                                                                                                                                                                                          |                     |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| F096 | <b>Supporting People in Relation to Sexual Health, Pregnancy and Postnatal Health</b><br>This unit focuses on key aspects of reproductive and sexual health. Topics include: <b>Sexual Health</b> (relationships, consent, law). <b>Contraception and STIs</b> . <b>Pregnancy and Birth</b> (antenatal and perinatal care). <b>Postnatal Health</b> (support for parents and new-borns). | Internal NEA<br>15% |
| F097 | <b>Supporting Healthy Nutrition and Lifestyles</b><br>This unit covers the essential role of diet and physical activity in promoting health. Topics include: <b>Healthy Eating Guidelines</b> and a balanced diet. <b>Nutritional Labelling</b> . <b>Physical Activity Guidelines</b> for different age groups. The Impact of Lifestyle on health issues.                                | Internal NEA<br>15% |

|                     |                                                                                                                                                                              |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Combination Pathway | A combination of 2 A levels and BTEC L3 Health and Social Care 5 You will need: 5 grade 5's including English & Maths. A level 4 or above in science would be desirable too. |
| Bespoke Pathway     | A combination of an A level subject and BTEC Health and Social Care & English/Maths resit GCSE 5 grade 4's including science.                                                |

## Why should I study Health and Social Care?

- Learning about Health and Social Care helps you to understand the real impact of people living with conditions or illnesses such as the social, financial and psychological. This makes a difference to peoples' lives and leads to job satisfaction
- Health and Social Care helps you to understand the legislation and guidance so you can help others access the care and support they are entitled to
- Healthcare is one of the fastest growing sectors in the country with high employability rates and as the population lives longer, this is set to continue
- Health and Social Care gives you practical work experience and the opportunity to develop strong observational and communication skills in real-life settings

## Progression Opportunities & Skills Development

This Extended Certificate develops both subject-specific knowledge and essential transferable skills valued by universities and employers:

| University Courses                    | Career Pathways                         | Key Transferable Skills |
|---------------------------------------|-----------------------------------------|-------------------------|
| Nursing (Adult, Child, Mental Health) | Adult Nurse / Paediatric Nurse          | Communication           |
| Midwifery / Paramedic Science         | Social Worker / Youth Worker            | Research & Analysis     |
| Social Work / Counselling             | Health Visitor / Occupational Therapist | Problem-Solving         |
| Public Health and Wellbeing           | Primary School Teacher                  | Independent Learning    |
| Health Sciences                       | Care Manager / Support Worker           | Time Management         |