

## Health and Social Care BTEC

### Preparation work: Pre-course Reading, Research and Tasks

Pre-reading and research will help you to become more familiar with the topics you are going to study on your BTEC Health and Social Care course. If you complete the tasks below they will also help you to become more confident when you start your course.

### Specification :

In the first year you will be studying Unit 1 'Human Lifespan Development', which will be examined and Unit 5 'Meeting Individual Care and Support Needs' which will be coursework. You can find out more about what the unit content is in the specification below:

[https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Health-and-Social-Care/2016/specification-and-sample-assessments/9781446938003\\_BTEC\\_Nat\\_ExCert\\_HSC\\_AG\\_Spec\\_Iss3C.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Health-and-Social-Care/2016/specification-and-sample-assessments/9781446938003_BTEC_Nat_ExCert_HSC_AG_Spec_Iss3C.pdf)

### Task 1:

Make a summary page (no more than 2 sides of A4) of the life stages. Include the main things that happen to an individual during that life stage in terms of their development (Physical, Intellectual, Emotional and Social).

Websites you may find helpful:

#### Sample of revision guide

<https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/HealthAndSocialCare/BTEC/BTEC-Firsts-Health-and-Social-Care-2012/Samples/BTECHSCRevisionGuideandWorkbook/Revise-BTEC-Health-and-Social-Care-Revision-Guide.pdf>

#### Prezi of the life stages

<https://prezi.com/4bipxgrgpri4/the-development-of-the-pies-and-life-stages>

### Case Studies:

**Old peoples home for 4-year olds** (4 on demand) <https://www.channel4.com/programmes/old-peoples-home-for-4-year-olds>

### Task 2:

Watch the documentary above (only a couple of episodes if you don't want to watch the whole series!) and write a short summary about the documentary.

Include all key information of the story; who, what, where, when, why?

Explain what was thought provoking about it and the questions it led to, how did it make you feel?

### Websites for Further Research and Reading:

There is a *lot* of news from the health and social care sector during this pandemic. Keep on top of the latest news in the sector by looking at the following websites (there are a lot more if you want to find some). Health and Social Care is *always* important in society and it is always changing and diversifying.

- <https://www.kingsfund.org.uk>
- <https://www.theguardian.com/society>
- <https://www.independent.co.uk/news/health>
- <https://www.bbc.co.uk/news/health>
- <https://www.rcn.org.uk/news-and-events/news>

### Books to Read:

- **The Language of Kindness – A Nurse’s Story** by Christie Watson
- **Wonder** by R.J. Palacio
- **This is Going to Hurt** by Adam Kay
- **The Fault in our Stars** (also a film) by John Green
- **The Curious Incident of the Dog in the Night-time** by Mark Haddon

### Podcasts:

**In sickness and in social care** – BBC Radio 4

**National elf service** – The mental elf

**The King’s Fund Podcast** – The Kings Fund

### Task 3:

Read one of the books or pick a couple of podcasts/articles to read and summarize what you think are the most important take away points for someone working in the health and social care sector.

### Films to Watch:

- **The Nine to Five with Stacey Dooley – Caring and Sharing** (iplayer)
- **Jessy Nelson – Odd one out** (iplayer)
- **Louis Theroux – Mothers on the edge** (iplayer)
- **Elizabeth is missing** (iplayer)
- **Babies** (on Netflix)
- **Born to be different** (4 on demand)
- **Still Alice**
- **The theory of everything**
- **What to expect when you’re expecting**
- **Five feet apart**
- **The children act**



## Progression Opportunities

### Why choose Health and Social Care BTEC:

- Nursing careers video discussion <https://vimeo.com/305430190>
- NHS careers <https://www.healthcareers.nhs.uk/working-health>
- Social care <https://www.skillsforcare.org.uk/Careers-in-care/Think-Care-Careers.aspx>
- Article on careers within HSC <https://www.allaboutcareers.com/careers/industry/health-social-care>

*We hope you enjoy completing these tasks and look forward to you joining the course.*

