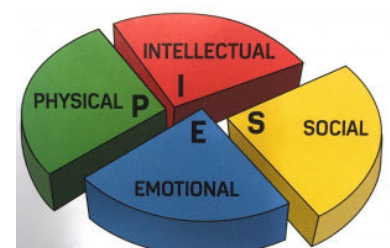


Subject: Health and Social Care	Topic: Factors affecting health and wellbeing	Dates: Year 11, Autumn 1	Additional Information: Exam Content
--	--	---	---

Essential Vocabulary

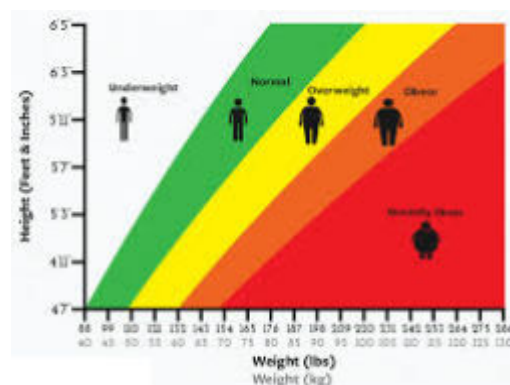
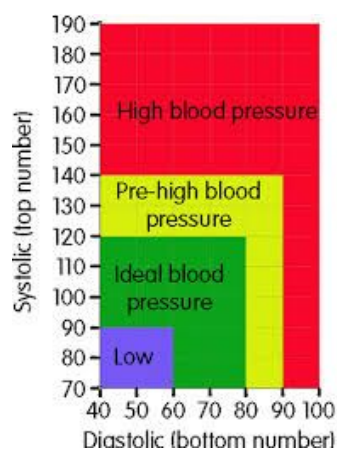
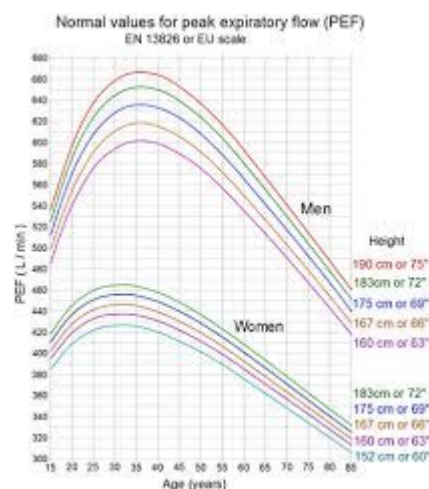
Health	the state of being free from illness or injury.
Wellbeing	a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity
Holistic	the belief that the parts of something are intimately interconnected
Predisposition	a liability or tendency to suffer from a particular condition, hold a particular attitude, or act in a particular way
Hygiene	conditions or practices in maintaining health and preventing disease, especially through cleanliness
Stress	A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
Adrenaline	also known as the “fight-or-flight hormone.” It’s released in response to a stressful, exciting, dangerous, or threatening situation.
Poverty	the state of being extremely poor.
Pollution	the presence of a substance which has harmful or poisonous effects.



Subject: Health and Social Care	Topic: Interpreting health indicators	Dates: Year 11, Autumn 2	Additional Information: Exam Content
---	---	------------------------------------	--

Essential Vocabulary

Physiological	Refers to how a person and their bodily part function normally
Cardiovascular System	The system that moves blood, nutrients and gases around the body. Made up of the heart, blood and blood vessels
Resting pulse rate	the number of times your heart beats per minute (bpm) while at complete rest .
Recovery rate	used to evaluate the heart's ability to recover from exercise
Blood pressure	Pressure exerted by the blood against the walls of the arteries.
Systolic	Maximum pressure in the arteries as the heart contracts to pump blood around the body
Diastolic	The minimum pressure as the heart relaxes between beats.
Hypertension	abnormally high blood pressure.
Peak Flow	A calibrated instrument used to measure lung capacity in monitoring breathing disorders such as asthma.
Respiratory system	the set of organs that allows a person to breathe and exchange oxygen and carbon dioxide throughout the body.
Body Mass Index (BMI)	an approximate measure of whether someone is over- or underweight $\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$
Short term effects	The immediate impact on the body
Long term effects	Effects that occur after continued or persistent use. Some cannot be treated whilst others may be fatal.



Subject: Health and Social Care	Topic: Effects on health and wellbeing	Dates: Year 11, Autumn 2	Additional Information: Exam Content
--	---	---	---

Smoking		Alcohol		Drugs	
<u>Short term</u> Bad breath, shortness of breath, reduction in sense of smell and taste, fatigue	<u>Long term</u> Increased blood pressure, risk of heart attack or stroke, cancer of the throat, mouth and lungs	<u>Short term</u> Slurred speech, drowsiness, upset stomach, distorted vision and hearing, impaired judgement, decreased perception and coordination	<u>Long term</u> High blood pressure, stroke, heart related diseases, liver disease, liver failure, cancer of the mouth and throat	<u>Short term</u> Stimulants - energetic, alert, panic attacks and anxiety. Hallucinogens - affect the way the user sees the world around them. Sedatives -	<u>Long term</u> Mental health problems including depression and paranoia. Physical effects include lung disease, cancer, stroke, contraction of hepatitis, HIV and AIDS
High BMI		Low BMI		Sedentary Lifestyle	
<u>Short term</u>	<u>Long term</u> Heart disease, attacks, failure, kidney disease, stroke, blindness, vascular dementia	<u>Short term</u> Dizziness, fainting, falls. Could be a side effect of medication	<u>Long term</u> No long term effects but could be a more life limiting condition such as parkinson's disease	<u>Short term</u> Weight gain Loss of cardiovascular fitness Loss of muscle mass	<u>Long term</u> Obesity, stroke, heart disease, osteoporosis
Low blood pressure		High blood pressure		Low peak flow	
<u>Short term</u>	<u>Long term</u>	<u>Short term</u>	<u>Long term</u>	<u>Short term</u>	<u>Long term</u>

Subject: Health and Social Care	Topic: Health and wellbeing improvement plans	Dates: Year 11, Spring 1	Additional Information: Exam Content
---	---	------------------------------------	--

Essential Vocabulary

Person-centred approach	ensuring the service user is at the centre of decisions which relate to their life.
Collaborate	work jointly
Targets	an objective or result towards which efforts are directed.
Obstacles	a thing that blocks one's way or prevents or hinders progress
Specific	clearly defined or identified.
Measurable	able to be measured.
Achievable	able to be brought about or reached successfully.
Realistic	having or showing a sensible and practical idea of what can be achieved or expected.
Timely	must have an end point

S.M.A.R.T targets

Target Setting

- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic
- T** Timely

